

# Menu - Week One

Week Starting: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	<b>Mouse Traps</b> Fresh Fruit: _____ _____ Allergy Meal: _____ _____	<b>Honey Oat Slice</b> Under One alternative Fresh Fruit: _____ _____ Allergy Meal: _____ _____	<b>Wheatmeal Toast &amp; Spreads</b> Fresh Fruit: _____ _____ Allergy Meal: _____ _____	<b>Banana Loaf</b> Fresh Fruit: _____ _____ Allergy Meal: _____ _____	<b>Fruit Milk Shake</b> Fresh Fruit Used: _____ _____ Allergy Meal: _____ _____
<b>LUNCH</b>	<b>Macaroni &amp; Cauliflower Cheese</b> Allergy Meal: _____ _____	<b>Sandwiches</b> Allergy Meal: _____ _____	<b>Vege Pasta</b> Allergy Meal: _____ _____	<b>Chickpea Curry</b> Allergy Meal: _____ _____	<b>Homemade Vegetarian Sausage Rolls</b> Allergy Meal: _____ _____
<b>AFTERNOON TEA</b>	<b>Banana Blueberry Buns</b> Fresh Fruit: _____ _____ Allergy Meal: _____ _____	<b>Homemade Hummus &amp; Pita Wedges</b> Fresh Fruit: _____ _____ Allergy Meal: _____ _____	<b>Carrot Apple Muffins</b> Fresh Fruit: _____ _____ Allergy Meal: _____ _____	<b>Baked Bean Muffins</b> Fresh Fruit: _____ _____ Allergy Meal: _____ _____	<b>Fruit Loaf</b> Fruit Used: _____ Fresh Fruit: _____ _____ Allergy Meal: _____ _____
	<i>Baby Mash with:</i> _____	<i>Baby Mash with:</i> _____	<i>Baby Mash with:</i> _____	<i>Baby Mash with:</i> _____	<i>Baby Mash with:</i> _____
<b>Sign each days menu</b>	Sign: _____	Sign: _____	Sign: _____	Sign: _____	Sign: _____

\*\* Water served with every meal

# Menu - Week Two

Week Starting: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	<b>Honey Oat Slice</b> Under One alternative _____ Fresh Fruit: _____ _____ _____ Allergy Meal: _____ _____ _____	<b>Blueberry Muffins</b> _____ Fresh Fruit: _____ _____ _____ Allergy Meal: _____ _____ _____	<b>Fresh Fruit and Yoghurt</b> Fresh Fruit: _____ _____ _____ Allergy Meal: _____ _____ _____	<b>Mouse Traps</b> _____ Fresh Fruit: _____ _____ _____ Allergy Meal: _____ _____ _____	<b>Wheatmeal Toast with Spreads</b> Fresh Fruit: _____ _____ _____ Allergy Meal: _____ _____ _____
<b>LUNCH</b>	<b>Lentil &amp; Bean Casserole with Rice</b> Allergy Meal: _____ _____ _____	<b>Sandwich Selection</b> Allergy Meal: _____ _____ _____	<b>Vegetarian Stroganoff with Shell Pasta</b> Allergy Meal: _____ _____ _____	<b>Pumpkin &amp; Rice Soup</b> Allergy Meal: _____ _____ _____	<b>Homemade Pizzas</b> Allergy Meal: _____ _____ _____
<b>AFTERNOON TEA</b>	<b>Scones</b> Fresh Fruit: _____ _____ _____ Allergy Meal: _____ _____ _____	<b>Carrot Apple Muffins</b> Fresh Fruit: _____ _____ _____ Allergy Meal: _____ _____ _____	<b>Oat Fruit Slice</b> Fresh Fruit: _____ _____ _____ Allergy Meal: _____ _____ _____	<b>Homemade Hummus &amp; Pita Wedges</b> Fresh Fruit: _____ _____ _____ Allergy Meal: _____ _____ _____	<b>Fruit Loaf</b> Fruit Used: _____ Fresh Fruit: _____ _____ _____ Allergy Meal: _____ _____ _____
	<i>Baby Mash with:</i> _____ _____	<i>Baby Mash with:</i> _____ _____	<i>Baby Mash with:</i> _____ _____	<i>Baby Mash with:</i> _____ _____	<i>Baby Mash with:</i> _____ _____
<b>Sign each days menu</b>	Sign: _____	Sign: _____	Sign: _____	Sign: _____	Sign: _____

\*\* Water served with every meal

## Fruit Loaf

### Ingredients

	1 loaf	2 loaves
Wholemeal flour	2 cups	4 cups
Baking powder	2 tsp	4 tsp
Baking soda	1 tsp	2 tsp
Mixed spice	1 tsp	2 tsp
Raw sugar	1 cup	2 cups
Vegetable oil	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups
Eggs	1	2
Banana mashed	1 cup	2 cups
Seasonal Fruit ie feijoas/pears etc (blended)	1 cup	2 cups

### Method

1. Preheat oven to 180°C
2. Grease and line a loaf tin
3. Mix flour, baking powder, baking soda, spice in a bowl
4. In another bowl mix sugar, oil, egg, bananas.
5. Pour wet ingredients into dry along with feijoa's and fold in gently
6. Bake 55 mins until cooked
7. Cool in tin a while
8. Turn out and wrap entire loaf in tin foil to cool.
9. This will soften any crusty edges and make it easier to slice.

