

SPRING SUMMER 2022

Recipes



KEIKI
EARLY LEARNING

DEAR KEIKI FOOD COORDINATOR,



Thank you for all that you do to fuel the next generation as they learn and play. You may not know the importance of what you do, but we do!

Growth and development are complex processes that require the right balance of nutrients. Between the ages of 0-5 years children's brains have developed more and at a faster rate than at any other point in their lives. Their time with us plays a large part in laying the foundation for lifelong health and wellbeing.

Every day you create meals that are full of essential nutrients that children's bodies use as building blocks to get to where they need to be and power their brains to learn.

Children can often be quite picky – don't take it personally! Picky eating is very normal, this is all part of their development as they assert their independence and explore their environment. Children's growth cycles also affect their appetites, sometimes they are just not hungry and sometimes they need that second serving and the third too!

At Keiki, we never force children to eat food and we don't let them go hungry. If a child is refusing to eat the lunch you have prepared, make them something they will eat – keeping in mind their dietary requirements.

Other tips to avoid picky or fussy eating–

- Talk to the children about what is in the meal
- Present the food in an attractive way. Think shapes, sizes, colours
- Prepare parts of the meal differently
- Encourage children to serve themselves
- Pick herbs from the garden with the children and include them in your meals

We are very excited to continue this journey with you!

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SPRING SUMMER 2022 RECIPE COLLECTION



**Welcome to your
2022 Spring
Summer Menu. To
assist in making
your menu a
success, please
read through the
following points:**

1. The quantities are a guide and will differ from centre to centre and recipe to recipe. For example, if you have 75 children to feed, you won't necessarily use the 75 portion. If you have a high number of Babies, you may use the 50 portion or if your children really enjoy a particular meal, you may use the 100 portion for that recipe.
2. Ensure you use fruit and vegetables that are in season and affordable. If, for example, cucumbers are \$7, please don't buy them. Replace them with a cheaper alternative e.g replace green for green – green capsicum, broccoli, beans, peas, snow peas etc.
3. It is at your discretion to choose fruits and vegetables that the children enjoy. If a recipe states 'beans' and your children do not like beans, or they are expensive right now, you may swap these for another green vegetable.
4. The Babies Menu is a guide. Please check with families as to what stage their child is at and what foods they can eat. You will need to check in with them regularly as their child's needs will frequently change.
5. Whenever a recipe lists quinoa or rice, you can generally use either of the two (depending on what your children like). The same applies to noodles. You can use spaghetti, udon, vermicelli, rice noodles etc.

MENU WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Wholegrain and Low Sugar Cereals served with milk	Fruit Crumble served with yogurt	Toasted Muesli served with fruit and yogurt	Wholemeal toast served with assorted spreads and milk	Fruit Toast served with milk
LUNCH	Beef Stroganoff with Rice Sautéed beef, vegetables and mushroom in a rich and creamy sauce, served on a bed of fluffy rice. 	Creamy Chicken and Pumpkin Pasta Roasted pumpkin and vegetables with chicken in a coconut milk sauce. 	Singapore Beef Noodles Delicious vegetables, beef and rice noodles, coated in a fragrant sauce. 	Fresh Basil Pesto Pasta A traditional Italian basil sauce served with penne and vegetables. 	Thai Fish Curry with Coconut Rice Delicate fish pieces and vegetables inspired by the Thai flavours of cumin, coriander and mild chillies. 
AFTERNOON TEA	Pear, Coconut and Raspberry Slice served with fresh fruit	Wholemeal Sandwich Selection served with assorted fillings	Bush Tucker Pizza served with fresh fruit	Rainbow Crunch Platter Served with vegetables, cheese, crackers and fresh fruit	Cacao and Raspberry Slice served with fresh fruit
LATE SNACK	A selection of crackers, cheese, fresh fruit or vegetables served with water				

Children with allergies or dietary requirements are provided with an alternative. Pureed foods are provided for children who have begun eating solids, following direction from home. Children are served 2-3 different types of fruit, 2-3 different types of vegetables per day and up to 5 different types per week. Water is available throughout the day to all children.

Keiki Early Learning follows the guidelines of the Healthy Eating Advisory Service.

Monday | Morning Tea

WHOLEGRAIN & LOW SUGAR CERALS

Served with milk

CHOOSE FROM:

- Uncle Toby's Vita Brits
- Sanitarium Weetbix
- Kellogg's Corn Flakes
- Kellogg's All Bran
- Uncle Toby's Shredded Wheat
- Porridge, plain
- Kellogg's Rice Bubbles

Serve with milk.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan | Replace milk with dairy free alternatives such as oat rice or coconut milk

Gluten Free | Use gluten free cereals. Note: Oats are not gluten free

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and pear puree	Smooth puree
7-9 months	Softened fruit (like banana, pear) with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Monday | Lunch

BEEF STROGANOFF WITH RICE

Sautéed beef, vegetables and mushroom in a rich and creamy sauce, served on a bed of fluffy rice.



Week 1

INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
White rice – kg	1	1.5	2	2.5	500g
Olive Oil – cup	¼	¼	½	½	1tbs
Onion – thinly sliced	2	3	4	5	1
Garlic, minced – tbsp	2	3	4	5	1-Feb
Beef, minced – kg	2 ½	3 ¾	5	5 ¼	500g
Mushrooms, finely sliced – kg	1	1 ½	2	2 ½	250g
Mixed frozen vegetables – kg	1	1	2	2	¼
Cauliflower, cut – whole	½	1	1 ½	2	¼
Smoked Paprika – tbsp	1	1 ½	2	2.5	1tsp
Tomato paste – g	250	375	500	625	2tbs
Natural yogurt – g	600g	750g	900g	1.1kg	500g

METHOD

1. Cook rice as per packet directions
2. Meanwhile, heat oil in a large saucepan, sauté onions and garlic until soft.
3. Cook beef until browned.
4. Add mushrooms and cook, stirring for 5 mins or until starting to brown.
5. Add remaining vegetables, paprika, and tomato paste. Cook until vegetables are soft.
6. Stir through yogurt and simmer for 15 min.

Note: Mixed vegetables to contain peas as an iron rich food.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace the yogurt with vegan yogurt
Omit beef and add butterbeans

Dairy Free | Replace yogurt with dairy free yogurt

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Pumpkin, carrot and apple puree	Smooth puree
7-9 months	Pumpkin, carrot and zucchini	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Monday | Afternoon Tea

PEAR, COCONUT AND RASPBERRY SLICE

Served with fresh fruit

Week 1



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Pears in juice - 400g tin	2	3	4	5	½
SR flour - cups	4	6	8	10	1
Baking powder - tsp	4	6	8	10	1
Dessicated coconut - cups	1	1 ½	2	2 ½	¼
Milk - cups	1 ½	2 ¼	3	3 ¾	½
Coconut oil - cups	1	1 ½	2	2 ½	¼
Honey - cups	½	¾	1	1 ¼	2 tbsps
Frozen raspberries - cups	1	1 ½	2	2 ½	¼

METHOD

1. Preheat the oven to 180C and line baking trays.
2. In a blender or food processor, blend the pear and juice until smooth.
3. Mix all the dry ingredients in a large bowl.
4. Add the pears, milk, coconut oil and honey, stirring until well combined. Gently fold in the raspberries.
5. Pour batter in to baking trays.
6. Bake for 30-40 minutes or until golden brown and a skewer comes out clean.

