

Spring Recipe Book



**Nursery, Toddlers &
Preschool**

Nutrients in food

Nutrients are the substances in food that our body processes to enable it to function. Your nutrient requirements are influenced by factors including your age, growth stage and activity. Nutrients are so small that they can't be seen by the naked eye.

Energy (kilojoules): A kilojoule (kJ) is simply a measure of energy. In order for our bodies to function, we need energy to fuel them. The food we eat contains varying amounts of energy depending on how much fat, carbohydrates, protein or alcohol it contains.

Carbohydrate: Carbohydrates are in most of the food we eat. They are broken down by the body into sugars, which we use for energy. The brain also uses sugar as its main energy source. This is why children need carbohydrates to stay alert and active throughout the day.

Foods that contain carbohydrate include:

- Grains, breads and cereals
- Starchy vegetables
- Fruit
- Dairy
- Some discretionary foods (e.g. muffins, cakes, pies, sausage rolls)

Protein: Protein is important for building, maintaining, and repairing the organs. It also helps us to stay fuller for longer.

Foods that contain protein include:

- Lean meat
- Poultry
- Fish
- Eggs
- Tofu
- Nuts and seeds
- Legumes and beans

Fat: Fat is a source of kilojoules (energy) and essential fatty acids. There are two types of fat, unsaturated (healthy) and saturated fat (unhealthy).

Foods that contain fats include:

- Meats
- Dairy
- Nuts and seeds
- Grains
- Some fruits e.g. olives and avocados

Fibre & wholegrains: Fibre plays a role in helping us feel full quicker, promoting a healthy tummy and digestive tract (bowel) and also aids in preventing constipation which is a common issue with young kids.

Foods that contain fibre include:

- Fruits
- Vegetables
- Beans and legumes
- Grains, cereals, breads
- Nuts and seeds

Calcium: Calcium is important for strong bones and teeth.

Foods that contain calcium include:

- Dairy
- Leafy green vegetables (e.g. broccoli, bok choy, Chinese cabbage)
- Fish (e.g. sardines, canned fish with bones)
- Nuts and seeds (e.g. brazil nuts, almonds, tahini)
- Calcium fortified foods (e.g. breakfast cereals, bread, milks)
- Soy and tofu products if they are fortified with calcium

Iron: For growth and development, energy, immune function. Found in red meats, oily fish, legumes, nuts, seeds, green leafy vegetables, fortified breakfast cereals

Sodium/salt: Most Australians, including children, eat more salt than we should. Some salt in our diets is essential for good health, but the amount we actually need is very small. Salt is found in almost all packaged foods and all with varying amounts.

Vitamins & minerals: Vitamin means 'vital for life'. We need vitamins and minerals to help us grow, to see properly, to make bones, muscles, skin and organs, as well as to help us battle infections. The best way to ensure children receive enough vitamins and minerals for normal growth and development is to provide a wide variety of fresh foods from the 5 food groups.



Examples

- Vitamin C: healthy skin, gums, teeth, bones and immunity
- Vitamin A: eyes
- Vitamin D: bones and teeth
- Magnesium: healthy bones, muscles

Five Food Groups & Serving Sizes





A children's serve refers to the portion of food appropriate for children aged 1–5 years. To be practical in the childcare setting, these serve sizes have been adapted from the serve sizes in the Australian Dietary Guidelines.

| | |
|--|--|
| <p>Fruit (at least 1 serve per day)</p>  | <p>Fruit provides vitamins, minerals, dietary fibre and many phytonutrients (nutrients naturally present in plants), that help your body stay healthy.</p> <p>One child's serve is equivalent to:</p> <ul style="list-style-type: none"> • 150g fresh fruit* (1 medium piece or 2 small pieces) • 1 cup diced or canned fruit (no added sugar, drained) • 15g dried fruit |
| <p>Vegetables/legumes beans (at least 2 serves per day)</p>  | <p>Vegetables should make up a large part of your daily food intake and should be encouraged at every meal (including snack times). They provide vitamins, minerals, dietary fibre and phytonutrients (nutrients naturally present in plants) to help your body stay healthy.</p> <p>One child's serve is equivalent to:</p> <ul style="list-style-type: none"> • 75g fresh, frozen, canned or cooked vegetables* (½ cup cooked, 1 cup salad, 1/2 medium potato, 1 medium tomato) • 75g (½ cup) cooked or canned beans or legumes (drained) |
| <p>Lean meat, poultry, fish and alternatives (at least 1 serve per day)</p>  | <p>Our body uses the protein we eat to make specialised chemicals e.g. haemoglobin and adrenalin. Protein also builds, maintains, and repairs our body. Muscles and organs (such as your heart) are made of protein.</p> <p>One child's serve is equivalent to:</p> <ul style="list-style-type: none"> • 65g cooked lean red meats (~90 – 100g raw) • 80g cooked lean poultry or turkey (100g raw) • 100g cooked fish (115g raw) • 1 small can fish • 2 eggs • 1 cup cooked or canned legumes/beans • 170g tofu |

| | |
|---|---|
| <p>Milk, yoghurt, cheese and alternatives (at least 1 serve per day)</p>  | <p>The foods in this group are excellent sources of calcium, which is important for strong, healthy bones. Not many other foods in our diet contain as much calcium as dairy foods.</p> <p>One child's serve is equivalent to:</p> <ul style="list-style-type: none"> • 1 cup milk • 2 slices of cheese (40g) • 200g yoghurt • 120g ricotta cheese • 1 cup soy milk with at least 100mg of added calcium per 100ml |
| <p>Grain (cereal) foods (at least 4 serves per day)</p>  | <p>Always choose wholegrain and/or high fibre varieties of breads, cereals, rice, pasta, noodles, etc. Refined grain products (such as cakes or biscuits) can be high in added sugar, fat and sodium.</p> <p>One child's serve is equivalent to:</p> <ul style="list-style-type: none"> • 1 slice bread • ½ bread roll • 2/3 cup wheat cereal flakes • ½ cup cooked rice • ½ cup cooked pasta • 3 crispbread biscuits • 1 crumpet • 1 English muffin • 1 scone |

Recommended Products & Brands

| | |
|--|--|
| Breads | |
| <ul style="list-style-type: none"> • Helga's wholemeal bread • Helga's 5 seeds gluten free bread • Stone baked light sourdough • Tip top wholemeal English muffins • Coles Wholemeal pita pockets • Mountain bread rye flat bread • Mission wholewheat mini wraps |  |
| Crackers | |
| <ul style="list-style-type: none"> • Vita wheat wholegrain crackers |  |
| Rice & Pasta | |
| <ul style="list-style-type: none"> • Choose wholegrain varieties where possible | |
| <ul style="list-style-type: none"> • Basmati rice • Brown Rice • Risotto rice (when making risotto) • Wholemeal • White pasta |  |
| Dairy | |
| <ul style="list-style-type: none"> • Full fat dairy products are recommended for children under the age of 2 years • Reduced fat dairy products are recommended for children over the age of 2 years | |

| | |
|---|--|
| <p>Milk</p> <ul style="list-style-type: none"> • Dairy Farmer's Original Milk • Dairy Farmer's Lite Milk |  |
| <p>Cheese</p> <ul style="list-style-type: none"> • Coon Tasty Block Cheese 1kg • Coon Light Tasty Block Cheese 1kg • Ricotta Cheese • Light Ricotta Cheese |  |
| <p>Yoghurt</p> <ul style="list-style-type: none"> • Farmer's Union Greek Style Natural Yoghurt • Farmer's Union Greek Style Light Natural Yoghurt |  |
| <p>Oils</p> | |
| <ul style="list-style-type: none"> • Extra virgin olive oil |  |
| <p>Other</p> <ul style="list-style-type: none"> • Choose lean cuts of meat • Trim visible fat from meat prior to cooking • Choose reduced salt legumes • Choose reduced salt vegetable and meat stocks | |

Food Storage Cheat Sheet

Storage

- Dry ingredients are stored in non-toxic food grade containers with tight fitting lids (avoid glass or ceramic containers).
- Prepared foods are stored in non-toxic food grade containers with tight fitting lids, plastic wrap or aluminum foil (avoid glass or ceramic containers).
- All food is stored on shelving (no food to be stored on the floor).
- Raw foods (meat, seafood, poultry and vegetables) are stored below prepared or ready to eat foods to prevent cross contamination.
- Chemicals are stored in a dedicated location, completely separate from food storage.
- Once canned food is opened its contents are transferred to non-toxic food grade containers with tight fitting lids.

Fridge

- Cover, cool and refrigerate cooked meat immediately.
- Keep meat for no more than two days in a small, airtight container.

Freezer

- Frozen food must be stored so they stay hard frozen (e.g. minus 10 degrees Celsius).
- Always add moisture to sliced, cooked meat when freezing e.g. boiled water, meat juices, mashed vegetables or casserole juices.
- Once food is cooked, freeze immediately in small portions in airtight containers. Use within 4 weeks.
- Never refreeze meals that have been initially frozen then thawed. Leftover thawed food must be thrown away.

Reheating

- Reheat thawed or refrigerated meat meals in a small amount of water in a small pan or microwave proof dish in the microwave.
- Make sure the meat and juices boil for a few minutes to ensure the food is thoroughly heated through (heat to at least 70 degrees Celsius). This will kill any bacteria which may have grown on the food in the fridge.

Stock Rotation

- Stock of the same type is stored in rotation so that the oldest stock (or stock nearest to the use by date) is used first and newest stock is used later.
- Where food is removed from its original packaging and placed into a food storage container, the container is labelled appropriately including: type of food and use by date.

Temperature Control

- Potentially hazardous foods (including: milk and milk products, egg products, meat, poultry, seafood and prepared foods such as salads) should be stored under temperature control:
 - Cold foods: <5 degrees Celsius
 - Frozen foods: according to manufacturer's specifications
- Temperatures of equipment such as cool rooms and refrigerators are monitored with a portable thermometer and recorded twice daily, freezers at least once daily.
- Refrigerated equipment is not overloaded with stock to allow for optimum airflow throughout the unit.

Thawing

- Raw food (e.g. raw meat and chicken) should be thawed all the way through before cooking to ensure it reaches hot enough temperatures through to the centre. Feel and visually check for ice crystals in the centre or thickest part of the food using either your hand or a skewer.
- It is recommended to thaw foods in the fridge on a tray or in a covered container on the bottom shelf of the fridge as this eliminates contamination of other foods. Never defrost meat or poultry at room temperature on the bench top.
- Thawed foods need to be used quickly after thawing, if thawed food is out of the fridge or freezer for longer than 4 hours throw it away.
- Only thaw foods once. Do not return thawed foods to the freezer as bacteria will grow.
- Leftover thawed food must be thrown away.

Microwaving

- Microwaves are a quick and convenient way to cook foods, but they tend to heat foods unevenly and can leave cold spots.
- When microwaving foods, always rotate and stir the food during cooking for more even heating. Also, wait until the required standing time is over before you check that cooking is complete, because foods continue to cook even when the microwave is turned off.

Frozen Food Storage Life

| Product | Approximate Frozen Storage Life |
|--------------------------|--|
| Beef/lamb roasts | 4 - 6 months |
| Ground beef mince | 2 - 3 months |
| Sausages | 1 - 2 months |
| Beef steaks | 3 - 4 months |
| Beef/Lamb Casserole | 2 - 3 months |
| Lamb chops | 2 - 3 months |
| Chicken | 3 - 6 months |
| Lean fish (e.g. Whiting) | 4 months |
| Oily fish (e.g. Salmon) | 3 months |

(Source: Meat and Livestock Australia Food Safety Campaign Group)

Week 1

Monday

Morning tea | Delicious apple and berry oat pots

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--|-----------------|-----------|------------|
| Rolled Oats* | 225g (~2½ cups) | 1kg | 2kg |
| Natural Yoghurt* | 500g | 2.5kg | 5kg |
| Desiccated coconut | 80g (~1 cup) | 320g | 800g |
| Red apples, cored and chopped* | 4 | 16 | 25 |
| Berries (strawberry, blueberry, mixed berry) | 450g (~ 3 cups) | 2kg | 4kg |

Method

- 1) Combine apples and berries in a saucepan, and cook, stirring occasionally until soft. Using a fork, mix the fruit mixture into a puree.
- 2) Layer all the ingredients in a cup (oats at the bottom, with yoghurt, pureed fruit and desiccated coconut on top). Alternatively, serve all ingredients deconstructed and allow the children to create their own oat pots.

For puree | Apple, berry and oat puree

- 1) See recipe above and add all ingredients to a blender and puree.

Allergies (*)

- For children with an allergy or intolerance to gluten please substitute oats with quinoa flakes.
- For children with an allergy or intolerance to dairy, please omit yoghurt or offer a dairy free alternative such as soy yoghurt (unless other known allergens to dairy free alternatives).

Alternative

- Frozen berries can be used or pears in replace of berries when required.
- Canned apples can be used in replace of fresh apples.