2 loaves is enough for up to 45/50 children

# Banana Loaf

## Ingredients

Wholemeal flour	2 cups
Baking powder	2 tsp
Baking soda	1 tsp
Mixed spice	1 tsp
Raw sugar	1 cup
Vegetable oil	$\frac{3}{4}$ cup
Eggs	1
Banana mashed	2 cups

## 1 loaf

## Method

10. Preheat oven to 180°C
11. Grease and line a loaf tin
12. Mix flour, baking powder, baking soda, spice in a bowl
13. In another bowl mix sugar, oil, egg, bananas.
14. Pour wet ingredients into dry along with feijoa's and fold in gently
15. Bake 55 mins until cooked
16. Cool in tin a while
17. Turn out and wrap entire loaf in tin foil to cool.
18. This will soften any crusty edges and make it easier to slice.

2 loaves is enough for up to 45/50 children

# Banana Blueberry Buns

## Ingredients (for 30 small or 16 large)

2 cup wholemeal flour  
2 tsp baking powder  
1 tablespoon raw sugar  
1 mashed banana  
1/3 cup very soft margarine, butter or oil  
1 egg  
2/3 cup milk  
Blueberries

## Method

1. Combine dry ingredients and add all rest, stir with knife until just mixed
2. It is like a very wet scone mix
3. Bake in spoonful's on lined trays in mod oven for about 10-15 mins.

## Scones

### Ingredients

Wholemeal flour  
Baking powder  
Spinach Frozen  
Margarine or butter  
Milk  
Fresh Herbs chopped  
Grated edam cheese

### 80++ Scones

6 cups  
6 tsp  
50 grams  
100g  
1-2 cups  
1/2 cup  
2 cups

### Method

1. Rub fat into dry ingredients and add cheese, veges & herbs. Add milk
2. The amount of milk needed will depend on texture
3. Mix gently and tip onto floured surface.
4. Cut as usual
5. Bake 200°C approx 10 mins. Until cooked.

# Baked Bean Muffins

## Ingredients

	12	48
Flour	1 cup	4 cups
Baking powder	1 tsp	4 tsp
Baking Soda	½ tsp	2 ½ tsp
Milk	120ml	480ml
Eggs	1	4
Oil	2 Tbsp	8 Tbsp
Canned baked beans	½ x 220g can	1 440g can
Grated edam cheese	½ cup	2 cups

## Method

1. Combine dry ingredients and add all wet ingredients
2. Mix gently, don't over mix
3. Bake 190°C

## Homemade Hummus (serves 50)

### Ingredients

1 2.5kg can chickpeas  
1 small garlic clove  
½ teaspoon ground cumin  
½ teaspoon paprika  
Salt to taste  
1 teaspoon white vinegar  
3 tablespoons oil

### Method

1. Blend chickpeas, garlic, cumin, salt, vinegar, paprika in a food processor
2. Add oil and blend again until thick and smooth

Serve with pita wedges

Pita Bread cut into wedges, oil and bake for 5 minutes

OR toast in a toaster and then cut into wedges



# Blueberry Muffins

## Ingredients

White self raising flour  
Wholemeal flour  
Baking Soda  
Raw sugar  
Salt  
Mixed Spice  
Eggs  
Oil  
Vanilla Essence  
Milk  
Mashed Bananas  
Blueberries

## 4-5 Dozen

2 cups  
2 cups  
2 tsp  
1 cup  
¼ tsp  
1 tbsp  
4  
½ cup  
2 tsp  
2-3 cups  
2 cups  
2 cups

## Method

1. Pre heat oven to 190 C
2. Mix dry ingredients
3. Whisk together wet ingredients
4. Combine to make a dropping consistency
5. Bake in greased muffin tins approximately 12 - 15 mins

## Lentil and Bean Casserole with Rice

### Ingredients

	10 Serves	50 Serves
Dried Red Lentils	400g	1.5 kg
Red Kidney Beans (canned)	300g	1 kg
Onion chopped	1	4
Carrot chopped	1	4
Celery chopped	1 stick	4-5 sticks
Crushed Tomatoes	2 cups	A10 can
Shredded cabbage or broccoli, grated	1 cup approx	3 cups approx
Garlic, crushed	1 clove	3 cloves
Diced potatoes	1 cup	4-5 cups
Oil	½ Tab	3 Tabs