Fruit quantity = 1 serve per child. 1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace the milk with a dairy free alternative (eg. coconut, rice or oat milk). Replace the honey with rice malt syrup.

Dairy Free | Replace the milk with a dairy free alternative (eg. coconut, rice or oat milk).

Gluten Free | Use gluten free flour.

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree eg apple, peach, banana	Smooth puree
7-9 months	Yogurt with softened fruit & vegetables eg banana, peach, apple, nectarine, broccoli, cauliflower, zucchini	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Morning Tea

FRUIT CRUMBLE

Served with yogurt

Week 1



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Apples, - 800g	1	2	4	5	1 ½
Frozen mixed berries - 500g	2	2	3	3	1
Peaches - 825g	1	1	2	3	1 ½
Yogurt - kg	2	3	5	8	To serve
Crumble					
Rollled Oats - 900g	½	1	1½	2	½
Cinnamon - tsp	2	3	4	5	1½
Sunflower seeds - g	100	150	200	250	50
Pepita seeds - g	100	150	200	250	50
Unsalted butter, cold - g	75	100	150	200	40

METHOD

1. Preheat the oven to 200C.
2. Place fruit into baking trays.
3. Blitz rolled oats, sunflower and pepita seeds, cinnamon, and cold chopped butter into a food processor. Pulse for a few seconds to form rough breadcrumbs.
4. Scatter the crumble over the fruit and bake uncovered for 20 minutes or until golden.
5. Serve with yogurt on the side

Any fruit that is in season and affordable can be used e.g strawberries, blueberries, plums, apples, nectarines, peaches etc.

Please note: cooking times will vary with using raw fruit. Boil fruit to soften first.

Dairy quantity = 80g yogurt per child

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan | Replace butter with coconut oil.
 Replace yogurt with coconut dairy free yogurt.
 Serve with milk alternatives e.g coconut milk, rice milk, oat milk.

Gluten Free | Omit oats and replace with crushed gluten free weetbix.

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree eg apple, peach, banana	Smooth puree
7-9 months	Yogurt with softened fruit & vegetables eg banana, peach, apple, nectarine, broccoli, cauliflower, zucchini	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Lunch

CREAMY CHICKEN AND PUMPKIN PASTA

Roasted pumpkin and vegetables with chicken in a coconut milk sauce.

Week 1



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Penne pasta – 500g	2	3	4	5	1
Pumpkin, diced – cup	4	6	8	10	2
Oil – cup	¼	¼	½	½	1tbs
Chicken breast, diced – kg	1	1 ½	2	2 ½	½
Onion – each	2	3	4	5	1
Garlic, minced – tbsp	2	3	4	5	½
Dijon Mustard – tbsp	2	3	4	5	2tsp
Frozen mixed vegetables – kg	1	1	2	2	¼
Zucchini, grated	1	2	3	4	¼
Cauliflower, cut	½	1	1 ½	2	¼
Broccoli, cut	½	1	1 ½	2	¼
Chicken stock – cup	2	3	4	5	½
Coconut milk – 400mls	2	3	4	5	½
Cheddar cheese, grated – cup	2	3	4	5	1

METHOD

1. Preheat oven to 200C.
2. Place diced pumpkin onto a baking tray and drizzle over half the oil. Cook until soft and golden. (Can be pre-cooked the day before).
3. In a large pot, sauté onions and garlic in oil. Once onions are translucent add diced chicken and mustard. Stir occasionally.
4. Add vegetables and chicken stock. Simmer until vegetables are cooked.
5. Add raw pasta, roast pumpkin and coconut milk. Simmer until pasta is cooked.
6. Place mixture in oven proof serving bowls. Sprinkle with grated cheese.
7. Bake until golden.

ALLERGY ALTERNATIVES *Remember to check all packaging for hidden ingredients*

Vegan | Omit chicken. Use Vegan chicken stock.
Replace cheese with plant-based cheese.

Vegetarian | Replace the mince with tinned lentils (85g per child)

Dairy Free | Replace cheese with plant-based cheese

Gluten Free | Use gluten free pasta

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Zucchini and carrot puree	Smooth puree
7-9 months	Mince, carrot and zucchini	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Afternoon Tea

WHOLEMEAL SANDWICH SELECTION

Served with assorted fillings

Week 1



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Wholemeal bread – loaf	3	5	7	8	To serve
Margarine or butter spread					
Filling Options					
• Cream cheese spread • Vegemite • Homemade jam (see below) • Choc Hummus Dip • Avocado (Seasonal) • Chia Jam (recipe below)					
Chia Jam (makes 2 cups)					
Berries like strawberries (fresh or frozen) – kg	1 ½				
Pure maple syrup – tbs	4				
Chia seeds – tbsp	4				

METHOD

To make Chia Jam:

1. Heat berries in a saucepan stirring occasionally until fruit begins to breakdown and bubble. Use a masher or spoon to break up the fruit.
2. Stir in chia seeds and maple syrup.
3. Remove from the heat and let it cool down.
4. Transfer to a sealed container and refrigerate for 1 week or freeze for up to 3 months

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace margarine/butter with dairy free margarine/butter
Replace cheese with plant-based cheese

Dairy Free | Replace margarine/butter with dairy free margarine/butter
Replace cheese with plant-based cheese

Gluten Free | Use gluten free bread

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Spinach and apple puree	Smooth puree
7-9 months	Softened apple and cucumber with cheese cubes	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Morning Tea

TOASTED MUESLI

Served with fruit and yogurt



METHOD

1. Select one of the muesli recipes on pages 71 to 74.
2. Serve with yogurt and fruit

Dairy quantity = 80g yogurt per child or 100ml milk per child

ALLERGY ALTERNATIVES *Remember to check all packaging for hidden ingredients*

Dairy Free | Replace with dairy free/plant-based yogurt and milk

Gluten Free | Refer to gluten free alternatives on pages 71 to 74

BABIES MEAL GUIDE

Remember that the Babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree e.g banana, apple, peach	Smooth puree
7-9 months	Yogurt with softened fruit e.g banana, apple, peach, apricot, nectarine, plum.	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Lunch

SINGAPORE BEEF NOODLES

Delicious vegetables, beef and rice noodles, coated in a fragrant sauce.