Monday

Lunch | Beef Nasi Goreng

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|------------------------------|----------------|------------------|----------------|
| Lean beef mince | 500g | 2.5kg | 5kg |
| Garlic, minced | 2 tsp | 1 ½ tbsp | 3 tbsp |
| Brown onion, finely diced | 1 | 4 | 10 |
| Ginger, grated | 1 tsp | 1 tbsp | 3 tbsp |
| Extra virgin olive oil | 1 tbsp | 5 tbsp | ½ cup |
| Cabbage, shredded | ¼ head (~100g) | ½ head (~500g) | 1 head (~1kg) |
| Carrot, chopped finely | 2 | 7 | 14 |
| Green peas | 1 cup (~140g) | 2 ½ cups (~350g) | 5 cups (~700g) |
| Red capsicum, chopped finely | 1 | 2 ½ | 5 |
| Soy sauce, optional* | 2 tbsp | ½ cup | 1 cup |
| Basmati rice | 450g | 2.25kg | 4.5kg |

Method

- 1) Cook rice according to packet instructions and set aside.
- 2) Heat olive oil in a frying pan, add beef, lightly brown then set aside.
- 3) Add onion to the pan, then add garlic and ginger and cook for under onion is translucent. Then add capsicum and carrot, stirring for 2-3 minutes.
- 4) Add beef back to pan and cook through.
- 5) Add cabbage and soy sauce, toss until cabbage is lightly wilted.
- 6) Stir through green peas. Serve with rice.

For vegetarian | Kidney bean Nasi Goreng

- 1) Substitute beef for red kidney beans. Option to add additional spring vegetables.

For puree | Beef Nasi Goreng puree

- 1) Place the above mixture in a food processor and blend to desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, use gluten free soy sauce.

Alternatives

- Option to serve deconstructed with meat and vegetables separate.

Monday

Afternoon tea | Mini veggie and cheese wholemeal pizzas served with seasonal fruit

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|----------------------------|-------------------------|--------------------------|--------------------------|
| Wholemeal pita bread* | 5 | 25 | 50 |
| Cheddar cheese, grated* | 150g (~1½ cup) | 750g | 1.5kg |
| Fresh or dried herbs | 1 cup (1 tsp per pizza) | 4 cups (1 tsp per pizza) | 8 cups (1 tsp per pizza) |
| Tomatoes, diced | 3 | 4 | 8 |
| Capsicum, finely diced | 1 | 3 | 6 |
| Tomato paste, salt reduced | 160g (2 tbsp per pizza) | 800g (2 tbsp per pizza) | 1.5kg (2 tbsp per pizza) |
| Extra virgin olive oil | 2 tbsp | ½ cup | ¾ cup |

Method

- 1) Preheat oven to 180 degrees.
- 2) Place pitas on a baking paper lined tray, brush with olive oil and bake in oven for 6 - 8 minutes until beginning to crisp.
- 3) Take out of the oven and spread tomato paste onto each pita bread and then top with fresh tomatoes, cheese, herbs and capsicum.
- 4) Put back in oven and bake for an additional 5 - 10 minutes. Serve with seasonal fruit.

For puree | Vegetable and cheese puree

- 1) Blend vegetables and cheese until pureed.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute pita bread with gluten free bread.
- For children with an allergy or intolerance to dairy, please omit cheese. Option to replace with soy cheese.

Alternatives

- Option to replace capsicum with mushrooms or other vegetables.

Late Snack | Please refer to the display menu for late snack requirement

Tuesday

Morning tea | Hummus with wholegrain crackers, veggie sticks and seasonal fruit

| Ingredients | Serves 10 | Serve 50 | Serves 100 |
|---|-----------|----------|------------|
| Lemon, juice | ½ | 1 | 2 |
| Chickpeas, canned, drained (400g)* | 1 | 3 | 6 |
| Garlic, minced | 1 tsp | 1 tbsp | 2 tbsp |
| Tahini* | 1 tbsp | 4 tbsp | 2/3 cup |
| Paprika, ground | Optional | Optional | Optional |
| Vegetable sticks (e.g. carrots, capsicum, celery) | To serve | To serve | To serve |
| Wholegrain crackers* | To serve | To serve | To serve |

Method

- 1) Blend lemon, chickpeas, garlic and tahini in a food processor (add water until you achieve your desired consistency). Option to add paprika to the food processor.
- 2) Serve with wholegrain crackers, veggie sticks and seasonal fruit.

For puree | Hummus and carrot puree

- 1) Use the recipe above to make hummus and blend with pureed carrots. Option to add some natural yoghurt as well.

Allergies (*)

- For children with an allergy to sesame seeds, please omit the tahini.
- For children with an allergy or intolerance to gluten, please substitute crackers with gluten free crackers.
- For children with an allergy or intolerance to chickpeas, please substitute chickpeas with cannellini beans.

Tuesday

Lunch | Thai green fish curry served with rice

Thai green curry paste

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|------------------------------|------------------|------------------|-------------------|
| Garlic minced | 2 tsp | 1 tbsp | 2 ½ tbsp |
| Cumin, ground | 2 tbsp | 1/2 cup | 1 cup |
| Spring onions, chopped | ½ bunch | 2 bunches | 4 bunches |
| Red onions, finely diced | ½ | 2 | 4 |
| Coriander, fresh, chopped | ½ bunch | 2 bunches | 4 bunches |
| Basil leaves, fresh, chopped | ½ bunch | 2 bunches | 4 bunches |
| Mint, fresh, chopped | ¼ bunch | 1 bunch | 2 bunches |
| Fish sauce* | 2 tbsp | ½ cup | ¾ cup |
| Fresh limes, juiced | 2 | 8 | 12 |

Thai green curry

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|---|------------------|------------------|-------------------|
| Extra virgin olive oil | 2 tbsp | ½ cup | ¾ cup |
| Thai green curry paste (see above) | 4-6 tbsp | 1 cup | 2 cups |
| Light coconut milk, canned (400mL) | 2 | 8 | 12 |
| Fish sauce* | 1 tbsp | 1/3 cup | ½ cup |
| Fish fillet, chopped* | 750g | 3.75kg | 7.5kg |
| Coriander, ground | 1 tbsp | 2 tbsp | ½ cup |
| Mixed vegetables (peas, beans, carrot, corn), fresh or frozen | 4 cups | 1kg | 2kg |
| Basmati rice | 450g | 2.25kg | 4.5kg |

Method for curry paste

- 1) Wash herbs well.
- 2) Place garlic, red onion, cumin, spring onion, coriander, basil, mint, fish sauce and lime juice into a food processor and process into a paste.

Method for curry

- 1) Heat oil over medium-high heat in a wok or large pot, brown fish, remove from heat and set aside.
- 2) Combine curry paste and one can of the reduced fat coconut milk in a wok or large pot over medium-high heat, stir in fish sauce and cook for 2-3 minutes.
- 3) Add the fish and extra coconut milk, bring to the boil and simmer for 10-15 minutes or until fish is cooked through.
- 4) Add the remaining vegetables and cook for a further 10 minutes.
- 5) Serve with rice.

For vegetarian | Thai vegetable tofu & green curry served with rice*

- 1) Follow recipe above and replace fish with tofu.

For puree | Fish and rice puree

- 1) Combine the fish, rice and vegetables and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to fish, please substitute the fish for chicken breast.
- For children with an allergy or intolerance to fish, please omit the fish sauce.
- For children with an allergy or intolerance to soy, please replace tofu with legumes.

Alternative

- Option to use a store bought Thai green curry paste that is nut free.
- Option to add more herbs and spices for additional flavour.

Tuesday

Afternoon tea | Fruity Muesli scones

| Ingredients | Serves 10 | Serve 50 | Serves 100 |
|---|----------------|------------------|----------------|
| Wholemeal self-raising flour* | 125g | 625g | 1.25kg |
| Rolled Oats* | 45g (~1/2 cup) | 225g | 450g |
| Desiccated coconut | 1 tbsp | ½ cup | 1 cup (~80g) |
| Extra virgin olive oil | ¼ cup | 1 ¼ cups | 2 ½ cups |
| Dried fruit, chopped (e.g. sultana, apricots, dates, cranberries) | ½ cup | 1 ½ cups | 3 cups |
| Milk* | ½ cup | 2 ½ cups (625mL) | 5 cups (1.25L) |
| Vanilla extract | 1 tsp | 1 tbsp | 2 tbsp |

Method

- 1) Preheat oven to 180 degrees Celsius. Line a baking tray with baking paper.
- 2) Combine flour, oats and coconut in a bowl.
- 3) Stir in the olive oil, dried fruit, vanilla extract and milk until it all comes together.
- 4) Place mixture on a floured board and knead lightly. Roll out the mixture into circles.
- 5) Place on baking tray and bake for 15-20 minutes or until golden.

For puree | Pureed seasonal fruit

Allergies (*)

- For children with an allergy or intolerance to gluten please use gluten free flour.
- For children with an allergy or intolerance to gluten please substitute the rolled oats for quinoa flakes.
- For children with a cow's milk allergy or intolerance please substitute with a dairy free milk or boiled and cooled tap water.

Late Snack | Please refer to the display menu for late snack requirement

Wednesday

Morning tea | Sourdough Soldiers with spreads (e.g. avocado, cheese, tomato, reduced salt vegemite, boiled egg) and seasonal fruit

Method

- 1) On a platter, lay out rye sourdough bread with your choice of spreads and serve with fresh seasonal fruit.

For puree | Mashed banana

- 1) Mash bananas and serve with natural yoghurt.

Allergies (*)

- For children with an allergy to dairy, cheese should not be offered (serve mashed banana instead).
- For children with an allergy to eggs, please omit boiled egg.

Alternatives

- Option to use any wholegrain or wholemeal bread option.
- Option to serve what spreads are most suitable for your campus.

Wednesday

Lunch | Cheesy Cauliflower Veggie Pasta Bake

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--|----------------------------|-----------|------------|
| Macaroni* | 450g | 2.25kg | 4.5kg |
| Cheddar cheese, grated* | 200g (~2 cups) | 1 kg | 2kg |
| Brown onion, finely diced | 1 | 4 | 8 |
| Mixed vegetables, fresh or frozen, chopped | 1 cup | 500g | 1kg |
| Olive oil | 1 tbsp | ½ cup | 1 cup |
| Garlic, minced | 1 tsp | 3 tsp | 1 tbsp |
| Cauliflower, chopped | 1 small head | 4 heads | 8 heads |
| Milk* | 2 cups | 1L | 2L |
| Wholemeal flour* | 2 tbsp | ½ cup | 1 cup |
| Bread crumbs* | Optional to top pasta bake | | |

Method

- 1) Preheat oven to 180 degrees Celsius. Lightly grease an ovenproof baking dish.
- 2) Cook pasta according to packet directions. Drain and set aside.
- 3) Heat oil in a large frying pan over medium heat. Add onion and garlic, stirring until softened. Add cauliflower florets, stirring constantly until they get a nice colour and start to soften.
- 4) Take off the heat and blend mixture in a food processor until smooth and creamy (note: option to add water to achieve desired consistency).
- 5) To make the cheesy sauce, heat milk in a pan over low heat and stir in cheese, stirring constantly. Slowly whisk through flour and continue to whisk until combined.
- 6) Mix pasta, cauliflower mixture and cheese sauce together and pour into baking dish, sprinkle with cheese. Option to top pasta bake with bread crumbs. (Note: you can either mix in steamed, chopped veggies here or serve separately).
- 7) Bake in an oven for approximately 30 minutes or until cheese has melted and is golden.
- 8) Option to serve with a side of mixed steamed vegetables if vegetables are not in mixture.

For puree | Vegetarian curry puree

- 1) Combine the above ingredients and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to dairy, omit cheese or offer dairy free cheese (e.g. soy cheese).
- For children with an allergy or intolerance to dairy, replace with a dairy-free milk (e.g. soy milk).
- For children with an allergy or intolerance to gluten, omit bread crumbs.
- For children with an allergy or intolerance to gluten, replace flour with gluten free flour.
- For children with an allergy or intolerance to gluten, ensure pasta gluten free.

Alternative

- Option to use wholemeal pasta or regular pasta.

Wednesday

Afternoon tea | Super Healthy Banana, Apricot & Coconut Bars

| Ingredients | Serves 10 | Serve 50 | Serves 100 |
|--------------------------------|---------------|----------|------------|
| Banana, medium | 3 | 10 | 20 |
| Rolled oats* | 270g (3 cups) | 900g | 1.8kg |
| Dried apricots, finely chopped | 1 cup | 3 cups | 6 cups |
| Desiccated coconut | ½ cup | 1 cup | 2 cups |
| Cinnamon, ground | ½ tsp | 1 tbsp | 2 tbsp |
| Vanilla extract | 1 tsp | 2 tbsp | 4 tbsp |
| Rice malt syrup | ¼ cup | 1 cup | 2 cups |
| Extra virgin olive oil | 1 tbsp | 2 tbsp | ¼ cup |

Method

- 1) Pre-heat oven to 160 degrees Celsius and line a tray with baking paper.
- 2) In a bowl mash banana, then add oats, apricots, coconut, cinnamon and vanilla and stir. Then add the rice malt syrup and stir to combine.
- 3) Spoon into prepared pan and press evenly into pan.
- 4) Bake for 30 minutes, or until golden.
- 5) Cool completely and cut into small bars.

For puree | Vegetable puree

- 1) Serve pureed vegetables.

Allergies (*)

- For children with an allergy or intolerance to gluten please substitute oats with quinoa flakes or use gluten-free oats.