### Method

1. Cook Lentils in a pot of water according to packet instructions
2. Sauté onions, carrot, celery and garlic in oil, add potatoes and cook until almost cooked
3. Add tomatoes, zucchini, cooked lentils and drained beans
4. Cook for at least 30 minutes, until sauce has thickened slightly. Check seasoning, add salt, pepper to taste
5. Serve it with boiled rice

# Homemade Vegetarian Sausage Rolls (Serves 50)

## Ingredients

Shortcrust Pastry	Box
Vegan Sausages	1kg bag
Frozen Diced capsicum	1 Cup
Onion	1/2 onion
Oil	2 tablespoons

## Method

1. Defrost the sausages the day ahead.
2. Lay on a lined baking tray and cook in the oven at 180°C for 10 minutes to partially cook.
3. Once cooled slightly, roughly chop and blend until minced.
4. In a pot, sauté onions, add capsicum and minced sausages. Cook until forms a dough-like consistency.
5. *Steps 1 to 4 can be done a day ahead if needed.*
6. Preheat oven to 180°C
7. Roll out the pastry sheet on a flat surface, place sausage mixture in a long line down the centre of the sheet and roll them up into a long thin roll. Make sure the joined pastry seam is facing down.
8. Cut each roll in half and cook on a baking tray for 15 to 20 minutes (adjust as per your oven)
9. When cooked, cut into small pieces and serve.

# Homemade Pizzas

## (Serves 50)

### Ingredients

Wholemeal Pizza Bases

Pizza Sauce

Grated Cheese

Dried Herbs

Vegetables of your choice (ie corn, onions, capsicum etc)

### Method

1. Preheat oven to 200°C
2. Spread pizza sauce thinly over the pizza base
3. Sprinkle cheese over top
4. Place vegetables over cheese layer
5. Cook for 10 minutes or until the cheese is melted and base is cooked
6. Cut into small squares

# Mouse Traps

## Ingredients

Wheatmeal Bread

Grated Cheese

Vegemite

## Method

1. Spread a thin layer of vegemite on each piece of bread
2. Sprinke with grated cheese
3. Bake on oven tray for 1 to 2 minutes
4. Cut into squares to serve

# Pumpkin & Rice Soup

## Basic Pumpkin Soup

### Ingredients

	10 Serves	50 Serves (approx)
Pumpkin, diced	1kg	4 kg
Onion, diced	1	2 Large
Potatoes	1 large	4 large
Stock, reduced salt	1 litre	8 litres
Rice	½ cup	4 cups
Fresh garden herbs, chopped	¼ cup	1 cup

### Method

1. Put all into pot and simmer until very tender, Mash slightly.
2. Add rice and simmer until rice is cooked and has absorbed most of liquid and you have a 'risotto' like consistency
3. Stir through herbs and serve

Serve with cheese, vegemite sandwiches or just buttered wholewheat bread.

- Quantity of rice will depend on consistency once pumpkin has cooked through.
- Make in a 10 litre pot using 6 litres of water initially, then adding more as needed

# Vegetarian Stroganoff with Shell Pasta

## Ingredients

	10 Serves	50 Serves
Olive Oil	1 Tbsp	3 Tbsp
Onion, diced	1	2 Large
Celery stalks diced	1	4
Carrot, diced or grated	1	4
Pasta Sauce	500g	2 kg
Garlic, crushed	1 tsp	1 Tbsp
Cheese	½ Cup	1 ½ Cups
Tomato Paste	1 Tbsp	4 Tbsp
Stock salt reduced	200 ml	1 litre
Flour	1 Tbsp	4 Tbsp
Evaporated Milk, 375ml can	½ can	2 cans
Pasta Shells	375g	1.5kg
Paprika	1 tsp	4 tsp
Green Veg; spinach, peas etc	½ cup	2 cups

## Method

1. Sauté onion, celery and carrot in olive oil until soft and slightly coloured,
2. Add the paprika and the flour. Cook for a couple of minutes then add hot stock
3. Add pasta sauce and tomato paste and let it cook until it starts bubbling. Add garlic.
4. Simmer until it thickens. If it's a bit runny, cook for a while to reduce.
5. Stir through the evaporated milk
6. Add cheese
7. Simmer and add the green veg
8. Add in a handful of fresh herbs such as thyme or oregano and parsley for colour and fragrance.
9. Cook pasta and stir through the sauce.
10. Adjust consistency and serve

# Macaroni and Cauliflower Cheese

## Ingredients

	10 Serves	50 Serves
Butter or margarine	50g	250g
Onion, diced	1	2 Large
Cauliflower chopped	1 Cup	4 cups
Flour	50g	250g
Milk	1 litre	4-5 litres
Stock salt reduced, hot	1/2 cup	2 cups
Wholewheat Pasta	500g	2kg
Grated Cheese	100g	500g

