

Checklist for a vegan menu for one week (= 5 lunches) in company catering

blue + italic = modifications compared to the DGE checklist
max. = maximally; min. = minimally

Extracted table 3, p. 179, from: Volkhardt I, Semler E, Keller M, Meier T, Luck-Sikorski C, Christen O (2016) Checklist for a vegan lunch menu in public catering. Ernährungs Umschau 63(09): 176–184

Checklist for a vegan menu (5 lunches = 1 week) in public catering including examples for food items and recommended portion sizes	fulfilled	not fulfilled
cereals, <i>pseudocereals (amaranth, buckwheat) and starchy tubers</i>		
5 portions per week <i>à min. 200 g (cooked)</i>		
from that min. 1 portion of whole grain		
from that max. 1 portion of products of potatoes or <i>starchy tubers (fries, gnocchi, dumplings)</i>		
rice: parboiled rice or brown rice		
vegetables and salads (<i>without pulses</i>)		
5 portions of vegetables and salads <i>à min. 135 g</i>		
from that min. 2 portions as salad or raw vegetables		
<i>from that min. 1 portion of dark green vegetables (kale, spinach, leek, celery)</i>		
<i>from that max. 1 portion as juice (e.g. tomatoe juice)</i>		
fruits		
<i>4 portions of fruits</i>		
without added sugars, fresh or frozen		
<i>from that min. 2 portions of raw fruits (fruitsalad, drink, whole fruit)</i>		
<i>from that max. 1 portion of dried fruits (raisins, dried apricots, cranberries)</i>		
<i>from that max. 1 portion as juice/drink (e.g. orange juice)</i>		
nuts and seeds		
<i>min. 75 g nuts/seeds (walnuts, pumpkin seeds)</i>		
protein-rich foods		
<i>min. 3 portions per week à min. 80 g</i>		
<i>from that min. 1 portion of high-protein products (tofu, tempeh, seitan)</i>		
<i>from that min. 1 portion of pulses (peas, lentils, beans)</i>		
fats and oils		
rapeseed as standard oil (<i>for frying, deepfrying</i>)		
<i>3–6 tablespoons (35–65 g)</i>		
other recommendations concerning the preparation		
<i>using of foods enriched with vitamin B₁₂ (soydrink, juice)</i>		
<i>using of foods enriched with vitamin D (soydrink, juice)</i>		
<i>providing mineral water rich in calcium (min. 150 mg/L)</i>		
iodized salt as standard, moderately used, <i>max. 2 g per meal</i>		
max. 2 portions of fried or breaded products <i>per 20 days</i>		
menu cycle lasts at least 4 weeks		
cereals, <i>pseudo-cereals and starchy tubers (potatoes, sweet potatoes)</i> in variation		
regard towards preparation with low fat		
the preparation of vegetables and <i>starchy tubers</i> is protective of nutrients		
short periods of heating and keeping warm (max. 3 hours)		
moderate use of sugar		