Late Snack | Please refer to the display menu for late snack requirement

Thursday

Morning tea | Apple and pear crumble with natural yoghurt

| Ingredient | Serves 10 | Serves 50 | Serves 100 |
|---|----------------|------------------|----------------|
| Crumble | | | |
| Rolled oats* | 180g (~2 cups) | 900g | 1.8kg |
| Extra virgin olive oil | 2 tbsp | ½ cup | 1 cup |
| Desiccated coconut | 1 cup (~90g) | 3 ½ cups (~320g) | 8 cups (~800g) |
| Cinnamon, ground | 1 tsp | 1 tbsp | 2 tbsp |
| Rice malt syrup | ¼ cup | 1 cup | 2 cups |
| Filling | | | |
| Apple, cored, peeled and diced (or canned 800g) | 4 (~1 can) | 15 (~3 cans) | 30 (~6 cans) |
| Pears, diced (or canned slices 825g) | 2 (~1/3 can) | 6 (~1 can) | 11 (~2 cans) |
| Yoghurt* | To serve | To serve | To serve |

Method

- 1) Preheat oven to 180 degrees Celsius. Line baking dish with baking paper.
- 2) *If using fresh fruit* – Place the apples and pears in a saucepan and cover with water. Bring to the boil, and then turn down the heat. Simmer over low heat until fruit softens.
If using canned fruit – Drain the juice from canned apples and pear and combine together.
- 3) Meanwhile, for the crumble: in a large bowl, add all the ingredients and mix well.
- 4) Spoon the fruit filling in to a baking dish and then cover with the crumble.
- 5) Put in to the oven and bake for around 15 - 20 minutes or until golden on top.
- 6) Serve crumble mixture with a dollop of yoghurt.

For puree | Apple and berry puree

- 1) Serve pureed apples and berries with yoghurt.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute oats for quinoa flakes.
- For children with an allergy or intolerance to dairy, please omit the yoghurt.

Thursday

Lunch | Healthy beef and veggie nachos

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--|-----------|-----------|---------------|
| Lean beef mince | 500g | 2.5kg | 5kg |
| Extra virgin olive oil | 1 tbsp | 1/3 cup | ¾ cup |
| Mountain bread, wholegrain* | 3 | 6 | 12 |
| Brown onion, finely diced | 1 | 3 | 6 |
| Garlic, minced | 1 tsp | 1 tbsp | 3 tbsp |
| Tomatoes, canned, diced (400g) | 2 | 6 | 10 |
| Red kidney beans, canned, drained (400g) | 1 | 3 | 6 |
| Cumin, ground | 1 tsp | 1 tbsp | 2 tbsp |
| Coriander, ground | 1 tsp | ½ tbsp | 1 tbsp |
| Oregano, dried | 1 tsp | 1 tbsp | 2 tbsp |
| Tomato paste, salt reduced | 100g | 400g | 750g or 1 jar |
| Corn kernels, canned (420g) | ½ can | 2 ½ cans | 5 cans |
| Cheese, grated* | To serve | To serve | To serve |
| Natural yoghurt* | Optional | Optional | Optional |
| Avocado, mashed | Optional | Optional | Optional |

Method

- 1) Preheat the oven to 180 degrees Celsius.
- 2) Heat olive oil in a pan over medium heat and add onion and garlic, stirring until translucent. Then add the beef mince, cumin and coriander. Cook until the beef mince has browned.
- 3) Add tomato paste, corn, kidney beans and diced tomatoes to the pan and bring mixture to a simmer and cook for 15-20 minutes.
- 4) Meanwhile, cut mountain bread into small triangles (chip size) and place on baking trays. Spray or brush chips lightly with olive oil. Bake for around 10 minutes or until crispy.
- 5) Optional step: pour beef mixture into an oven proof pan, and top with grated cheese and sprinkle with oregano (option to mix oregano into beef mixture rather than sprinkling). Transfer to the oven for 5 minutes, or until the cheese has melted.
- 6) Serve with mountain bread chips. Option to top with a dollop of yoghurt and avocado mash.

For vegetarian | Healthy kidney bean nachos

- 1) Refer to the above recipe and substitute beef with additional kidney beans.

For puree | Beef and veggie puree

- 1) Omit the mountain bread and combine the above ingredients and blend until you get your desired consistency. Option to add rice.

Allergies (*)

- For children with an allergy to dairy, omit cheese and yoghurt.
- For children with an allergy or intolerance to gluten please substitute mountain bread for gluten free wrap.

Alternative

- For children unable to manage the crispy mountain bread, substitute with rice.
- Option to add more herbs and spices for additional flavour.

Thursday

Afternoon tea | Pumpkin and banana wholemeal loaf

| Ingredient | Serves 10 | Serves 50 | Serves 100 |
|---|-----------|------------------------|------------------------|
| Butternut Pumpkin, peeled, chopped into chunks* | 225g | ½ small pumpkin (~1kg) | 1 small pumpkin (~2kg) |
| Wholemeal self-raising flour* | 250g | 1kg | 2kg |
| Banana, medium, mashed | 2 | 5 | 10 |
| Extra virgin olive oil | ¼ cup | 1 cup | 2 cups |
| Cinnamon, ground | ½ tsp | 1 tbsp | 2 tbsp |
| Rice malt syrup (optional) | ¼ cup | ½ cup | 1 cup |

Method

- 1) Preheat oven to 180 degrees Celsius. Line baking tray with baking paper.
- 2) Lightly coat the pumpkin chunks with olive oil and a pinch of ground cinnamon. Roast for 45 minutes in the oven until caramelised. Remove from the oven and cool completely. Smash with a fork and use as required.
- 3) In a bowl, combine flour and cinnamon.
- 4) In a separate bowl combine pumpkin, rice malt syrup, banana and oil. Then add this mixture to the flour mixture. (Note: add water if required).
- 5) Pour mixture into a lined loaf tray and bake for 50-60 minutes or until golden brown.
- 6) Cool on a rack and cut up to serve.

For puree | Banana and yoghurt mash

- 1) Mash bananas in a large bowl and then add yoghurt and stir until fully combined. Option to add cinnamon.

Allergies (*)

- For children with an allergy or intolerance to gluten please substitute flour for gluten free flour.

Alternative

- Option to replace pumpkin with sweet potato.

Late Snack | Please refer to the display menu for late snack requirement

Friday

Morning tea | Seasonal fresh fruit served with natural yoghurt

Method

- 1) Serve natural yoghurt with seasonal fruit.

For puree | Yoghurt and fruit puree

- 1) Serve pureed seasonal fruit and yoghurt.

Allergies (*)

- For children with an allergy or intolerance to dairy, please offer a dairy free yoghurt.

Alternative

- Option to swirl pureed fruit through yoghurt to naturally sweeten.

Friday

Lunch | Lamb tagine with couscous

| Ingredient | Serves 10 | Serves 50 | Serves 100 |
|----------------------------|-----------|----------------|----------------|
| Lamb mince | 500g | 2.5kg | 5kg |
| Extra virgin olive oil | 1 tbsp | 1/3 cup | ¾ cup |
| Garlic, minced | 1 tbsp | ¼ cup | ½ cup |
| Brown onions, diced | 1 | 3 | 5 |
| Carrot, diced | 2 | 8 | 15 |
| Capsicum, diced | 1 | 3 | 6 |
| Peas, frozen, thawed | 1 ½ cups | 3 cups (~420g) | 6 cups (~840g) |
| Tomato Paste, salt reduced | 4 tbsp | 500g | 750g or 1 jar |
| Paprika, ground | 1 tsp | ½ tbsp | 1 tbsp |
| Vegetable Stock* | 2 tbsp | ½ cup | 1 cup |
| Couscous* | 450g | 2.25kg | 4.5kg |

Method

- 1) Cook couscous according to packet instructions.
- 2) Heat oil in a saucepan over medium heat, add lamb and cook until browned. Remove lamb from pan and set aside.
- 3) Add onion, garlic, capsicum, carrot and paprika and cook for 2-3 minutes.
- 4) Add tomato paste, and cook, stirring for 1 minute.
- 5) Return lamb to pan. Add stock and bring to a simmer, then cover and cook until lamb is very tender. Add peas.
- 6) Serve lamb tagine with a side of couscous or mix together with the couscous.

For vegetarian | Vegetable tagine with couscous

- 1) Refer to the above recipe and replace lamb with chickpeas.

For puree | Lamb and couscous puree

- 1) Place mixture in a blender or food processor and blend to desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please ensure vegetable stock is gluten free.

Alternatives

- Option to use basmati rice instead of couscous.

Friday

Afternoon tea | Selection of Healthy Sandwiches served with seasonal fruit

(catering for ½ sandwich per child)

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--------------------------------|-----------|-----------|------------|
| Wholemeal or wholegrain bread* | 10 | 50 | 100 |

Topping suggestions

- Cheddar cheese*
- Cottage cheese*
- Tuna*
- Turkey slices
- Hummus*
- Boiled eggs*
- Tomato
- Capsicum
- Carrot
- Avocado
- Vegemite

Method

- 1) Using wholemeal or wholegrain bread, choose your choice of toppings to serve to the children for afternoon tea. Please include a source of protein (cheese, tuna, hummus, eggs in each sandwich option).
- 2) Serve sandwiches with seasonal fresh fruit.

For puree | Seasonal vegetable puree

Allergies (*)

- For children with an allergy or intolerance to dairy, please omit cheese.
- For children with an allergy or intolerance to gluten, please replace bread with gluten free bread.
- For children with an allergy to fish, please do not serve tuna.
- For children with an allergy to eggs, please do not serve eggs.
- For children with an allergy to sesame, omit tahini.
- For children with an allergy to chickpeas, omit hummus.

Late Snack | Please refer to the display menu for late snack requirement

Week 2

Monday

Morning tea | Italian herb, cheese & tomato toasties with seasonal fruit

(catering for ½ sandwich per child)

| Ingredients | Serves 10 (5 sandwiches) | Serves 50 (25 sandwiches) | Serves 100 (50 sandwiches) |
|---|-----------------------------|------------------------------|-------------------------------|
| Wholemeal or wholegrain bread* | 10 | 50 | 100 |
| Cheddar cheese, (2 slices per sandwich) * | 300g | 1.5kg | 3kg |
| Tomatoes, sliced* | 2 | 6 | 12 |
| Herbs, fresh or dried | Optional | Optional | Optional |

Method

- 1) Place tomato and cheese on bread and top with another slice of bread. Option to sprinkle with herbs.
- 2) Grill the sandwich until the cheese has melted.
- 3) Serve sandwiches with seasonal fruit.

For puree | Pureed seasonal vegetables

- 1) Serve pureed vegetables.

Allergies (*)

- For children with an allergy or intolerance to dairy, please omit cheese or replace with hummus or avocado.
- For children with an allergy or intolerance to gluten, please substitute bread with gluten free bread.

Alternatives

- Option to remove the tomato or replace with another vegetable.
- Option to serve this as a sandwich.

Monday

Lunch | Red Lentil curry with rice

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|-------------------------------------|-----------------|-----------|------------|
| Extra virgin olive oil | 2 tbsp | ½ cup | ¾ cup |
| Potatoes, diced | 3 | 10 | 20 |
| Red Lentils, canned, drained (400g) | 2 | 6 | 12 |
| Brown onion, finely diced | 1 | 3 | 6 |
| Garlic, minced | 2 tsp | 1 tbsp | 2 ½ tbsp |
| Turmeric, ground | 1 tsp | 1 tbsp | 2 tbsp |
| Coriander, ground | 2 tsp | 1 tbsp | 2 tbsp |
| Cumin, ground | 1 tsp | 1 tbsp | 2 tbsp |
| Bay leaves (<i>optional</i>) | 1 | 3 | 6 |
| Zucchini, diced | 1 | 3 | 6 |
| Carrot, grated | 1 | 3 | 6 |
| Broccoli, cut into florets | ½ head (~1 cup) | 2 heads | 4 heads |
| Green peas, frozen | ½ cup | 250g | 500g |
| Tomatoes, diced, canned (400g) | 1 | 4 | 8 |
| Vegetable stock, salt reduced* | 1 cup | 1L | 2L |
| Light coconut milk, canned (400mL) | ½ | 2 ½ | 5 |
| Rice (basmati or brown) | 450g | 2.25kg | 4.5kg |

Method

- 1) Cook rice according to packet instructions.
- 2) Heat olive oil over medium heat. Add onion and garlic and cook until soft.
- 3) Add the ground coriander, cumin and cook for a further 1-2 minutes or until fragrant.
- 4) Add the lentils, canned tomato, coconut milk, stock, potatoes, broccoli, carrots and zucchini. Simmer until the vegetables are tender and the sauce has thickened.
- 5) Add the peas and cook for 2 - 3 more minutes.
- 6) Serve curry with a side of rice. Option to serve with spoonful of plain yoghurt.

For puree | Vegetarian curry puree

1) Combine the above ingredients and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please ensure vegetable stock is gluten free.

Alternative

- Option to substitute lentils with chickpeas.
- Option to substitute potato for sweet potato.
- Option to add more herbs and spices for additional flavour.