## Method

1. Sauté onion in butter or margarine until soft, add flour and cook out (roux)
2. Mix hot stock with milk and add gradually to roux
3. Bring to simmer in between additions and finish with seasoning and cheese
4. Stir through until sauce is smooth
5. Cook pasta with cauliflower and drain.
6. Combine pasta and sauce and serve
7. Sprinkle with fresh chopped garden herbs



# Vegetarian Pasta

## Ingredients

	10 Serves	50 Serves
Olive Oil	1 Tbsp	3 Tbsp
Onion, diced	1	2 Large
Celery stalks, diced	1	4
Carrot, diced or grated	1	4
Passata	½ bottle	2 bottles
Crushed Tomatoes	1 Cup	4 Cups
Stock salt reduced	½ cup	1-2 cups
Wholewheat Pasta	500g	2.5kg
Green Veg; spinach, peas etc	1 cup	3 cups
Grated Cheese	to top	

## Method

1. Sauté onion, celery and carrot in olive oil until soft and slightly coloured,
2. Add tomatoes, passata & stock
3. Season
4. Simmer until it thickens. If it's a bit runny, cook for a while longer to reduce.
5. Add the green Vegetables
6. Serve over the cooked pasta, top with grated cheese

# Carrot Apple Muffins

## Ingredients

White self raising flour  
Wholemeal flour  
Raw sugar  
Baking soda  
Baking powder  
Grated Carrot  
Apple grated  
Milk  
Eggs  
Canola Oil  
Vanilla Essence  
Mashed Bananas

## 24+ Muffins

1 cup  
1 cup  
2 Tbsp  
1 tsp  
1 tsp  
½ cup  
½ cup  
1 cup  
2  
¼ cup  
1 tsp  
1 cup

## 48+ Muffins

2 cups  
2 cups  
4 Tbsp  
2 tsp  
2 tsp  
1 cup  
1 cup  
2 cups  
4  
½ cup  
2 tsp  
2 cups

## Method

1. Pre heat oven to 190 C
2. Mix dry ingredients, add grated apple
3. In another bowl combine all other ingredients
4. Combine wet and dry ingredients gently, don't over mix
5. Bake in greased muffin tins 20-25 mins.

## Chick Pea Curry with Brown Rice

### Ingredients

	10 Serves	50 Serves
Chick Peas canned	1 can (425g)	A10 can (2.9kg)
Onion, diced	1	2 Large
Crushed Tomatoes	1 can (425g)	A10 can (2.9kg)
Passata	½ bottle	2 bottles
Oil	1 Tbsp	3 Tbsp
Potatoes diced	1 cup	4 cups
Diced Veges eg zucchini, carrots, cauliflower, broccoli	1 cup	4 cups
Curry Powder, mild	1 or 2 tsp	1 or 2 Tbsp
Brown Rice	2 cups	10 cups

### Method

1. Sauté onions in oil add diced veges and curry powder. Cook for a couple of minutes until fragrant
2. Add chickpeas and passata and cook stirring occasionally until thickened nicely and
3. some potatoes are beginning to break down
4. Use a potato masher to break up some of chickpeas if needed for younger children.
5. Serve over brown rice (cook in rice cooker as with white)

Can add greens e.g. peas, parsley for colour at end of cooking

This recipe can also be extended with cooked red lentils if needed

# Honey Oat Slice

## Ingredients

Wholemeal flour	1 cup
Raw sugar	½ cup
Rolled Oats	1 cup
Butter or Margarine	125 g
Egg	1
Baking Powder	1 tsp
Honey	1 tbsp

## Method

1. Melt butter and honey together add egg
2. Stir in dry ingredients
3. Press into tin and bake 20 mins at 180 C

Triple recipe and it makes 2 large slices for up to 50 children

## Oat Fruit Slice

### Ingredients

Wholemeal flour	1 cup
Raw sugar	½ cup
Rolled Oats	1 cup
Butter or Margarine	125 g
Egg	1
Baking Powder	1 tsp
Mashed banana	1 cup
Frozen Mixed Berries	¼ cup

### Method

4. Melt butter add egg
5. Stir in dry ingredients and fruit
6. Press into tin and bake 20 mins at 180 C

Triple recipe and it makes 2 large slices for up to 50 children

# Baby Vegetable Mash

## Ingredients

Vegetables to be used:

- Pumpkin
- Kumara
- Carrot
- Potato
- Spinach

## Method

1. Boil a selection (two) of cut vegetables until soft.
2. Add frozen spinach once vegetables are soft. Mix to defrost (2 minutes).
3. Cool.
4. Mash in blender until smooth.
5. Surplus can be frozen in cube tray (provided).
  - Move frozen cubes into Ziplock bags labelled with the ingredients and date frozen