Week 1



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Rice vermicelli noodles – 400g	2	3	4	5	1
Olive oil – cup	¼	¼	½	½	1tbsp
Beef, minced	1 ½	2	2 ½	3	500g
Onion – each	2	3	4	5	1
Garlic, minced – tbsp	2	3	4	5	½
Frozen mixed vegetables – kg	1	1	2	2	¼
Zucchini, grated	1	2	3	4	¼
Cauliflower, cut	½	1	1 ½	2	¼
Broccoli, cut	½	1	1 ½	2	¼
Capsicum, diced	2	3	4	5	½
Curry powder – tbsp	2	3	4	5	½
Ginger, minced – tbsp	2	3	4	5	1
Kecap manis – tbsp	3	4	5	6	2tsp

METHOD

1. Heat oil in a frypan and sauté onions and garlic until the onions are translucent.
2. Add mince and cook until brown.
3. While the meat is cooking, boil the kettle and place the boiled water in a large bowl with the rice noodles. Once cooked drain water and set aside.
4. Combine curry powder, ginger and kecap manis in a bowl and mix. Set aside.
5. Add vegetables and cook until soft. Add water if needed.
6. Stir through curry powder, ginger and kecap manis.
7. Add noodles and sauce and toss through until everything is mixed. Heat then serve.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace mince with tofu or mushrooms.

Soy | Replace kecap manis with Worcestershire sauce (contains gluten)

Gluten Free | Ensure rice noodles are gluten free (Some have seasoning that may contain gluten)
Replace Kecap manis with gluten free soy sauce

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Assorted vegetable puree	Smooth puree
7-9 months	Meat and vegetables	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Afternoon Tea

BUSH TUCKER PIZZA

Served with fresh fruit



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Pizza bases - see page 75					
Pizza Sauce					
Diced tomatoes - 400g tins	1	2	3	4	¼
Onion	1	2	3	4	½
Garlic, minced - tbsp	1	2	3	4	¼
Tomato paste - tbsp	1	2	3	4	¼
Native oregano - tsp	1	1 ½	2	2 ½	½
Pizza Toppings					
Warrigal greens, chopped (Use spinach if not available) - cup	¼	½	¾	1	⅛
Capsicum, diced	1	2	3	4	½
Ham, shredded - cup	1	2	3	4	½
Cheese, grated - 500g	1	2	3	4	½

METHOD

1. Blend tomatoes, herbs, onion and garlic in a blender or food processor until well combined.
2. Spread over pizza bases.
3. Place on top: ham, warrigal greens, capsicum and cheese.
4. Bake for 25-30 minutes until golden.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegetarian | Omit ham

Vegan | Omit ham and use pizza dough recipe option one on page 75

Gluten Free | Use gluten free flour for either pizza dough recipe option on page 75

Dairy Free | Use plant-based yogurt and cheese

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Roasted pumpkin and carrot puree	Smooth puree
7-9 months	Roasted pumpkin, carrot and chopped warrigal greens	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Morning Tea

WHOLEMEAL TOAST

Served with assorted spreads and milk



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Wholemeal bread – loaf	3	5	7	8	To serve
Margarine or butter spread					
Filling Options					
• Cream cheese spread • Vegemite • Homemade jam (see below) • Choc Hummus Dip • Avocado (Seasonal) • Chia Jam (recipe below)					

Chia Jam (makes 2 cups)	
Berries like strawberries (fresh or frozen) – kg	1 ½
Pure maple syrup – tbs	4
Chia seeds – tbs	4

METHOD

To make Chia Jam:

1. Heat berries in a saucepan stirring occasionally until fruit begins to breakdown and bubble. Use a masher or spoon to break up the fruit.
2. Stir in chia seeds and maple syrup.
3. Remove from the heat and let it cool down.
4. Transfer to a sealed container and refrigerate for 1 week or freeze for up to 3 months

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace margarine/butter with dairy free margarine/butter
Replace cheese with plant-based cheese

Dairy Free | Replace margarine/butter with dairy free margarine/butter
Replace cheese with plant-based cheese

Gluten Free | Use gluten free bread

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Spinach and apple puree	Smooth puree
7-9 months	Softened apple and cucumber with cheese cubes	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Lunch

BASIL PESTO PASTA

A traditional Italian basil sauce served with penne and vegetables.

Week 1



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Basil Pesto Sauce					
Minced garlic -tbsp	1	2	3	4	½
Spinach, finely chopped - cup	6	7	8	9	4
Basil, finely chopped - cup	4	6	8	10	1
Lemon juice - tbsp	4	6	8	10	1
Parmesan, grated - cup	2	3	4	5	1
Olive oil - cup	1	1 ½	2	2 ½	⅓
Additional Ingredients					
Frozen mixed vegetables - kg	1	2	3	4	¼
Broccoli - bunch	½	1	1 ½	2	¼
Cauliflower - bunch	½	1	1 ½	2	¼
Zucchini, finely chopped	1	2	3	4	1/3
Penne Pasta, cooked - kg	1	1 ½	2	2 ½	500g

METHOD

To make the basil pesto sauce:

1. Place Basil Pesto Sauce ingredients into a blender and blend until smooth.

Additional Ingredients:

1. Cook additional ingredients in a large pot of water.
2. Once cooked, drain water and add cooked pasta.
3. Stir through Basil Pesto Sauce and simmer for 10 to 15 minutes.
4. Sprinkle additional parmesan cheese on top if desired.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace parmesan with plant-based parmesan (Woolworths)

Dairy Free | Replace parmesan with plant-based parmesan (Woolworths)

Gluten Free | Replace the pasta with gluten free pasta

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Carrot and pea puree	Smooth puree
7-9 months	Mince, noodles and carrot	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Afternoon Tea

RAINBOW CRUNCH PLATTER

Served with vegetables, cheese, crackers and fresh fruit

Week 1



INGREDIENTS

Vegetables

- Carrot sticks
- celery
- capsicum
- corn cobs
- cucumber
- snow peas
- roasted chickpeas
- cherry tomatoes
- kale chips
- broccoli or cauliflower florets
- (try blanching them to slightly soften)
- etc...

Vegetable quantity = 1 serve per child

e.g. 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Seasonal Fruit

- Watermelon
- apples
- bananas
- oranges
- mandarins
- dragon fruit
- kiwi fruit
- peaches
- apricots
- etc...

Fruit quantity = ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

Dairy

- Cheese

Dairy quantity = 15g cheese per child

Crackers can include:

- Wholemeal pita bread
- Wholemeal wraps
- Crispbread / Kruskits (2 years+)
- Rice cakes / Corn thins (2 years +)

Can also include:

- Bliss balls
- Boiled eggs
- Roast vegetables (pumpkin, potato, beetroot)

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Mango and banana puree	Smooth puree
7-9 months	Softened banana and mango with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Morning Tea

FRUIT TOAST

Served with milk

Week 1



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Wholemeal fruit toast - loaf	4	5	6	12	To serve
Margarine or butter spread					
Serve with milk					

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Use dairy free margarine/butter.

Dairy Free and Vegan | Use plant based cheese.

Use milk alternative such as; rice, oat, coconut or soy

Gluten Free | Use gluten free bread. Use gluten free vegemite

BABIES MEAL GUIDE

Remember that the Babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and strawberry puree with toast fingers	Smooth puree
7-9 months	Mashed banana on toast fingers	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Lunch

THAI FISH CURRY WITH COCONUT RICE

Delicate fish pieces and vegetables inspired by the Thai flavours of cumin, coriander and mild chillies.