Monday

Afternoon tea | Healthy zucchini, apple and banana mini muffins

| Ingredient | Serves 10 | Serves 50 | Serves 100 |
|--|-----------|-----------|------------|
| Bananas, medium, mashed | 2 | 5 | 8 |
| Zucchini, grated, squeeze excess juice | 2 | 4 | 6 |
| Apple, grated, squeeze excess juice | 1 | 4 | 8 |
| Wholemeal self-raising flour* | 250g | 1kg | 2kg |
| Extra virgin olive oil | ¼ cup | ¾ cup | 1 ½ cups |
| Rice malt syrup (optional) | ¼ cup | 1 cup | 3 cups |

Method

- 1) Pre-heat oven to 170 degrees Celsius.
- 2) Line muffin tray(s) with paper cases or spray muffin tray with olive oil.
- 3) In a bowl sift the flour. Then add the rice malt syrup, apple, zucchini and stir well.
- 4) Add the bananas and mix together.
- 5) Stir in the oil until the mixture forms together. (Note: add water if required).
- 6) Spoon the mixture into cases and bake for 15 - 20 minutes or until cooked through.

For puree | Zucchini, apple and banana puree

- 1) Combine zucchini, apple and banana in a food processor and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute flour with gluten free flour.

Alternatives

- Can replace zucchinis with apples if desired.
- Option to add milk to this recipe if desired.

Late Snack | Please refer to the display menu for late snack requirement

Tuesday

Morning tea | Selection of healthy dips with veggie sticks and homemade mountain bread chips served with seasonal fruit

Mountain bread chips

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|----------------------------|-----------|-----------|------------|
| Mountain bread, wholegrain | 3 | 6 | 12 |
| Olive oil | 1 tbsp | ¼ cup | ½ cup |

Method

- 1) Cut mountain bread into small triangles (chip size), spray or brush chips lightly with olive oil and place on baking trays. Bake for around 10 minutes or until crispy.
- 2) On a platter, lay out mountain bread chips, veggie sticks and any of the dip recipes below.

Roast capsicum and feta

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|------------------------------|-----------|-----------|------------|
| Red capsicum, chopped finely | 1 | 3 | 6 |
| Feta cheese* | 50g | 250g | 500g |
| Pepper | To taste | To taste | To taste |

Method

- 1) Pre-heat oven to 180 degrees Celsius and line a tray with baking paper.
- 2) Place capsicum on tray and drizzle with olive oil and place in oven for 30 minutes or until lightly roasted.
- 3) Blend capsicums and mix feta in. Season with pepper as desired.

Hummus dip

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|-----------------------------------|------------------|------------------|-------------------|
| Lemon, juiced | ½ tbsp | 2 tbsp | 5 tbsp |
| Chickpeas, canned, drained (400g) | 1 | 3 | 6 |
| Garlic, minced | 1 tsp | 1 tbsp | 3 tbsp |
| Paprika, ground | 1 tsp | 2 tsp | 1 tbsp |
| Extra virgin olive oil | 1 tbsp | 2 tbsp | 5 tbsp |
| Natural yoghurt* | 2 tbsp | 4 tbsp | 10 tbsp |

Method

- 1) Combine all ingredients in a food processor and blend until smooth. Note: Add water to achieve desired consistency.

Avocado and Pea Dip

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|----------------------|------------------|------------------|-------------------|
| Frozen peas, thawed | 1 cup | 500g | 1kg |
| Avocado | 1 large | 4 | 8 |
| Lime or lemon, juice | ¼ cup | ½ cup | 1 cup |

Method

- 1) Add the peas, lime/lemon juice and avocado to a food processor and pulse until smooth. (Note: add water until you get desired consistency).

Allergies (*)

- For children with an allergy or intolerance to dairy, please omit cheese and yoghurt.

Tuesday

Lunch | Beef and veggie pasta

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|----------------------------------|-----------|-----------|---------------|
| Lean beef mince | 500g | 2.5kg | 5kg |
| Brown onion, finely diced | 1 | 3 | 6 |
| Carrot, grated | 2 | 10 | 15 |
| Tomatoes, canned, diced (400g) | 1 | 4 | 8 |
| Zucchini, grated | ½ | 2 | 4 |
| Celery, diced | 2 sticks | 1 bunch | 2 bunches |
| Tomato paste/puree, salt reduced | 4 tbsp | 500g | 750g or 1 jar |
| Garlic, minced | 1 tsp | 1 tbsp | 2 tbsp |
| Extra virgin olive oil | 1 tbsp | 3 tbsp | ½ cup |
| Cheddar cheese, grated* | To serve | | |
| Pasta* | 450g | 2.25kg | 4.5kg |

Method

- 1) Heat olive oil in a large pot on high heat. Add mince and brown, take off the heat and set aside.
- 2) Add onion and sauté for 1-2 minutes or until lightly brown.
- 3) Stir in garlic, tomato paste and diced tomatoes, cook until tomatoes soften.
- 4) Add mince back into the pot and stir to combine.
- 5) Add carrot, zucchini and celery to the pot, place lid on and bring to the boil and simmer for 20-30 minutes.
- 6) Cook pasta according to packet instructions.
- 7) Serve beef mixture with grated cheese and a side of pasta. Option to mix the beef mixture into pasta.

For vegetarian | Veggie & lentil pasta

- 1) Follow the recipe above and replace beef mince with lentils. Option to add additional vegetables and/or feta.

For puree | Beef and veggie pasta puree

- 1) Combine the above ingredients and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to dairy, please omit cheese.
- For children with an allergy or intolerance to gluten, please ensure pasta is substituted with gluten free pasta.

Alternative

- Zucchini can be replaced with frozen peas or mushrooms or chopped celery.
- Option to use regular or wholemeal pasta.

Tuesday

Afternoon tea | Apple and banana loaf

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|-------------------------------|-----------|-----------------|----------------|
| Wholemeal self-raising flour* | 250g | 1.25kg | 1.5kg |
| Cinnamon, ground | 1 tsp | 5 tsp | 2 tbsp |
| Vanilla extract | 1 tsp | 5 tsp | 2 tbsp |
| Bananas, mashed | 2 | 10 | 20 |
| Apple, peeled, diced* | 1 | 3 | 5 |
| Milk* | ¾ cup | 3 cups (~800ml) | 5 cups (~1.2L) |
| Extra virgin olive oil | 1/3 cup | 1 cup | 2 cups |
| Rice malt syrup | ¼ cup | 1 cup | 2 cups |

Method

- 1) Preheat oven to 180 degrees Celsius. Line a medium size loaf pan with baking paper.
- 2) Gently combine flour and cinnamon in a mixing bowl.
- 3) In a separate bowl combine mashed bananas, vanilla extract, milk and oil.
- 4) Add the dry ingredients and diced apples to the banana mixture and fold to just combine. (Note: add water if required).
- 5) Pour the batter into the tin and bake for 60 minutes or until a skewer comes out clean.
- 6) Leave to cool on a wire rack before cutting into slices.

For puree | Fruit and oat puree

- 1) Puree fruits until you reach the desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please replace flour with gluten free flour.
- For children with an allergy or intolerance to dairy, please omit the milk.

Alternatives

- Option to omit the milk.

Late Snack | Please refer to the display menu for late snack requirement

Wednesday

Morning tea | Pear & Berry muesli pots

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--|-----------------|-----------|------------|
| Pears, cored, peeled, chopped | 3 | 10 | 20 |
| Water | ½ cup | 1 ½ cups | 3 cups |
| Nutmeg, ground | Pinch | 1 tsp | 1 tbsp |
| Berries (strawberry, blueberry, mixed berry) | 200g | 1kg | 2kg |
| Oats* | 225g (~2½ cups) | 1kg | 2kg |
| Natural yoghurt* | To serve | To serve | To serve |

Method

- 1) Place pears, water and nutmeg into a small pot and cook over medium heat, stirring occasionally for about 10 minutes. Then add the berries and cook for another 3 – 5 minutes or until fruit has softened.
- 2) Meanwhile, place oats on an oven tray and transfer to oven to roast for 5-10 minutes, or until lightly toasted.
- 3) Combine pear and berry mixture in food processor and blend until smooth.
- 4) Layer the all ingredients in a cup (muesli at the bottom, with yoghurt and pureed fruit on top). Alternatively, serve all ingredients deconstructed and allow the children the create their own muesli pots.

For Puree | Pear & berry puree

- 1) See recipe above and add all ingredients to a blender and puree.

Allergies (*)

For children with an allergy or intolerance to gluten please substitute oats with quinoa flakes.

- For children with an allergy or intolerance to dairy, please omit yoghurt or offer a dairy free alternative such as soy yoghurt (unless other known allergens to dairy free alternatives).

Alternatives

- Option to use canned pears instead of fresh pears.
- Frozen berries can be used or pears in replace of berries when required.
- Option to omit nutmeg or replace with cinnamon.

Wednesday

Lunch | Braised lamb and veggies with couscous

| Ingredient | Serves 10 | Serves 50 | Serves 100 |
|------------------------------|-----------|-----------|------------|
| Lamb, diced | 500g | 2.5kg | 5kg |
| Potato, diced | 500g | 2kg | 4kg |
| Mushrooms, sliced | 200g | 1kg | 2kg |
| Carrots, finely sliced | 200g | 1kg | 2kg |
| Red onion, finely sliced | 1 | 4 | 8 |
| Garlic, minced | 1 tsp | 1 tbsp | 2 tbsp |
| Capsicum, diced | 1 | 4 | 8 |
| Zucchini, diced | ½ | 3 | 6 |
| Tomato, canned, diced (400g) | 1 | 4 | 8 |
| Vegetable stock* | 500ml | 2L | 5L |
| Cumin, ground | 1 tbsp | 3 tbsp | 6 tbsp |
| Coriander, ground | 1 tbsp | 3 tbsp | 6 tbsp |
| Coriander/mint, fresh | ¼ bunch | 1 bunch | 2 bunches |
| Couscous | 450g | 2.25kg | 4.5kg |

Method

- 1) Cook couscous according to packet instructions.
- 2) In a large pot, place on a high heat, and seal off the lamb till brown. Once all the lamb is browned off, add onions, garlic and caramelize. Add the spices and cook for 2 mins.
- 3) Add the mushrooms, carrots, potatoes, capsicum, zucchini and canned tomatoes. Stir well, then add the vegetable stock. Leave on medium heat for 45 – 60 minutes.
- 4) Add fresh herbs to the braise and serve with a side of couscous.

For vegetarian | Lentil and veggie stew with couscous

- 1) Follow above recipe, but replace lamb with lentils, chickpeas or tofu.

For puree | Lamb, veggie and couscous puree

- 1) Combine the above ingredients and blend until you reach your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten use gluten free vegetable stock.

Alternative

- Option to use rice instead of couscous.

Wednesday

Afternoon tea | Apple oat biscuits served with seasonal fruit

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--------------------------------|---------------|-----------|-------------|
| Wholemeal, self-raising flour* | 125g | 625g | 1kg |
| Rolled oats* | 45g (1/2 cup) | 225g | 450g |
| Desiccated coconut | 1 tbsp | ½ cup | 80g (1 cup) |
| Extra virgin olive oil | ¼ cup | 1 ¼ cups | 2 ½ cups |
| Cinnamon, ground | 1 tsp | 1 tbsp | 2 tbsp |
| Vanilla extract | 1 tsp | 1 tbsp | 2 tbsp |
| Rice malt syrup | ¼ cup | 1 cup | 2 cups |
| Carrot, grated | 1 | 4 | 8 |
| Apple, grated | 1 | 4 | 8 |
| Banana, mashed | 1 | 4 | 8 |

Method

- 1) Preheat the oven to 160 degrees Celsius. Line a baking tray with baking paper.
- 2) In a large bowl mix together the flour, coconut, oats and cinnamon.
- 3) In a separate bowl, add the olive oil, rice malt syrup and vanilla extract and stir well. Add this mixture to the large bowl with the dry ingredients and mix until well combined.
- 4) Add the grated carrot, grated apple and mashed banana and stir until everything is well mixed together.
- 5) Place spoonful's of biscuit mixture onto the baking tray. Press down lightly with a fork.
- 6) Bake in the oven for 20 minutes or until golden brown.

For puree | Pureed Apple, Banana & Carrot

- 1) Serve pureed apple, banana and carrot.

Allergies (*)

- For children with an allergy or intolerance to gluten please substitute flour for gluten free flour.
- For children with an allergy or intolerance to gluten, please substitute oats for quinoa flakes.

Late Snack | Please refer to the display menu for late snack requirement

Thursday

Morning tea | Wholemeal flat bread, veggie sticks and cheddar cheese sticks served with seasonal fruit

Method

- 1) On a platter, lay out wholemeal flat bread, cheese sticks, vegetable sticks (e.g. carrots, cucumber, cherry tomatoes, celery) and seasonal fruit.

For puree | Banana and avocado smash served with steamed veggie sticks

- 1) Place banana and avocado in a food processor or blender and process until you reach your desired consistency.
- 2) Steam carrot until slightly soft and cut into sticks.

Allergies (*)

- For children with an allergy or intolerance to dairy please omit cheese or if no other known allergens offer dairy free cheese (e.g. soy cheese).
- For children with an allergy or intolerance to gluten, please offer gluten free bread.

