SIMPLE QUALITATIVE MENU CHECKER
An example

Day	Soup	Main 1	Main 2	Vegetarian	Starch 1	Starch 2	Veg 1	Veg 2	Pudding 1	Sauce	Pudding 2 milk /cold

Some pointers to remember, this is your clients' menu, not yours!
Cost-effective; logistics; service style
Appeal – mixed and varied; incorporate clients' suggestions /specials /celebrations; rhythm to day /week /year; familiarity /comfort; recognisable dish names; suitable dish repetition; combinations of colours, flavours and textures (incl. Softer) to suit clients
Can meet dietary needs from Higher Energy (Energy Dense) to Healthier; can identify some good sources of Vits C&D, calcium, fibre; other diets.
Then check the first against the last day of your menu cycle.