Week 1

INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Green Curry Paste	<i>This will last 5 days in the fridge or can be frozen in portion sizes.</i>				
Olive oil – cup	¼	¼	½	½	⅛
Ground peppercorn – tsp	½	1	1 ¼	1 ½	¼
Cumin seeds – tsp	1	1 ¼	1 ½	1 ¾	¼
Coriander seeds – tsp	1	2	3	4	¼
Garlic, minced – tbsp	1	2	3	4	½
Spring onion	4	5	6	7	200
Fish sauce – tsp	2	3	4	5	1
Coriander, finely chopped, bunch	1	1 ½	2	2 ½	½
Basil, finely chopped – leaf	5	6	7	8	3
Green MILD chillies, finely chopped	2	3	4	5	1
Thai Fish Curry					
Green Curry Paste	3	4	5	6	1
Rice, cooked – kg	1	1 ½	2	2 ½	500g
Basa Fillets, whole fillets	7	8	9	10	4
Frozen mixed vegetables – 500g	1 ½	1	1 ½	2	250g
Green beans – 500g	¼	½	¾	1	50g
Fish sauce – tbsp	1	1 ½	2	2 ½	½
Coconut milk – 400g	2	3	4	5	1

METHOD

To make the green curry paste:

1. In a small saucepan, heat oil and add ground peppercorn, cumin seeds, coriander seeds, garlic, spring onions and fish sauce. Cook until translucent.
2. Stir in fresh coriander, basil leaves, and mild green chillies. Stir until soft

To make the Thai fish curry:

1. In a large pot, add green curry paste, basa fillets, vegetables, green beans, fish sauce and coconut milk.
2. Add cooked rice once fish and vegetables are cooked.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace fish with tofu (85g per child) Replace stock with pureed mushrooms.

Vegetarian | Replace fish with tofu (85g per child)
Replace fish sauce with vegan fish sauce (Fysh Sauce Woolworths)
Replace stock with pureed mushrooms

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Puree vegetables	Smooth puree
7-9 months	Fish, rice and mushrooms	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Afternoon Tea

CACAO AND RASPBERRY SLICE

Served with fresh fruit



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Sunflower seeds - g	320	480	640	800	80
Pepitas - g	320	480	640	800	80
Pitted dates, soaked in boiling water - g	600	900	1.2kg	1.5kg	150
Cacao powder - g	100	150	200	250	25
Raspberries, fresh or frozen - kg	1½	2¼	3	3¾	375g
Dessicated coconut - g	960	1.4kg	1.9kg	2.4kg	240
Honey/maple syrup - ml	340	510	680	850	85
Coconut milk - 400ml	1	2	3	4	125
Coconut oil/Olive oil, melted - ml	500	750	1000	1250	125

METHOD

1. To make the base, place the pepitas and sunflower seeds in a food processor and process until coarse crumbs form. Drain the dates and add to the food processor with the cacao powder. Process until combined.
2. Line a baking tray with baking paper. Press the date mixture to cover the bottom. Set aside.
3. To make the filling, add the raspberries to a saucepan over medium heat. Simmer for 5 minutes until they break down and form a jam consistency (you can add a dash of water to stop it from sticking to the base of the pan).
4. Add the raspberries, coconut, honey/maple syrup, coconut milk, oil, to a large bowl. Mix until well combined. Firmly press onto the chocolate base.
5. Place in the fridge to set for 2 hours or until firm.

Note: If raspberries are too expensive, swap them with other berries eg blueberries/strawberries.

Fruit quantity = ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace honey with rice malt syrup

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree e.g. banana and strawberry	Smooth puree
7-9 months	Softened fruit and yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

MENU WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit Toast served with milk	Wholegrain and Low Sugar Cereals served with milk	Fruit Crumble served with milk	Toasted Muesli served with fruit and yogurt	Wholemeal Toast served with assorted spreads and milk
LUNCH	Tuscan Arugula Pork Spaghetti A savoury pork and vegetable dish with the bold Tuscan flavours of basil, rosemary and thyme. 	Native-Spiced Roast Pumpkin and Beef Risotto A beef and pumpkin risotto enriched with the Indigenous Australian lemon myrtle herb. 	Summer Vegetable Dahl Packed with vegetables this lentil and rice dahl is flavoured with Indian spices and creamy coconut milk. 	Beef Burrito Platter Mexican beef and black bean mince is served alongside a selection of fresh vegetables and rice. 	Creamy Chicken Carbonara Assorted vegetables, chicken and pasta is tossed through a creamy carbonara sauce. 
AFTERNOON TEA	Cheese and Vegemite Pinwheels served with fresh fruit	Rainbow Crunch Platter served with vegetables, cheese, crackers and fresh fruit	Savoury Ham, Cheese and Chive Muffins served with fresh fruit	Date and Weetbix Slice Served with vegetable sticks and cheese sticks	Rainbow Crunch Platter served with vegetables, cheese, crackers and fresh fruit
LATE SNACK	A selection of crackers, cheese, fresh fruit or vegetables served with water				

Children with allergies or dietary requirements are provided with an alternative. Pureed foods are provided for children who have begun eating solids, following direction from home. Children are served 2-3 different types of fruit, 2-3 different types of vegetables per day and up to 5 different types per week. Water is available throughout the day to all children.

Keiki Early Learning follows the guidelines as provided by the Healthy Eating Advisory Service.

Monday | Morning Tea

FRUIT TOAST

Served with milk



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Wholemeal fruit toast - loaf	4	5	6	12	To serve
Margarine or butter spread					
Serve with milk					

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Use dairy free margarine or butter.

Dairy Free and Vegan | Use plant based cheese.

Use milk alternative such as rice, oat, coconut or soy.

Gluten Free | Use gluten free bread.
Use gluten free vegemite.

BABIES MEAL GUIDE

Remember that the Babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and strawberry puree with toast fingers	Smooth puree
7-9 months	Mashed banana on toast fingers	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Monday | Lunch

TUSCAN ARUGULA PORK SPAGHETTI

A savoury pork and vegetable dish with the bold Tuscan flavours of basil, rosemary and thyme.

Week 2



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Fettuccine/Spaghetti, cooked - 500g	2	3	4	5	500g
Onions, diced	2	3	4	5	1
Minced garlic - tbsp	2	3	4	5	1
Frozen mixed vegetables - kg	1	1	2	2	200g
Red capsicum, finely chopped	4	6	8	10	1
Arugula (Rocket), finely chopped - bunch	¼	½	¾	¾	1/8
Celery, finely chopped - bunch	½	¾	1	1 ½	¼
Pork mince - kg	2 ½	3 ¾	5	6 ¼	500g
Whole peeled tomatoes - 800g tins	1	2	3	4	½
Zucchini, grated (Excess liquid removed)	1	2	3	4	1/3
Tomato paste - Tbsp	4	6	8	10	1
Mascarpone Cheese - cup	½	¾	1	1 ¼	¼
Homemade Tuscan Spice	Can be kept in an airtight spice jar for up to 6 months.				
Dried Basil - tbsp	7	8	9	10	6
Dried Rosemary - tbsp	3	4	5	6	2
Dried Oregano - tbsp	3	4	5	6	2
Dried Thyme - tbsp	3	4	5	6	2
Powered Garlic - tbsp	2	3	4	5	1
Dried Chili Flakes (Optional) - tsp	1	1 ¼	1 ½	1 ¾	1
Fennel Seeds - tbsp	3	4	5	6	2

METHOD

1. In a large pot, sauté onions and garlic in oil until translucent.
2. Add pork, capsicum, frozen vegetables, arugula, celery and Tuscan spice. Add water if needed.
3. Once cooked add tomatoes, zucchini and tomato paste. Stir until well combined.
4. Turn off heat and stir in cooked pasta and mascarpone cheese.