Thursday

Lunch | Chicken and spring veggie noodle stir-fry

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--------------------------------------|-----------|-----------|------------|
| Lean chicken breast, cut into strips | 600g | 3kg | 6kg |
| Coriander, chopped | 1 tbsp | 1 cup | 2 cups |
| Garlic, minced | 1 tsp | 3 tsp | 6 tsp |
| Brown onion, finely diced | 1 | 4 | 6 |
| Soy sauce, salt reduced | 3 tbsp | ½ cup | 1 cup |
| Oyster sauce | 2 tbsp | ¼ cup | ½ cup |
| Wholemeal hokkien noodles* | 450g | 2.25kg | 4.5kg |
| Corn kernels, canned (420g) | ½ can | 2 ½ cans | 5 cans |
| Carrot, sliced finely | 2 | 10 | 16 |
| Green beans, sliced | 1 cup | 500g | 1kg |
| Extra virgin olive oil | 2 tbsp | ½ cup | ¾ cup |

Method for curry

- 1) Heat half olive oil in a pan or wok. Add chicken and stir fry over a high heat until golden and cooked through. Set aside.
- 2) Add remaining olive oil then onion and garlic and fry for 3 - 4 minutes or until cooked.
- 3) Add rest of vegetables and cook until tender.
- 4) Add chicken back to pan and toss well. Then Stir in soy sauce and oyster sauce and warm through.
- 5) Serve with noodles (or steamed rice). Option to cut noodles into smaller pieces if easier for children.

For vegetarian | Tofu & Veggie Noodle Stir-fry

- 1) Follow recipe above and replace chicken with tofu.

For puree | Chicken & Veggie Noodle Puree

- 1) Combine the above ingredients and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, serve with rice noodles or rice instead of hokkien noodles.

Alternatives

- Option to use peas instead of green beans.
- Option to add herbs and spices for additional flavour.

Thursday

Afternoon tea | Power fruit bars

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--------------------------------|--------------|----------------|-----------------|
| Oats* | 1 cup (~90g) | 5 cups (~450g) | 10 cups (~900g) |
| Puffed rice | 1 cup (~20g) | 100g | 200g |
| Wholemeal self-raising flour* | 1/3 cup | 200g | 400g |
| Desiccated coconut | ¼ cup | 100g | 200g |
| Sultanas, finely chopped | ½ cup | 2 ½ cups | 5 cups |
| Dried apricots, finely chopped | ½ cup | 2 ½ cups | 5 cups |
| Extra virgin olive oil | ¼ cup | 1 ½ cup | 3 cups |
| Rice malt syrup | 1/2 cup | 1 ½ cup | 3 cups |
| Vanilla extract | 1 tsp | 1 tbsp | 3 tbsp |

Method

- 1) Preheat oven to 180 degrees Celsius. Line tray with baking paper.
- 2) Combine oats, puffed rice, flour, coconut, vanilla extract dried fruit and mix.
- 3) In a small saucepan on a low heat melt the rice malt syrup and add the olive oil once melted to mix. Then add to the puffed rice mixture and stir until well combined. (Note: add additional water or rice malt syrup as required).
- 4) Spoon mixture into tray and using the back of a spoon, press mixture into pan.
- 5) Bake for 30 – 40 minutes, or until lightly golden.
- 6) Cool in pan. Cut into squares.

For puree | Fruit and oat puree

- 1) Puree fresh fruit and oats until you reach the desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, replace flour with gluten free self-raising flour.
- For children with an allergy or intolerance to gluten, replace oats with quinoa flakes.

Alternatives

- Options to swap dried fruit with other types of dried fruits (e.g. dates, cranberries)

Late Snack | Please refer to the display menu for late snack requirement

Friday

Morning tea | Mini veggie and cheese wholemeal pizzas served with seasonal fruit

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|----------------------------|-------------------------|--------------------------|--------------------------|
| Wholemeal pita bread* | 5 | 25 | 50 |
| Cheddar cheese, grated* | 150g (~1½ cup) | 750g | 1.5kg |
| Fresh or dried herbs | 1 cup (1 tsp per pizza) | 4 cups (1 tsp per pizza) | 8 cups (1 tsp per pizza) |
| Tomatoes, diced | 3 | 4 | 8 |
| Capsicum, finely diced | 1 | 3 | 6 |
| Tomato paste, salt reduced | 160g (2 tbsp per pizza) | 800g (2 tbsp per pizza) | 1.5kg (2 tbsp per pizza) |
| Extra virgin olive oil | 2 tbsp | ½ cup | ¾ cup |

Method

- 1) Preheat oven to 180 degrees.
- 2) Place pitas on a baking paper lined tray, brush with olive oil and bake in oven for 6 - 8 minutes until beginning to crisp.
- 3) Take out of the oven and spread tomato paste onto each pita bread and then top with fresh tomatoes, cheese, herbs and capsicum.
- 4) Put back in oven and bake for an additional 5 - 10 minutes. Serve with seasonal fruit.

For puree | Vegetable puree

- 1) Serve pureed seasonal vegetables.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute pita bread with gluten free bread.
- For children with an allergy or intolerance to dairy, please omit cheese. Option to replace with soy cheese.

Alternatives

- Option to replace capsicum with grated zucchini or other vegetables.

Friday

Lunch | Beef and kidney bean chilli con carne served with rice

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--|----------------|-----------|------------|
| Lean beef mince | 500g | 2.5kg | 5kg |
| Brown onion, finely diced | 1 | 4 | 8 |
| Zucchini, diced | 1 | 3 | 5 |
| Carrot, grated or diced | 1 | 3 | 5 |
| Tomatoes, diced, canned (400g) | 1 | 4 | 8 |
| Tomato paste, salt reduced | 2 tbsp | 250g | 500g |
| Vegetable stock, salt reduced* | 250mL | 1.25L | 2.5L |
| Garlic, minced | 1 tsp | 3 tsp | 1 tbsp |
| Extra virgin olive oil | 1 tbsp | ~½ cup | ~¾ cup |
| Red kidney beans, canned, drained (400g) | 1 | 4 | 8 |
| Cumin, ground | Pinch | 1 tsp | 2 ½ tsp |
| Paprika, ground | Pinch | 1 tsp | 2 ½ tsp |
| Coriander, ground | Pinch | 1 tsp | 2 ½ tsp |
| Cinnamon, ground | Pinch | 1 tsp | 2 ½ tsp |
| Cheddar cheese, grated* | 50g (~1/2 cup) | 250g | 500g |
| Basmati rice | 450g | 2.25kg | 4.5kg |

Method

- 1) Cook rice according to packet instructions.
- 2) Heat olive oil in a saucepan. Add mince to the pan and lightly brown, remove from heat and set aside.
- 3) Add onion, cook for 2-3 minutes, add garlic cook for 1-2 minutes.
- 4) Add cumin, paprika, coriander and cinnamon, cook for 3-4 minutes until lightly browned.
- 5) Add carrot, zucchini and tomato, combine well before adding tomato paste, and add mince back to the pan.
- 6) Add enough stock to just cover, place lid on pot and simmer until meat is tender.
- 7) Once tender, toss in red kidney beans and let warm through.
- 8) Serve topped with grated cheese and a side of rice.

For vegetarian | Vegetarian and kidney bean chilli con carne with rice

1) Refer to the above recipe, but replace beef with diced sweet potato or tofu.

For puree | Beef and kidney bean puree

1) Combine the above ingredients and blend until you reach your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to dairy or lactose, please omit cheese.
- For children with an allergy or intolerance to gluten, please ensure vegetable stock is gluten free.

Alternatives

- Option to add herbs and spices for additional flavour.

Friday

Afternoon tea | Seasonal Fruit and Natural Yoghurt

Method

- 1) Serve natural yoghurt with seasonal fruit.

For puree | Yoghurt and fruit puree

- 1) Serve pureed seasonal fruit and yoghurt.

Allergies (*)

- For children with an allergy or intolerance to dairy, please offer a dairy free yoghurt.

Alternative

- Option to swirl pureed fruit through yoghurt to naturally sweeten.

Late Snack | Please refer to the display menu for late snack requirement

Week 3

Monday

Morning tea | Whole grain crackers with cheese served seasonal fruit

Method

1) On a platter, lay out wholegrain crackers, cheese and seasonal fresh fruit.

For puree | Fruit puree

1) Pureed seasonal fruit.

Allergies (*)

- For children with an allergy or intolerance to gluten, please omit crackers.
- For children with an allergy or intolerance to dairy, please omit cheese.

Monday

Lunch | Warm Veggie Lover Pasta Salad

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|---------------------------|----------------|-----------|------------|
| Pasta shells* | 450g | 2.25kg | 4.5kg |
| Extra virgin olive oil | 2 tbsp | 6 tbsp | 1 cup |
| Broccoli, small florets | ½ head | 1 head | 2 heads |
| Pumpkin, butternut, diced | 200g | ½ | 1 |
| Zucchini, diced or grated | 1 | 3 | 5 |
| Garlic, minced | 1 tsp | 1 tbsp | 2 tbsp |
| Cherry tomatoes, halved | 1 punnet | 3 punnets | 4 punnets |
| Cheddar cheese, grated* | 150g (~1½ cup) | 750g | 1.5kg |
| Brown onion, finely diced | 1 | 2 | 3 |

Method

- 1) Preheat oven to 180 degrees Celsius. Using half the oil, lightly coat the diced pumpkin with olive oil. Roast for 45 minutes in the oven until soft.
- 2) Cook the pasta according to package directions. Drain and set aside.
- 3) Heat remaining oil in a large pan over medium heat. Add the onion, zucchini and broccoli florets and sauté for 4-6 minutes or until soft. Add the garlic and continue sautéing, stirring occasionally, until the vegetables are cooked.
- 4) Once all the veggies and the pasta are cooked, combine in a large bowl.
- 5) Add the cherry tomatoes and roasted pumpkin and toss to combine.
- 6) Sprinkle with cheese. Note: option to serve deconstructed, with vegetables separate to pasta. Alternatively, you can blend the vegetables and mix through pasta as a sauce and then sprinkle with cheese.

For puree | Pasta Salad Puree

- 1) Place mixture in a blender or food processor and blend to desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please use a gluten free pasta.
- For children with an allergy or intolerance to dairy, please omit cheese or use a dairy free cheese alternative.

Alternatives

- Option to use regular or wholemeal pasta.
- Option to use parmesan cheese instead of cheddar cheese.
- Option to add peas or carrot to this recipe.
- Option to add herbs and spices for additional flavour.
- Options to use tomatoes instead of cherry tomatoes.

Monday

Afternoon tea | Oaty Banana bars

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|-------------------------------|-----------|-----------|------------|
| Bananas, medium, mashed | 2 | 8 | 12 |
| Wholemeal self-raising flour* | 100g | 400g | 1kg |
| Rolled oats* | 350g | 1.2kg | 2kg |
| Extra virgin olive oil | ¼ cup | 1 cup | 2 cups |
| Rice malt syrup | ¼ cup | ½ cup | 1 cup |
| Apple, puree | 1 | 4 | 8 |

Method

- 1) Pre-heat the oven to 180 degrees Celsius. Line a baking tray with baking paper.
- 2) In a small saucepan on a low heat melt the rice malt syrup and add the olive oil once melted.
- 3) Remove the pan from the heat, stir in the oats, flour, apple puree and banana.
- 4) Combine well and pour the mixture into the baking tray and spread evenly.
- 5) Place in the oven for 20 minutes or until golden brown.
- 6) Cut into portions and serve.

For puree | Banana and apple smashed

- 1) Mash bananas and apple puree until you reach desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute wholemeal flour for gluten free self-raising flour.
- For children with an allergy or intolerance to gluten, please substitute oats for quinoa flakes.

Alternative

- Depending on campus allergies, option to add an egg to achieve desired consistency.
- Option to use additional bananas instead of olive oil.

Late Snack | Please refer to the display menu for late snack requirement

Tuesday

Morning tea | Mini cheese and veggie wholemeal pizzas served with seasonal fruit

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|----------------------------|-------------------------|--------------------------|--------------------------|
| Wholemeal pita bread* | 5 | 25 | 50 |
| Cheddar cheese, grated* | 150g (~1½ cup) | 750g | 1.5kg |
| Fresh or dried herbs | 1 cup (1 tsp per pizza) | 4 cups (1 tsp per pizza) | 8 cups (1 tsp per pizza) |
| Tomatoes, diced | 3 | 4 | 8 |
| Capsicum, finely diced | 1 | 3 | 6 |
| Tomato paste, salt reduced | 160g (2 tbsp per pizza) | 800g (2 tbsp per pizza) | 1.5kg (2 tbsp per pizza) |
| Extra virgin olive oil | 2 tbsp | ½ cup | ¾ cup |

Method

- 1) Preheat oven to 180 degrees.
- 2) Place pitas on a baking paper lined tray, brush with olive oil and bake in oven for 6 - 8 minutes until beginning to crisp.
- 3) Take out of the oven and spread tomato paste onto each pita bread and then top with fresh tomatoes, cheese, herbs and capsicum.
- 4) Put back in oven and bake for an additional 5 - 10 minutes. Serve with seasonal fruit.

For puree | Vegetable puree

- 1) Serve pureed seasonal vegetables.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute pita bread with gluten free bread.
- For children with an allergy or intolerance to dairy, please omit cheese. Option to replace with soy cheese.

Alternatives

- Option to replace capsicum with grated zucchini or other vegetables.

Tuesday

Lunch | Beef and veggie mince with flatbread and hummus

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|-----------------------------------|-----------|------------|------------|
| Lean beef mince | 500g | 2.5kg | 5kg |
| Brown onion, finely diced | 1 | 4 | 8 |
| Carrot, grated | 2 | 10 (~1 kg) | 15 |
| Zucchini, grated | ½ | 2 | 4 |
| Celery, diced | 2 sticks | ½ bunch | 1 bunch |
| Tomatoes, canned, diced, (400g) | 1 | 4 | 8 |
| Curry powder* | ¼ tsp | 1 ¼ tsp | 2 ½ tsp |
| Garlic, minced | 1 tsp | 1 tbsp | 2 tbsp |
| Extra virgin olive oil | 1 tbsp | ~½ cup | ~¾ cup |
| Green peas, frozen | 1 cup | 250g | 500g |
| Flat bread* | 5 | 25 | 50 |
| Hummus | | | |
| Lemon, juiced | ½ tbsp | 2 tbsp | 5 tbsp |
| Chickpeas, canned, drained (400g) | 1 | 5 | 10 |
| Garlic, minced | 1 tsp | 1 tbsp | 3 tbsp |
| Tahini* | 1 tbsp | 4 tbsp | 10 tbsp |

Method

- 1) Heat olive oil in a large pot on high heat and add mince, and lightly brown, remove from heat.
- 2) Add onion and sauté for 1-2 minutes or until lightly brown, add garlic and cook for 1-2 minutes.
- 3) Stir in carrot, zucchini, celery, tomatoes, curry powder and add mince back to the pan. Place lid on pot and bring to a gentle simmer, once vegetables are soft, stir in peas and warm through for 5-10mins.
- 4) To make the hummus, combine all ingredients in a food processor and add additional water until desired consistency is reached.
- 5) Toast flat bread in the oven or leave fresh.
- 6) Serve the meal deconstructed and allow children to create their own flat bread with the veggie mince and hummus.

For vegetarian | Red kidney bean and veggie mix with flatbread and hummus

1) Follow the above recipe and replace beef mince with red kidney beans.

For puree | Beef and veggie puree

1) Combine the above ingredients and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute flat bread with gluten free bread.
- For children with an allergy or intolerance to gluten, please ensure curry powder is gluten free.
- For children with an allergy to sesame seeds, please omit the tahini in the hummus recipe.

Alternatives

- For children that are unable to manage pita bread, offer couscous, rice or pasta.
- Option to omit hummus and serve with natural yoghurt instead.
- Option to add herbs and spices for additional flavour.

Tuesday

Afternoon tea | Raspberry and banana loaf

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|-------------------------------|-----------|-----------------|----------------|
| Wholemeal self-raising flour* | 250g | 1.25kg | 1.5kg |
| Cinnamon, ground | 1 tsp | 1 tbsp | 2 tbsp |
| Vanilla extract | 1 tsp | 1 tbsp | 2 tbsp |
| Bananas, mashed | 2 | 10 | 20 |
| Frozen raspberries, thawed | ½ cup | 2.5 cups | 5 cups |
| Milk* | ¾ cup | 3 cups (~800mL) | 5 cups (~1.2L) |
| Extra virgin olive oil | 1/3 cup | 1 cup | 2 cups |
| Rice malt syrup | ¼ cup | 1 cup | 2 cups |

Method

- 1) Preheat oven to 180 degrees Celsius. Line a medium size loaf tin with baking paper.
- 2) Gently combine flour and cinnamon in a mixing bowl.
- 3) In a separate bowl combine mashed bananas, vanilla extract, milk, oil and rice malt syrup.
- 4) Add the dry ingredients and raspberries to the banana mixture and mix to just combine. (Note: add water if required).
- 5) Pour the batter into the tin and bake for 60 minutes or until a skewer comes out clean.
- 6) Leave to cool on a wire rack before cutting into slices.

For puree | Raspberry and banana puree

- 1) Serve pureed raspberries and banana with natural yoghurt and blend until you get desired consistency.

Allergies (*)

- Recipe contains MILK, for children under 12 months OR children above this age with a cow's milk allergy please replace this ingredient with boiled and cooled tap water.
- For children with an allergy or intolerance to gluten, please substitute flour for gluten free flour.

Late Snack | Please refer to the display menu for late snack requirement

Wednesday

Morning tea | Delicious Apple and Berry oat pots

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--|-----------------|-----------|------------|
| Rolled Oats* | 225g (~2½ cups) | 1kg | 2kg |
| Natural Yoghurt* | 500g | 2.5kg | 5kg |
| Desiccated coconut | 80g (~1 cup) | 320g | 800g |
| Red apples, cored and chopped | 4 | 16 | 25 |
| Berries (strawberry, blueberry, mixed berry) | 450g (~ 3 cups) | 2kg | 4kg |

Method

- 1) Heat apples and berries over the pan until pureed.
- 2) Layer the all ingredients in a cup (oats at the bottom, with yoghurt, pureed fruit and desiccated coconut on top). Alternatively, serve all ingredients deconstructed and allow the children the create their own oat pots.

For Puree | Apple, Berry and Oat Puree

- 1) See recipe above and add all ingredients to a blender and puree.

Allergies (*)

- For children with an allergy or intolerance to gluten please substitute oats with quinoa flakes.
- For children with an allergy or intolerance to dairy, please omit yoghurt or offer a dairy free alternative such as soy yoghurt (unless other known allergens to dairy free alternatives).

Alternative

- Frozen berries can be used or pears in replace of berries when required.
- Canned apples can be used in replace of fresh apples.

Wednesday

Lunch | Lamb and rice pilaf

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--------------------------------|-----------|-------------------|------------|
| Lean lamb mince | 500g | 2.5kg | 5kg |
| Coriander, fresh, chopped | 1 tbsp | 1 bunch | 2 bunches |
| Garlic, minced | 1 tsp | 3 tsp | 6 tsp |
| Brown onion, finely diced | 1 | 4 | 6 |
| Carrot, coarsely grated | 1 | 3 | 6 |
| Tomato, diced | 1 | 5 | 10 |
| Vegetable stock, salt reduced* | 1 cup | 5 cups | 10 cups |
| Pumpkin, diced | 1 cup | 5 cups | 10 cups |
| Coriander, ground | ¼ tsp | ½ tsp | 1 tsp |
| Cinnamon, ground | ¼ tsp | ½ tsp | 1 tsp |
| Cumin, ground | ¼ tsp | ½ tsp | 1 tsp |
| Basmati rice | 450g | 2.25kg | 4.5kg |
| Extra virgin olive oil | 1 tbsp | 4 tbsp | ½ cup |
| Sultanas, finely chopped | ¼ cup | 1 cup | 2 cups |
| Natural yoghurt* | | Optional to serve | |

Method

- 1) Heat olive oil in a large pan over medium heat, add onion and cook for 3-4 minutes.
- 2) Then add garlic and carrot, cook for 2-3 minutes before adding ground coriander, cinnamon and cumin.
- 3) Add lamb to the pan and brown lightly before adding pumpkin, tomatoes, rice, sultanas and stock. (Option to leave rice out of this step and serve the rice deconstructed as a side instead).
- 4) Bring to the boil and reduce the heat to a simmer and cook until lamb is cooked and rice is soft, adding extra stock if needed, stir in fresh coriander at the end.
- 5) Serve topped with an optional dollop of yoghurt.

For vegetarian | Chickpea and rice pilaf

- 1) Follow the above recipe and replace lamb with chickpeas.

For puree | Lamb and rice puree

1) Combine the above ingredients and blend until you reach your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please ensure vegetable stock is gluten free.
- For children with an allergy or intolerance to dairy, please use a soy based yoghurt or omit the yoghurt.

Alternatives

- Option to omit sultanas.
- Option to add herbs and spices for additional flavour.

Wednesday

Afternoon tea | Selection of healthy dips with veggie sticks and flat bread served with seasonal fruit

Method

- 1) On a platter, lay out flat bread and veggie sticks and choose any of the following dips.

Roast capsicum and feta

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|-----------------------|-----------|-----------|------------|
| Red capsicum, chopped | 1 | 3 | 6 |
| Feta cheese* | 50g | 250g | 500g |
| Pepper | To taste | To taste | To taste |

Method

- 1) Pre-heat oven to 180 degrees Celsius and line a tray with baking paper.
- 2) Place capsicum on tray and drizzle with olive oil and place in oven for 30 minutes or until lightly roasted.
- 3) Blend capsicums and mix feta in. Season with pepper as desired.

Hummus dip

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|-----------------------------------|-----------|-----------|------------|
| Lemon, juiced | ½ tbsp | 2 tbsp | 5 tbsp |
| Chickpeas, canned, drained (400g) | 1 | 3 | 6 |
| Garlic, minced | 1 tsp | 1 tbsp | 3 tbsp |
| Paprika, ground | 1 tsp | 2 tsp | 1 tbsp |
| Extra virgin olive oil | 1 tbsp | 2 tbsp | 5 tbsp |
| Natural yoghurt* | 2 tbsp | 4 tbsp | 10 tbsp |

Method

- 1) Combine all ingredients in a food processor and add additional water until desired consistency is reached. Note: Add water to achieve desired consistency.

Avocado and Pea Dip

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|----------------------|-----------|-----------|------------|
| Frozen peas, thawed | 1 cup | 500g | 1kg |
| Avocado | 1 large | 4 | 8 |
| Lime or lemon, juice | ¼ cup | ½ cup | 1 cup |

Method

- 1) Add the peas, lime/lemon juice and avocado to a food processor and pulse until smooth. (Note: add water until you get desired consistency).

For puree | Avocado and pea puree

- 1) Blend avocado and peas until desired consistency reached.

Allergies (*)

- For children with an allergy or intolerance to dairy, please omit cheese and yoghurt from dip recipes.
- If child has an allergy to sesame seeds, please omit the hummus.

Late Snack | Please refer to the display menu for late snack requirement

Thursday

Morning tea | Cheesy bread served with seasonal fruit

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|---------------------------------------|-----------|-----------|------------|
| Cheese (approx. 2 slices per child) * | 300g | 1.5kg | 3kg |
| Dried herbs (e.g. oregano) | | To serve | |
| Wholegrain wrap or flatbread* | 4 | 20 | 50 |

Method

- 1) Place cheese slices on bread. (Option to add a sprinkle of dried herbs for additional flavour).
- 2) Warm in oven until cheese is melted.
- 3) Cut into slices and serve with seasonal fruit.

For puree | Seasonal vegetable puree

- 1) Puree seasonal vegetables. Option to add natural yoghurt.

Allergies (*)

- For children with an allergy or intolerance to dairy, please replace with a dairy free cheese or omit cheese.
- For children with an allergy or intolerance to gluten, please serve with gluten free bread.

Thursday

Lunch | Tandoori fish with rice and vegetables

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|------------------------|-----------|-----------|------------|
| White fish fillets* | 750g | 3.75kg | 7.5kg |
| Basmati rice | 450g | 2.25kg | 4.5kg |
| Mixed vegetables | 500g | 1kg | 2kg |
| <i>Tandoori paste</i> | | | |
| Cumin, ground | 1 tsp | 5 tsp | 2.5 tbsp |
| Coriander, ground | 1 tsp | 5 tsp | 2.5 tbsp |
| Turmeric, ground | ½ tsp | 2 tsp | 1 tbsp |
| Garlic, minced | 1 tsp | 5 tsp | 2.5 tbsp |
| Ginger, finely chopped | 1 tsp | 5 tsp | 2.5 tbsp |
| Lemon, juiced | 1 tbsp | 5 tbsp | 10 tbsp |
| Natural yoghurt* | 200g | 800g | 1.5kg |

Method

- 1) Preheat oven to 180 degrees Celsius.
- 2) Mix tandoori paste ingredients together. Coat fish in mix and bake in oven for 45-60 minutes. (Note: option to bake fish without tandoori mixture and add this as a sauce on the side at the end)
- 3) Cook rice according to packet directions.
- 4) Steam vegetables.
- 5) Serve fish with rice and steamed vegetables.

For vegetarian | Vegetarian tandoori with rice

- 1) Refer to the above recipe, but replace fish with tofu, sweet potato/pumpkin.

For puree | Tandoori fish and rice puree

- 1) Combine the above ingredients and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to dairy please omit yoghurt.
- For children with an allergy or intolerance to fish please replace fish with chicken or follow the vegetarian option.
- For children with an allergy or intolerance to soy, please replace with legumes.

Alternatives

- Option to use store bought tandoori paste, and please ensure nut-free. If allergies to gluten, please ensure it is gluten-free.

Thursday

Afternoon tea | Carrot, date and banana wholemeal loaf

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--------------------------------------|-----------|-----------|------------|
| Carrot, grated, squeeze excess juice | 1 | 5 | 10 |
| Wholemeal self-raising flour* | 250g | 1kg | 2kg |
| Dates, chopped | ½ cup | 2 ½ cups | 5 cups |
| Bananas, mashed | 2 | 5 | 10 |
| Extra virgin olive oil | ¼ cup | 1 cup | 2 cups |
| Rice malt syrup | ½ cup | ½ cup | 1 cup |

Method

- 1) Pre-heat oven to 170 degrees Celsius. Line a loaf tin with baking paper.
- 2) In a bowl, sift the flour. Then add the carrot and dates.
- 3) Add the bananas and combine well.
- 4) Stir in the oil and the rice malt syrup until just combined. (Note: add water if required).
- 5) Spoon the mixture into the pan and bake for 50-60 minutes or until golden brown.

For puree | Carrot, date and banana

- 1) Combine carrots, dates and banana and blend until desired consistency reached.