To make Homemade Tuscan Spice, mix all ingredients in a bowl.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegetarian & Vegan | Replace the mince with tinned lentils (½ cup per child)

Gluten Free | Replace the pasta with gluten free pasta

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Vegetable puree e.g carrot, pumpkin, sweet potato	Smooth puree
7-9 months	Quinoa or rice with cheese & softened vegetables e.g carrot, pumpkin, sweet potato, zucchini	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

CHEESE AND VEGEMITE PINWHEELS

Served with fresh fruit

Week 2



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
SR flour – kg	2	2 ½	3	3 ½	500g
Baking powder – tbsp	2	3	4	5	½
Water – mls	750	1140	1520	1900	190
Olive oil – tbsp	4	6	8	10	1
Vegemite – tbsp	2	3	4	5	½
Cheese, grated – cup	3	4	5	6	1

METHOD

1. Preheat oven to 200C.
2. Place the flour, baking powder and salt into a bowl and stir to combine.
3. Add ¾ of the water and oil, stir until a ball forms. Add more water if needed (you don't want it too sticky).
4. Knead the dough on a floured surface for a few minutes, then divide the dough into portions.
5. Lightly flour the bench (alternatively you can roll it onto baking paper).
6. Roll a portion of dough into a square (about 30cmx30cm), roughly 1cm thick.
7. Spread the vegemite over the dough and add cheese.
8. Roll the dough tightly into a cylinder form and cut into even portions then cook until golden.

Fruit quantity = ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace the Greek yogurt with coconut yogurt, Replace cheese with plant-based cheese

Dairy Free | Replace the Greek yogurt with coconut yogurt, Replace cheese with plant-based cheese

Gluten Free | Use gluten free flour

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and mango	Smooth puree
7-9 months	Banana and mango	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Morning Tea

WHOLEGRAIN & LOW SUGAR CEREALS

Served with milk

CHOOSE FROM:

- Uncle Toby's Vita Brits
- Sanitarium Weetbix
- Kellogg's Corn Flakes
- Kellogg's All Bran
- Uncle Toby's Shredded Wheat
- Porridge, plain
- Kellogg's Rice Bubbles

Serve with milk.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan | Replace milk with dairy free alternatives, such as oat rice or coconut milk

Gluten Free | Use gluten free cereals

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and pear puree	Smooth puree
7-9 months	Softened fruit (like banana, pear) with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Tuesday | Lunch

NATIVE SPICED ROAST PUMPKIN BEEF RISOTTO

A beef and pumpkin risotto enriched with the Indigenous Australian lemon myrtle herb.

Week 2



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Pumpkin, peeled and diced, - cup	4	6	8	10	2
Olive oil - cup	¼	¼	½	½	
Lemon myrtle - tbsp	2	3	4	5	1
Onion, diced finely	2	3	4	5	1
Frozen mixed vegetables - kg	1	1	2	2	½
Zucchini, finely chopped	1	2	3	4	¼
Cauliflower, finely chopped	½	1	1 ½	2	¼
Beef mince - kg	1 ½	2	2 ½	3	½
Arborio rice - kg	1	1 ½	2	2.5	½
Vegetable stock - ltrs	2	3	4	5	½

METHOD

1. Preheat oven to 200C.
2. In a large bowl place pumpkin, oil and lemon myrtle and toss until coated.
3. Lay pumpkin out on a baking tray and roast until richly caramelised, turning once mid-way through cooking. Remove and cool slightly.
4. Heat remaining oil in a large pot. Sauté onion.
5. Once translucent add ¼ of vegetable stock, beef mince, and vegetables. Stir occasionally.
6. Meanwhile, add rice and remaining vegetable stock to a large pot. Cover and cook.
7. Once rice, meat and vegetables are cooked. Mix together until well combined.
8. Serve with optional parmesan sprinkled on top.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit beef mince. Omit optional parmesan cheese.

Dairy Free | Omit optional parmesan cheese.

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Zucchini and spinach puree	Smooth puree
7-9 months	Zucchini, lentils and coconut milk.	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Afternoon Tea

RAINBOW CRUNCH PLATTER

Served with vegetables, cheese, crackers and fresh fruit

Week 2



INGREDIENTS

Vegetables

- Carrot sticks
- celery
- capsicum
- corn cobs
- cucumber
- snow peas
- roasted chickpeas
- cherry tomatoes
- kale chips
- broccoli or cauliflower florets
- (try blanching them to slightly soften)
- etc...

Vegetable quantity = 1 serve per child

e.g 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Seasonal Fruit

- Watermelon
- apples
- bananas
- oranges
- mandarins
- dragon fruit
- kiwi fruit
- peaches
- apricots
- etc...

Fruit quantity = ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

Dairy

- Cheese

Dairy quantity = 15g cheese per child

Crackers can include:

- Wholemeal pita bread
- Wholemeal wraps
- Crispbread / Kruskits (2 years+)
- Rice cakes / Corn thins (2 years +)

Can also include:

- Bliss balls
- Boiled eggs
- Roast vegetables (pumpkin, potato, beetroot)

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Mango and banana puree	Smooth puree
7-9 months	Softened banana and mango with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Morning Tea

FRUIT CRUMBLE

Served with yogurt

Week 2



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Apples, - 800g	1	2	4	5	1 ½
Frozen mixed berries - 500g	2	2	3	3	1
Peaches - 825g	1	1	2	3	1 ½
Yogurt - kg	2	3	5	8	To serve
Crumble					
Rollled Oats - 900g	½	1	1½	2	½
Cinnamon - tsp	2	3	4	5	1½
Sunflower seeds - g	100	150	200	250	50
Pepita seeds - g	100	150	200	250	50
Unsalted butter, cold - g	75	100	150	200	40

METHOD

1. Preheat the oven to 200C.
2. Place fruit into baking trays.
3. Blitz rolled oats, sunflower and pepita seeds, cinnamon, and cold chopped butter into a food processor. Pulse for a few seconds to form rough breadcrumbs.
4. Scatter the crumble over the fruit and bake uncovered for 20 minutes or until golden.
5. Serve with yogurt on the side

Any fruit that is in season and affordable can be used e.g strawberries, blueberries, plums, apples, nectarines, peaches etc.

Please note: cooking times will vary with using raw fruit. Boil fruit to soften first.

Dairy quantity = 80g yogurt per child

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan | Replace butter with coconut oil. Replace yogurt with coconut or dairy free yogurt. Serve with milk alternatives e.g coconut milk, rice milk, oat milk.