Allergies (*)

- For children with an allergy or intolerance to gluten please substitute flour for gluten free flour.

Alternatives

- Option to add milk to this recipe if desired.

Late Snack | Please refer to the display menu for late snack requirement

Friday

Morning tea | Apple and Pear Crumble with Natural Yoghurt

| Ingredient | Serves 10 | Serves 50 | Serves 100 |
|---|----------------|------------------|----------------|
| Crumble | | | |
| Rolled oats* | 180g (~2 cups) | 900g | 1.8kg |
| Extra virgin olive oil | 2 tbsp | ½ cup | 1 cup |
| Desiccated coconut | 1 cup (~90g) | 3 ½ cups (~320g) | 8 cups (~800g) |
| Cinnamon, ground | 1 tsp | 1 tbsp | 2 tbsp |
| Rice malt syrup | ¼ cup | 1 cup | 2 cups |
| Filling | | | |
| Apple, cored, peeled and diced (or canned 800g) | 4 (~1 can) | 15 (~3 cans) | 30 (~6 cans) |
| Pears, diced (or canned slices 825g) | 2 (~1/3 can) | 6 (~1 can) | 11 (~2 cans) |
| Yoghurt* | To serve | To serve | To serve |

Method

- 1) Preheat oven to 180 degrees Celsius. Grease baking dish.
- 2) *If using fresh fruit* – Place the apples and pears in a saucepan and cover with water. Bring to the boil, and then turn down the heat. Simmer over low heat until fruit softens.
If using canned fruit – Drain the juice from canned apples and pear and combine together.
- 3) Meanwhile, for the crumble: in a large bowl, add all the ingredients and mix well.
- 4) Spoon the fruit filling in to a baking dish and then cover with the crumble.
- 5) Put in to the oven and bake for around 15 - 20 minutes or until golden on top.
- 6) Serve crumble mixture with a dollop of yoghurt.

For puree

- 1) Serve pureed apples and berries with yoghurt.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute oats for quinoa flakes.
- For children with an allergy or intolerance to dairy, please omit the yoghurt.

Friday

Lunch | Pork vermicelli noodles with veggies

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|---------------------------|-----------------|----------------|----------------|
| Pork mince* | 500g | 2.5kg | 5kg |
| Brown onion, finely diced | 1 | 4 | 10 |
| Garlic, minced | 2 tsp | 1 ½ tbsp | 3 tbsp |
| Ginger, minced | 1 tsp | 1 tbsp | 3 tbsp |
| Carrot, diced | 1 | 5 | 10 |
| Spring Onions, bunch | ½ | 2 | 4 |
| Green peas, frozen | 1 ½ cup (~210g) | 3 cups (~420g) | 5 cups (~700g) |
| Extra virgin olive oil | 1 tbsp | 5 tbsp | ½ cup |
| Soy sauce, salt-reduced* | 1 tbsp | 3 tbsp | 1/3 cup |
| Sesame oil* | 1 tsp | 1 tbsp | 3 tbsp |
| Rice vermicelli noodles* | 450g | 2.25kg | 4.5kg |
| Limes | 1 | 3 | 6 |

Method

- 1) Heat olive oil in a pan over medium heat and add the pork to the pan and cook until browned. Then remove pork from pan and set aside.
- 2) Add onion, garlic, ginger, carrot and spring onions to the pan and cook for 2-3 minutes. Add the pork mince back to the pan. Add soy sauce and sesame oil and stir. Then add the peas to the pan and heat through.
- 3) Squeeze lime over the meat dish and toss together.
- 4) Cook the vermicelli noodles according to packet instructions and serve up with pork. Option to chop noodles to make easier for the children to eat.

For vegetarian | Tofu vermicelli noodles

- 1) Follow the above recipe, but replace pork mince with tofu.

For puree | Pork and veggie puree

- 1) Combine the above ingredients and blend until you reach your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, use gluten free soy sauce.
- For children with an allergy or intolerance to sesame, please omit the sesame oil.

Alternatives

- Option to add bok choy.
- Option to replace vermicelli noodles with rice.
- Option to replace pork mince with lamb or beef mince.

Friday

Afternoon tea | Selection of Healthy Sandwiches

(catering for ½ sandwich per child)

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--------------------------------|-----------|-----------|------------|
| Wholemeal or wholegrain bread* | 10 | 50 | 100 |

Topping suggestions

- Cheddar cheese*
- Cottage cheese*
- Tuna*
- Turkey slices
- Hummus
- Boiled eggs*
- Tomato
- Capsicum
- Carrot
- Avocado
- Vegemite

Method

- 1) Using wholemeal or wholegrain bread, choose your choice of toppings to serve to the children for afternoon tea. Please include a source of protein (cheese, tuna, hummus, eggs in each sandwich option).
- 2) Serve sandwiches with seasonal fresh fruit.

For puree | Seasonal vegetable puree

Allergies (*)

- For children with an allergy or intolerance to dairy, please omit cheese.
- For children with an allergy or intolerance to gluten, please replace bread with gluten free bread.
- For children with an allergy to fish, please do not serve tuna.
- For children with an allergy to eggs, please do not serve eggs.

Late Snack | Please refer to the display menu for late snack requirement

Week 4

Monday

Morning tea | Cheese, sultanas and wholegrain crackers served with seasonal fruit

Method

- 1) On a platter, lay out wholegrain crackers, cheese, sultanas and seasonal fruit.

For puree | Seasonal fruit puree

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute crackers with gluten free crackers.
- For children with an allergy or intolerance to dairy, please omit cheese.

Monday

Lunch | Pumpkin, leek and feta risotto

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|------------------------------------|-----------|-----------|------------|
| Extra virgin olive oil | 1 tbsp | ¼ cup | ½ cup |
| Garlic, minced | 1 tsp | 1 tbsp | 3 tbsp |
| Leek, sliced | 2 | 4 | 6 |
| Pumpkin, diced | 500g | 2.5kg | 5kg |
| Arborio rice | 450g | 2.25kg | 4.5kg |
| Vegetable stock, salt reduced* | 1.2L | 6L | 12L |
| Feta cheese, crumbled (to serve) * | 150g | 600g | 1kg |

Method

- 1) Preheat oven to 180 degrees Celsius.
- 2) Heat oil in a large ovenproof dish over medium heat and cook leek for 5 minutes, or until soft.
- 3) Add garlic and pumpkin and cook for an additional 10 minutes or until soft.
- 4) Add the rice to the ovenproof and stir for 1 minute before adding the stock, stir to combine.
- 5) Cover and bake in the oven for approx. 45 minutes, until the stock is almost absorbed and rice is soft. (Note: you may need to add extra liquid to achieve the desired consistency).
- 6) Sprinkle with feta cheese to serve.

For puree | Risotto

- 1) Combine the above ingredients and blend until you get your desired consistency

Allergies (*)

- For children with an allergy or intolerance to dairy, please omit cheese.
- For children with an allergy or intolerance to gluten, please ensure stock is gluten free.

Alternatives

- Option to replace leek with mushrooms or other seasonal vegetables.
- Option to add herbs and spices for additional flavour.

Monday

Afternoon tea | Healthy carrot and sultana mini muffins

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|-------------------------------|-----------|-----------|------------|
| Wholemeal self-raising flour* | 250g | 1.25kg | 2.5kg |
| Carrot, grated | 1 | 4 | 10 |
| Bananas, mashed | 2 | 5 | 12 |
| Extra virgin olive oil | 1/3 cup | 1 cup | 2 cups |
| Sultanas, finely chopped | 1 cup | 4 cups | 8 cups |
| Rice malt syrup | ¼ cup | 1 cup | 3 cups |

Method

- 1) Pre-heat oven to 170 degrees Celsius. Line muffins pans with paper cases.
- 2) In a bowl, combine flour, bananas, carrots and sultanas and stir to combine.
- 3) In a small saucepan over low heat, melt the rice malt syrup and add the olive oil once melted to mix.
- 4) Stir in the oil and rice malt syrup until the mixture just forms together. (Note: add water if required).
- 5) Spoon the mixture into cases and bake for 20 – 30 minutes or until golden.

For puree | Carrot, sultana and banana puree

- 1) Combine carrots, sultanas and banana and blend until desired consistency reached.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute flour with gluten free self-raising flour.

Late Snack | Please refer to the display menu for late snack requirement

Tuesday

Morning tea | Wholemeal crumpets with assorted spreads with seasonal fruit

Method

- 1) Serve wholemeal crumpets, quartered, with assorted spreads and seasonal fruit.
Note: spread options may include – ricotta, avocado, vegemite, cheese, tomato, hummus).

For puree | Seasonal fruit

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute crumpets with gluten free bread.
- For children with an allergy to dairy, cheese should not be offered (serve mashed banana instead).

Alternatives

- Note: you can choose to serve what spreads are most suitable for your campus.

Tuesday

Lunch | Veggie packed spaghetti bolognaise

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|---------------------------------------|--------------|-----------------|---------------|
| Lean pork or beef mince | 500g | 2.5kg | 5kg |
| Pasta* | 450g | 2.25kg | 4.5kg |
| Brown onion, finely diced | 1 | 4 | 8 |
| Garlic, minced | 1 tsp | 3 tsp | 1 tbsp |
| Zucchini, grated | 1 | 3 | 5 |
| Carrot, diced | 1 | 3 | 5 |
| Peas | 1 cup (140g) | 2 ½ cups (350g) | 5 cups (700g) |
| Extra virgin olive oil | 1 tbsp | 3 tbsp | ½ cup |
| Tomatoes, canned, salt reduced (425g) | 2 | 8 | 16 |
| Tomato paste, salt reduced | 3 tbsp | 250g | 500g |
| Oregano, dried | ½ tsp | 1 tbsp | 3 tbsp |
| Parmesan, grated* | 1 cup | 3 cups | 6 cups |

Method

- 1) Heat oil in a large frying pan over a medium heat. Add pork or beef to the pan and cook for 5 to 6 minutes or until browned. Set aside.
- 2) Add onion, carrot and zucchini to the pan and cook, stirring for 3 to 4 minutes or until onion is tender.
- 3) Add mince back to the pan.
- 4) Add canned tomatoes, tomato paste and oregano to pan. Reduce heat to medium-low. Cook covered, stirring occasionally, for around 15-20 minutes or until the sauce has thickened slightly. Add peas and stir.
- 5) Cook pasta according to packet instructions.
- 6) Serve deconstructed with pasta, meat mixture and parmesan cheese. (Note: option to mix the meat mixture through pasta if desired).

For vegetarian | Vegetarian Bolognaise

- 1) Follow recipe above and replace mince pork or beef with kidney beans.

For puree | Puree spaghetti bolognaise

- 1) Combine the above ingredients and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute pasta with gluten free pasta.
- For children with an allergy or intolerance to dairy, please use a dairy free cheese alternative.

Alternatives

- Option to use wholemeal pasta.
-

Tuesday

Afternoon tea | Power fruit bars

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--------------------------------|--------------|----------------|-----------------|
| Oats* | 1 cup (~90g) | 5 cups (~450g) | 10 cups (~900g) |
| Puffed rice | 1 cup (~20g) | 100g | 200g |
| Wholemeal self-raising flour* | 1/3 cup | 200g | 400g |
| Desiccated coconut | ¼ cup | 100g | 200g |
| Sultanas, finely chopped | ½ cup | 2 ½ cups | 5 cups |
| Dried apricots, finely chopped | ½ cup | 2 ½ cups | 5 cups |
| Extra virgin olive oil | ¼ cup | 1 ½ cup | 3 cups |
| Rice malt syrup | 1/2 cup | 1 ½ cup | 3 cups |
| Vanilla extract | 1 tsp | 1 tbsp | 3 tbsp |

Method

- 1) Preheat oven to 180 degrees Celsius. Line tray with baking paper.
- 2) Combine oats, puffed rice, flour, coconut, vanilla extract, dried fruit and mix.
- 3) In a small saucepan on a low heat melt the rice malt syrup and add the olive oil once melted to mix. Then add to the puffed rice mixture and stir until well combined. (Note: add additional water or rice malt syrup as required).
- 4) Spoon mixture into tray and using the back of a large metal spoon, press mixture into pan to even surface.
- 5) Bake for 30 – 40 minutes, or until lightly golden.
- 6) Cool in pan. Cut into squares.

For puree | Fruit and oat puree

- 1) Puree fresh fruit and oats until you reach the desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please replace flour with gluten free self-raising flour.
- For children with an allergy or intolerance to gluten, please replace oats with quinoa flakes.

Late Snack | Please refer to the display menu for late snack requirement

Wednesday

Morning tea | Natural yoghurt served with seasonal fruit

Method

1) Serve natural yoghurt with seasonal fruit.

For puree | Yoghurt and fruit puree

1) Serve pureed seasonal fruit and yoghurt.

Allergies (*)

- For children with an allergy or intolerance to dairy, please offer a dairy free yoghurt.

Alternative

- Option to swirl pureed fruit through yoghurt to naturally sweeten.

Wednesday

Lunch | Lamb & Cauliflower curry served with rice

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--------------------------------------|-----------------|-----------|------------|
| Lamb, fat trimmed, diced | 500g | 2.5kg | 5kg |
| Extra virgin olive oil | 2 tbsp | ½ cup | ¾ cup |
| Brown onion, finely diced | 1 | 3 | 6 |
| Garlic, minced | 2 tsp | 1 tbsp | 2 ½ tbsp |
| Coriander, ground | 1 tsp | 3 tsp | 2 tbsp |
| Cumin, ground | 2 tbsp | ¾ cup | 1 ½ cups |
| Curry powder* | ½ tsp | 4 tsp | 1 tbsp |
| Cauliflower, cut finely into florets | ½ head (~1 cup) | 2 heads | 4 heads |
| Tomatoes, canned, diced (400g) | 1 | 3 | 5 |
| Vegetable stock, salt reduced* | 250ml | 1.25L | 2.5L |
| Light coconut milk, canned (400mL) | ½ | 1 | 2 |
| Rice* | 450g | 2.25kg | 4.5kg |

Method

- 1) Heat oil in a large saucepan over high heat, add the lamb and brown, then set aside.
- 2) Reduce to medium heat, add onion and garlic to pan and sauté until soft. Then add cauliflower, tomatoes, coriander, cumin and curry powder and stir to combine.
- 3) Return lamb to pan, add stock and bring to the boil. Reduce heat and simmer until tender. Add the coconut milk towards the end and combine well.
- 4) Serve with rice and option to top with coriander.

For vegetarian | Chickpea and cauliflower curry served with rice

- 1) Follow the above recipe and replace lamb with chick peas.

For puree | Lamb and cauliflower puree

- 1) Combine the above ingredients and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, ensure stock is gluten free.

Alternative

- Option to serve with mash potato instead of rice.

Wednesday

Afternoon tea | Berry berry banana loaf

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|-------------------------------|-----------|-----------------|----------------|
| Wholemeal self-raising flour* | 250g | 1.25kg | 1.5kg |
| Cinnamon, ground | 1 tsp | 5 tsp | 5 tsp |
| Vanilla extract | 1 tsp | 5 tsp | 5 tsp |
| Bananas, mashed | 2 | 10 | 20 |
| Frozen blueberries, thawed | ½ cup | 2.5 cups | 5 cups |
| Milk* | ¾ cup | 3 cups (~800ml) | 5 cups (~1.2L) |
| Extra virgin olive oil | 1/3 cup | 1 cup | 2 cups |
| Rice malt syrup | ¼ cup | 1 cup | 2 cups |

Method

- 1) Preheat oven to 180 degrees Celsius. Line a medium size loaf pan with baking paper.
- 2) Gently combine the flour and cinnamon in a mixing bowl.
- 3) In a separate bowl combine mashed bananas, vanilla extract, milk, oil and rice malt syrup.
- 4) Add the dry ingredients and blueberries to the banana mixture and mix to just combine. (Note: add water if required).
- 5) Pour the batter into the tin and bake for 60 minutes or until a skewer comes out clean.
- 6) Leave to cool on a wire rack before cutting into slices.

For puree | Blueberry and banana puree

- 1) Serve blueberries and banana with natural yoghurt and blend to desired consistency.

Allergies (*)

- Recipe contains MILK, for children under 12 months OR children above this age with a cow's milk allergy please replace this ingredient with boiled and cooled tap water.
- For children with a cow's milk allergy or intolerance please replace this ingredient with a dairy free milk or boiled and cooled tap water.
- For children with an allergy or intolerance to gluten, please use gluten free flour.

Alternative

- Option to use any type of frozen berry in this recipe, depending on what is available.

Late Snack | Please refer to the display menu for late snack requirement

Thursday

Morning tea | Mini veggie and cheese wholemeal pizzas served with seasonal fruit

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|----------------------------|-------------------------|--------------------------|--------------------------|
| Wholemeal pita bread* | 5 | 25 | 50 |
| Cheddar cheese, grated* | 150g (~1½ cup) | 750g | 1.5kg |
| Fresh or dried herbs | 1 cup (1 tsp per pizza) | 4 cups (1 tsp per pizza) | 8 cups (1 tsp per pizza) |
| Tomatoes, diced | 3 | 4 | 8 |
| Capsicum, finely diced | 1 | 3 | 6 |
| Tomato paste, salt reduced | 160g (2 tbsp per pizza) | 800g (2 tbsp per pizza) | 1.5kg (2 tbsp per pizza) |
| Extra virgin olive oil | 2 tbsp | ½ cup | ¾ cup |

Method

- 1) Preheat oven to 180 degrees.
- 2) Place pitas on a baking paper lined tray, brush with olive oil and bake in oven for 6 - 8 minutes until beginning to crisp.
- 3) Take out of the oven and spread tomato paste onto each pita bread and then top with fresh tomatoes, cheese, herbs and capsicum.
- 4) Put back in oven and bake for an additional 5 - 10 minutes. Serve with seasonal fruit.

For puree | Vegetable puree

- 1) Serve pureed seasonal vegetables.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute pita bread with gluten free bread.
- For children with an allergy or intolerance to dairy, please omit cheese. Option to replace with soy cheese.

Alternatives

- Option to replace capsicum with grated zucchini or other vegetables.

Thursday

Lunch | Mexican chicken and bean burritos served with lettuce, tomato and homemade salsa

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|---------------------------------------|-----------|-----------|------------|
| Chicken breast or thigh | 600g | 3kg | 6kg |
| Wholemeal wraps* | 5 | 25 | 50 |
| Garlic, minced | 1 tsp | 1 tbsp | 3 tbsp |
| Brown onion, finely diced | 1 | 3 | 6 |
| Extra virgin olive oil | 1 tbsp | 1/3 cup | ¾ cup |
| Corn kernels, canned (420g) | ½ can | 2 ½ cans | 5 cans |
| Four bean mix, canned, drained (400g) | 1 | 3 | 6 |
| Tomatoes, canned, diced (400g) | 1 | 4 | 8 |
| Tomato paste/puree, salt reduced | 4 tbsp | 500g | 750g/1Jar |
| Cumin, ground (optional) | 1 tsp | 1 tbsp | 2 tbsp |
| Coriander, ground (optional) | 1 tsp | 1 tbsp | 2 tbsp |
| Carrot, grated | 2 | 4 | 10 |
| Cos lettuce, shredded | 1 | 4 | 8 |
| Cheddar cheese, grated* | To serve | To serve | To serve |

Method

- 1) To poach chicken: fill a large saucepan with water and bring to the boil over medium heat. Add chicken and reduce to low heat. Simmer, covered until chicken is just cooked through. Remove from heat and shred with a fork.
- 2) Heat oil in a large sauce pan, add onion, garlic and corn, stirring occasionally until tender.
- 3) Add beans, tomato paste, cumin, coriander and tomatoes and cook for a further 5 minutes until soft and heated through. Stir in grated carrot.
- 4) Assemble bean mix, lettuce, chicken and cheese and allow children to make their own wraps.

For vegetarian | Mexican bean burritos served with lettuce, tomato and homemade salsa

- 1) Follow the recipe above and omit chicken.

Puree | Chicken and bean puree

- 1) Combine the above ingredients and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to gluten, please substitute wraps with gluten free wraps.
- For children with an allergy or intolerance to dairy, please omit cheese.

Alternatives

- Option to substitute cos lettuce with ice berg lettuce.
- For children that need an alternative to wraps, serve with rice or couscous.

Thursday

Afternoon tea | Bananarama & Date Scones

| Ingredients | Serves 10 | Serve 50 | Serves 100 |
|-------------------------------|-----------|-----------------|----------------|
| Wholemeal self-raising flour* | 200g | 1kg | 2kg |
| Cinnamon, ground | ½ tsp | 1 tbsp | 2 tbsp |
| Dates, finely chopped | ¾ cup | 3 cups | 6 cups |
| Lemon rind, grated | 1 tsp | 1 tbsp | 2 tbsp |
| Banana, mashed | 1 | 3 | 6 |
| Milk* | ¾ cups | 3 cups (~800mL) | 5 cups (~1.2L) |
| Lemon juice | 1 tsp | 1 tbsp | 2 tbsp |
| Vanilla essence | 1 tsp | 1 tbsp | 2 tbsp |
| Olive oil (optional) | ¼ cup | 1 cup | 2 cups |

Method

- 1) Preheat oven to 200 degrees Celsius and line a baking tray with baking paper.
- 2) Combine flour and cinnamon in a bowl.
- 3) Add the chopped dates and lemon rind to the flour mixture and combine.
- 4) In a small bowl, combine the mashed banana, milk and lemon juice, then add to the flour mixture. (Option to blend the banana in food processor to make smooth).
- 5) Place mixture on a floured board and knead lightly. Roll out the mixture into circles.
- 6) Place on baking tray and bake for 15-20 minutes or until golden.

For puree | Puree Banana and Date

Allergies (*)

- For children with an allergy or intolerance to gluten please use gluten free flour.
- For children with a cow's milk allergy or intolerance please replace this ingredient with a dairy free milk or boiled and cooled tap water.

Alternatives

- Option to omit olive oil from this recipe and use additional bananas if required.

Late Snack | Please refer to the display menu for late snack requirement

Friday

Morning tea | Delicious Apple and Berry oat pots

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--|-----------------|-----------|------------|
| Rolled Oats* | 225g (~2½ cups) | 1kg | 2kg |
| Natural Yoghurt* | 500g | 2.5kg | 5kg |
| Desiccated coconut | 80g (~1 cup) | 320g | 800g |
| Red apples, cored and chopped | 4 | 16 | 25 |
| Berries (strawberry, blueberry, mixed berry) | 450g (~ 3 cups) | 2kg | 4kg |

Method

- 1) Heat apples and berries over the pan until pureed.
- 2) Layer the all ingredients in a cup (oats at the bottom, with yoghurt, pureed fruit and desiccated coconut on top). Alternatively, serve all ingredients deconstructed and allow the children the create their own oat pots.

For puree | Apple, berry and oat puree

- 1) See recipe above and add all ingredients to a blender and puree.

Allergies (*)

- For children with an allergy or intolerance to gluten please substitute oats with quinoa flakes.
- For children with an allergy or intolerance to dairy, please omit yoghurt or offer a dairy free alternative such as soy yoghurt (unless other known allergens to dairy free alternatives).

Alternative

- Frozen berries can be used or pears in replace of berries when required.
- Canned apples can be used in replace of fresh apples.

Friday

Lunch | Meaty home-made butter beans served with rice and steamed veggies

| Ingredients | Serves 10 | Serves 50 | Serves 100 |
|--|---------------|----------------|---------------|
| Lean beef mince | 500g | 2.5kg | 5kg |
| Extra virgin olive oil | 2 tbsp | ½ cup | ¾ cup |
| Brown onion, finely diced | 1 | 3 | 6 |
| Garlic, minced | 2 tsp | 1 tbsp | 3 tbsp |
| Tomato pasta sauce, salt reduced | 4 tbsp | 500g | 750g or 1 jar |
| Diced tomatoes, canned (400g) | 1 | 4 | 8 |
| Butter beans, canned (400g) | 1 | 3 | 6 |
| Parsley, fresh, chopped | ½ bunch | 1 bunch | 2 bunches |
| Peas, frozen and thawed | 1 cup (~140g) | 4 cups (~560g) | 8 cups (~1kg) |
| Basmati rice or pasta | 450g | 2.25kg | 4.5kg |
| Steamed seasonal greens (e.g. broccoli, green beans, snow peas, asparagus) | | To serve | |
| Cheddar cheese* | | To serve | |

Method

- 1) Cook rice/pasta according to packet instructions and set aside.
- 2) Heat oil in a large saucepan over medium heat, brown mince and set aside.
- 3) Heat extra oil and add red onion and garlic, cook until tender.
- 4) Add pasta sauce, mince, canned tomatoes, butter beans, peas and parsley, stir well.
- 5) Cover and bring to a boil.
- 6) Serve with rice and steamed seasonal greens and sprinkle with cheese.

For vegetarian | Homemade butter beans served with rice and seasonal veggies

- 1) Follow above recipe and replace mince beef with additional butter beans.

For puree | Meaty butter beans and veggie puree

- 1) Combine the above ingredients and blend until you get your desired consistency.

Allergies (*)

- For children with an allergy or intolerance to dairy, please omit cheese.

Friday

Afternoon tea | Cheesy tomato toasties with seasonal fruit

(catering for ½ sandwich per child)

| Ingredients | Serves 10 (5 sandwiches) | Serves 50 (25 sandwiches) | Serves 100 (50 sandwiches) |
|--|------------------------------------|-------------------------------------|--------------------------------------|
| Wholemeal or wholegrain bread* | 10 | 50 | 100 |
| Cheddar cheese, (2 slices per sandwich)* | 300g | 1.5kg | 3kg |
| Tomatoes, sliced | 2 | 6 | 12 |
| Herbs, fresh or dried | Optional | Optional | Optional |

Method

- 1) Place tomato and cheese on bread and top with another slice of bread. Option to sprinkle with herbs.
- 2) Grill the sandwich until the cheese has melted.
- 3) Serve sandwiches with seasonal fruit.

For puree | Pureed seasonal vegetables

Allergies (*)

- For children with an allergy or intolerance to dairy, please omit cheese.
- For children with an allergy or intolerance to gluten, please substitute bread with gluten free bread.

Alternatives

- Option to use replace cheese with hummus or avocado.
- Option to serve this as a sandwich.

Late Snack | Please refer to the display menu for late snack requirement