Gluten Free | Omit oats. Replace with crushed gluten free weetbix

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree eg apple, peach, banana	Smooth puree
7-9 months	Yogurt with softened fruit & vegetables eg banana, peach, apple, nectarine, broccoli, cauliflower, zucchini	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Lunch

SUMMER VEGETABLE DAHL

Packed with vegetables this lentil and rice dahl is flavoured with Indian spices and creamy coconut milk.



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Olive oil – cup	¼	¼	½	½	1tbsp
Brown onions, diced	3	4	5	6	2
Garlic, minced tbsp	1	2	3	4	1 tsp
Ginger, minced tbsp	1	2	3	4	1 tsp
Capsicum, diced	2	3	4	5	½
Ground turmeric – tbsp	1	2	3	4	½
Ground paprika – tbsp	1	2	3	4	½
Ground cumin – tbsp	1	2	3	4	½
Ground curry powder – tbsp	½	1	1 ½	2	¼
Chili powder – tsp	1	2	3	4	½
Vegetable stock – litres	5	7 ½	10	12 ½	11 ¼
Red split lentils – 375g bag rinsed & drained	2	3	4	5	½
Diced tomatoes – 400g tin	6	8	10	12	1
Mixed vegetables frozen – kilogram	1	2	3	4	500g
Zucchini, grated	4	5	6	7	1
Pumpkin, diced – kilogram	1	1.25	1.5	1.75	500g
Potatoes, diced – kilogram	1	1.25	1.5	1.75	500g
Coconut milk – 400ml tins	4	6	8	10	1
Rice – kg	2	3	4	5	500g

METHOD

1. Cook rice as per packet instructions, rinse lentils under running water.
2. Sauté garlic, onion, ginger, and capsicum in a large pot over a medium heat for 5 minutes.
3. Add vegetable stock and all spices. Add vegetables to the broth. Bring to the boil and let simmer for approx. 10 minutes.
4. Add lentils, tomatoes, mixed vegetables, pumpkin and potatoes. Stir and cook until ingredients are tender.
5. Stir in coconut milk. Simmer 10-15 minutes then serve. For a thicker sauce simmer for longer.
6. Serve with cooked rice in large serving bowls.

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Vegetable puree e.g cauliflower, broccoli, pumpkin	Smooth puree
7-9 months	Cheese with pumpkin and softened vegetables e.g cauliflower, broccoli, mixed vegetables	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

SAVOURY HAM, CHEESE & CHIVE MUFFINS

Served with fresh fruit



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Zucchini, grated (squeeze out moisture)	1	2	3	4	½
Ham, diced - cup	2	4	5	6	1
SR flour - kg	1 ½	2	3	5	315
Baking Powder- tsp	4	6	8	10	1
Milk - ltrs	½	¾	1	1 ½	185ml
Eggs (Optional)	8	12	16	20	2
Butter, melted - g	400	600	800	1kg	100
Cheese, grated - g	500	750	1kg	1.25kg	125
Chives, finely chopped - bunch	¼	½	¾	1	1/8
Capsicum, finely diced	1	2	3	4	1

METHOD

1. Preheat the oven to 160C and grease a muffin tray with spray olive oil.
2. In a large bowl combine the flour and baking powder. Make a well in the centre and add in the eggs, milk and butter and stir until just combined. Finally stir through the ham, zucchini, capsicum, chives and cheese.
3. Spoon mixture into muffin tin. Bake in the oven for 25 mins or until golden brown.

Fruit quantity= ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace milk with a dairy free alternative such as rice or soy milk.
Replace butter with light flavoured extra virgin olive oil
Replace cheese with plant-based cheese. Replace eggs with pumpkin puree (¼ cup per egg)

Dairy Free | Replace milk with a dairy free alternative, such as rice or soy milk. Replace butter with light flavoured extra virgin olive oil. Replace cheese with plant-based cheese

Gluten Free | Use gluten free flour.

Egg Free | Replace eggs with pumpkin puree (¼ cup per egg).

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Carrot and zucchini puree	Smooth puree
7-9 months	Softened carrot and zucchini with cheese cubes	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Morning Tea

TOASTED MUESLI

Served with fruit and yogurt

Week 2



METHOD

1. Select one of the muesli recipes on pages 71 to 74.
2. Serve with yogurt and fruit

Dairy quantity = 80g yogurt per child or 100ml milk per child

ALLERGY ALTERNATIVES *Remember to check all packaging for hidden ingredients*

Dairy Free | Replace with dairy free/plant-based yogurt and milk

Gluten Free | Refer to gluten free alternatives on pages 71 to 74

BABIES MEAL GUIDE

Remember that the Babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree e.g banana, apple, peach	Smooth puree
7-9 months	Yogurt with softened fruit e.g banana, apple, peach, apricot, nectarine, plum.	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Lunch

BEEF BURRITO PLATTER

Mexican beef and black bean mince is served alongside a selection of fresh vegetables and rice.

Week 2



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Zucchini, grated (squeeze out moisture)	1	2	3	4	½
Corn kernels - cup	2	4	5	6	1
Tomatoes, diced - kg	4	5	6	7	2
Cucumber, finely cubed	½	¾	1	1 ½	185ml
Carrot, grated - cup	8	12	16	20	2
Capsicum, finely diced	400	600	800	1kg	100
Cheese, grated - g	500	750	1kg	1.25kg	125
Avocado, mashed - cup (Seasonal)	2	3	4	5	1
Chives, finely chopped - bunch	¼	½	¾	1	1/8
Sour cream - cup	1	2	3	4	1
Iceberg lettuce (Used as cups)					
Burrito Mince					
Olive oil - cup	¼	¼	½	½	1/8
Onion, finely chopped	2	3	4	5	1
Garlic, minced - tbsp	1	2	3	4	1/2
Black beans - 400g	2	3	4	5	1
Taco seasoning, pkt	2	3	4	5	1
Whole peeled tomatoes - 800g	1	2	3	4	1/2
Beef mince - kg	2	3	4	5	500g

METHOD

To prepare the platter:

1. Grate, chop and slice the burrito fillings in a way that is appealing to the children. Prepare their fillings as you would like to enjoy a burrito as an adult, with lots of love and care taken in the preparation and presentation.

For the beef mince:

1. In a large pot, sauté onions and garlic in oil.
2. Once onions are translucent add mince, black beans, taco seasoning and tomatoes. Mix well.
3. Once cooked place on a separate tray if you have vegan children otherwise serve on platter.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace cheese with plant-based cheese; replace sour cream with plant-based sour cream; Replace beef mince with plant-based mince.

Vegetarian | Replace beef mince with plant-based mince (Woolworths/Coles)

Dairy Free | Replace cheese with plant-based cheese; Replace sour cream with plant-based sour cream

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Vegetable puree e.g kumara, carrot, pumpkin	Smooth puree
7-9 months	Cheese with softened vegetables e.g kumara, carrot, pumpkin, beetroot, broccoli, cauliflower	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Afternoon Tea

DATE AND WEETBIX SLICE

Served with vegetable sticks and cheese sticks

Week 2



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Weetbix - g	300	450	600	750	75
Dates, pitted and soaked in boiling water - cup	4	6	8	10	1
Sunflower seeds - cup	2	3	4	5	½
Dessicated coconut - cup	2	3	4	5	½
Cacao powder - g	120	180	240	300	30
Honey/maple syrup - ml	120	180	240	300	30
Water - ml	120	180	240	300	2

METHOD

1. Place weetbix, dates, sunflower seeds, coconut, cacao, honey/maple syrup and water in a food processor.
2. Blitz until well combined and a ball starts to form. (If the mixture is not forming, add a small amount of extra water).
3. Line a baking tray with baking paper.
4. Press the mixture into the tray.
5. Refrigerate until set.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace honey with rice malt syrup

Gluten Free | Use gluten free weetbix.

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree eg apple and peach	Smooth puree
7-9 months	Softened fruit and yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Morning Tea

WHOLEMEAL TOAST

Served with assorted spreads and milk

Week 2



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Wholemeal bread – loaf	3	5	7	8	To serve
Margarine or butter spread					
Filling Options					
• Cream cheese spread • Vegemite • Homemade jam (see below) • Choc Hummus Dip • Avocado (Seasonal) • Chia Jam (recipe below)					

Chia Jam (makes 2 cups)	
Berries like strawberries (fresh or frozen) – kg	1 ½
Pure maple syrup – tbs	4
Chia seeds – tbs	4

METHOD

To make Chia Jam:

1. Heat berries in a saucepan stirring occasionally until fruit begins to breakdown and bubble. Use a masher or spoon to break up the fruit.
2. Stir in chia seeds and maple syrup.
3. Remove from the heat and let it cool down.
4. Transfer to a sealed container and refrigerate for 1 week or freeze for up to 3 months

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace margarine/butter with dairy free margarine/butter
 Replace cheese with plant-based cheese

Dairy Free | Replace margarine/butter with dairy free margarine/butter
 Replace cheese with plant-based cheese

Gluten Free | Use gluten free bread

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Spinach and apple puree	Smooth puree
7-9 months	Softened apple and cucumber with cheese cubes	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Lunch

CREAMY CHICKEN CARBONARA

Assorted vegetables, chicken and pasta is tossed through a creamy carbonara sauce.

Week 2



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Extra virgin olive oil - tbsp	3	4	5	6	1
Chicken breast, diced - kg	1 ½	2	2 ½	3	500g
Onion, finely diced	1	2	2	3	1
Garlic, minced - tbsp	1	1 ½	2	2 ½	1 tsp
Mixed frozen vegetables - 500g	½	1 ½	2	2 ½	1 tsp
Mushrooms, chopped - kg	1	1 ½	2	2 ½	250g
Cauliflower, diced - whole	¼	¾	1	1 ½	1/8
Ham, shredded	2	3	4	5	½
Coconut milk - 400ml	3	4	5	6	½
Parmesan, grated					
Penne pasta, raw - 500g	2	3	4	5	1

METHOD

1. In a large pot, sauté onions and garlic in oil.
2. Once onions are translucent add diced chicken. Stir occasionally.
3. Add vegetables and water if needed.
4. Simmer until vegetables are cooked.
5. Add raw pasta, ham and coconut milk. Stir and simmer until pasta is cooked.
6. Sprinkle over parmesan cheese

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace chicken with tofu (85g per child); Omit parmesan cheese

Vegetarian | Replace the chicken with tofu (85g per child)

Dairy Free | Omit parmesan cheese

Gluten Free | Use gluten free pasta

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Mixed vegetable puree	Smooth puree
7-9 months	Chicken and mixed vegetables	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Afternoon Tea

RAINBOW CRUNCH PLATTER

Served with vegetables, cheese, crackers and fresh fruit

Week 2



INGREDIENTS

Vegetables

- Carrot sticks
- celery
- capsicum
- corn cobs
- cucumber
- snow peas
- roasted chickpeas
- cherry tomatoes
- kale chips
- broccoli or cauliflower florets
- (try blanching them to slightly soften)
- etc...

Vegetable quantity = 1 serve per child

e.g 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Seasonal Fruit

- Watermelon
- apples
- bananas
- oranges
- mandarins
- dragon fruit
- kiwi fruit
- peaches
- apricots
- etc...

Fruit quantity = ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

Dairy

- Cheese

Dairy quantity = 15g cheese per child

Crackers can include:

- Wholemeal pita bread
- Wholemeal wraps
- Crispbread / Kruskits (2 years+)
- Rice cakes / Corn thins (2 years +)

Can also include:

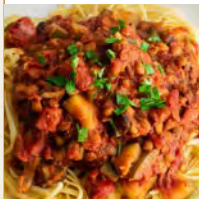
- Bliss balls
- Boiled eggs
- Roast vegetables (pumpkin, potato, beetroot)

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Mango and banana puree	Smooth puree
7-9 months	Softened banana and mango with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

MENU WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Wholemeal Toast served with assorted spreads and milk	Fruit Toast served with milk	Wholegrain and Low Sugar Cereals served with milk	Fruit Crumble served with milk	Toasted Muesli served with fruit and yogurt
LUNCH	Mexican Beef Casserole Mild Mexican flavours make this beef and vegetable rice casserole a Keiki favourite. 	Creamy Mushroom and Lentil Pasta Creamy coconut milk with herbs and spices extend the flavours of the lentils, mushrooms and vegetables. 	Lemon Myrtle Chicken Spaghetti Topped with parmesan cheese, this chicken and vegetable dish has aromatic native Australian flavours. 	Homemade Pizza and Salad Delicious pizza sauce swirled on a fluffy base and topped with ham and fresh vegetables. Served with a crisp summer salad. 	Tasty Thai Beef Stir-Fry and Rice The flavours of basil, ginger and coriander complement a colourful combination of beef and vegetables. 
AFTERNOON TEA	Rainbow Crunch Platter served with vegetables, cheese, crackers and fresh fruit	Raspberry and Coconut Loaf served with fresh fruit	Pizza Scrolls served with fresh fruit and vegetable sticks	Rainbow Crunch Platter served with vegetables, cheese, crackers and fresh fruit	Peach and Coconut Slice served with fresh fruit
LATE SNACK	A selection of crackers, cheese, fresh fruit or vegetables served with water				

Children with allergies or dietary requirements are provided with an alternative. Pureed foods are provided for children who have begun eating solids, following direction from home. Children are served 2-3 different types of fruit, 2-3 different types of vegetables per day and up to 5 different types per week. Water is available throughout the day to all children.

Keiki Early Learning follows the guidelines of the Healthy Eating Advisory Service.

Monday | Morning Tea

WHOLEMEAL TOAST

Served with assorted spreads and milk

Week 3



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Wholemeal bread – loaf	3	5	7	8	To serve
Margarine or butter spread					
Filling Options					
• Cream cheese spread • Vegemite • Homemade jam (see below) • Choc Hummus Dip • Avocado (Seasonal) • Chia Jam (recipe below)					

Chia Jam (makes 2 cups)	
Berries like strawberries (fresh or frozen) – kg	1 ½
Pure maple syrup – tbs	4
Chia seeds – tbs	4

METHOD

To make Chia Jam:

1. Heat berries in a saucepan stirring occasionally until fruit begins to breakdown and bubble. Use a masher or spoon to break up the fruit.
2. Stir in chia seeds and maple syrup.
3. Remove from the heat and let it cool down.
4. Transfer to a sealed container and refrigerate for 1 week or freeze for up to 3 months

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace margarine/butter with dairy free margarine/butter
Replace cheese with plant-based cheese

Dairy Free | Replace margarine/butter with dairy free margarine/butter
Replace cheese with plant-based cheese

Gluten Free | Use gluten free bread

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Spinach and apple puree	Smooth puree
7-9 months	Softened apple and cucumber with cheese cubes	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Monday | Lunch

MEXICAN BEEF CASSEROLE

Mild Mexican flavours make this beef and vegetable rice casserole a Keiki favourite.



Week 3

INGREDIENTS	60 children	70 children	85 children	125 children	Family Serves 4-6
Rice, cooked – kg	1	1 ½	2	2 ½	500g
Onion, diced	2	3	4	5	1
Garlic, minced – tbsp	2	3	4	5	1
Passata – 800g jars	2	3	4	5	½
Whole peeled tomatoes – 800g	1	2	3	4	¼
Vegetable stock – cups	3	4	5	6	¾
Beef mince – kg	1 ½	2	2 ½	3	500g
Black beans, drained – 400g	2	3	4	5	1
Frozen corn – g	300g	400g	500	600	100
Frozen mixed vegetables – kg	1	2	3	4	¼
Cauliflower, chopped finely	¼	½	¾	1	1/8
Broccoli, chopped finely	¼	½	¾	1	1/8
Frozen spinach – 250g	¾	1	1 ¼	1 ½	1/2
Taco Seasoning – pkt	2	3	4	5	1
Cheese, grated – cups	3	3 ½	4	4 ½	1
Wholemeal flat bread, cut into wedges					

METHOD

1. Preheat oven to 180C.
2. Use vegetable stock to cook rice.
3. Heat oil and sauté onions and garlic. Once onions are translucent, brown mince.
4. Add remaining ingredients bar the rice. Add water if needed. Simmer until cooked.
5. Place flat bread wedges evenly on baking trays and bake for 5 mins until crispy.
6. Stir through cooked rice. Place mixture into serving dishes and cover with grated cheese.
7. Place in oven. Serve when cheese is melted and golden.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace beef mince with plant-based mince; Replace cheese with plant-based cheese

Vegetarian | Replace beef mince with plant-based mince

Dairy Free | Replace cheese with plant-based cheese

Gluten Free | Replace wholemeal flat bread with gluten free flat bread

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Carrot and broccoli puree	Smooth puree
7-9 months	Beef, rice and carrots	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Monday | Afternoon Tea

RAINBOW CRUNCH PLATTER

Served with vegetables, cheese, crackers and fresh fruit

Week 3



INGREDIENTS

Vegetables

- Carrot sticks
- celery
- capsicum
- corn cobs
- cucumber
- snow peas
- roasted chickpeas
- cherry tomatoes
- kale chips
- broccoli or cauliflower florets
- (try blanching them to slightly soften)
- etc...

Vegetable quantity = 1 serve per child

e.g 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Seasonal Fruit

- Watermelon
- apples
- bananas
- oranges
- mandarins
- dragon fruit
- kiwi fruit
- peaches
- apricots
- etc...

Fruit quantity = ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

Dairy

- Cheese

Dairy quantity = 15g cheese per child

Crackers can include:

- Wholemeal pita bread
- Wholemeal wraps
- Crispbread / Kruskits (2 years+)
- Rice cakes / Corn thins (2 years +)

Can also include:

- Bliss balls
- Boiled eggs
- Roast vegetables (pumpkin, potato, beetroot)

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Mango and banana puree	Smooth puree
7-9 months	Softened banana and mango with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Morning Tea

FRUIT TOAST

Served with milk

Week 3



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Wholemeal fruit toast - loaf	4	5	6	12	To serve
Margarine or butter spread					
Serve with milk					

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Use dairy free margarine/butter.

Dairy Free and Vegan | Use plant based cheese.

Use milk alternative such as; rice, oat, coconut or soy.

Gluten Free | Use gluten free bread. Use gluten free vegemite.

BABIES MEAL GUIDE

Remember that the Babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and strawberry puree with toast fingers	Smooth puree
7-9 months	Mashed banana on toast fingers	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Lunch

CREAMY MUSHROOM AND LENTIL PASTA

Creamy coconut milk with herbs and spices extend the flavours of the lentils, mushrooms and vegetables.



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Pasta spirals /penne/spaghetti – 500g	2	3	4	5	½
Lentils – 420g	2	3	4	5	½
Mushrooms, sliced – kg	1	1½	2	2½	¼
Dried oregano – tbsp	2	3	4	5	½
Onions, diced	1	1	2	2	½
Minced garlic – tbsp	1	1	2	2	2 tsp
Bunches fresh thyme, stalks removed (alternatively used a tbsp of dried thyme)	1	1½	2	2½	¼
Apple cider vinegar – tbsp	4	6	8	10	1
Frozen Mixed Vegetables –kg	½	1	2	3	¼
Whole broccoli, diced	¾	1	2	3	½
Whole cauliflower, diced	¾	1	2	3	¼
Coconut milk – 400ml	2	3	4	5	½

METHOD

1. Cook the pasta as per packet instructions.
2. Heat a large pot and some olive oil. Add the onion and garlic and sauté until the onion is tender.
3. Add the mushrooms to the pan along with the thyme, oregano, vinegar and a splash of water and sauté for 10-15 minutes.
4. Tip the mushroom mix into a food processor and process until smooth.
5. Return the mushrooms to the pot and add the lentils, mixed vegetables, cauliflower and broccoli. Add a little more water, cover and cook on low for 10 minutes (keep an eye on it and add a little more water if needed).
6. Drain the cooked pasta and add it to the mushroom mixture along with the coconut cream. Stir to combine. Keep heating the mixture until it comes to the boil then turn the stove off.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Gluten Free | Use gluten free pasta

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Vegetable puree e.g sweet potato, pumpkin, carrot	Smooth puree
7-9 months	Pasta with coconut milk & softened vegetables e.g sweet potato, pumpkin, carrot, zucchini, beans	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

RASPBERRY AND COCONUT LOAF

Served with fresh fruit

Week 3



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Dessicated coconut – cups	1	2	3	4	½
Coconut milk – cup	2	3	4	5	¾
Maple Syrup – cup	¾	1	1 ¼	1 ½	¼
Egg, lightly beaten	3	4	5	6	1
Vanilla Essence – tsp	3	4 ½	6	7 ½	1
SR Flour – kg	1	2	3	4	190g
Raspberries, frozen – kg	¾	1	1 ½	2	1/3

METHOD

1. Preheat oven to 170C.
2. Combine coconut and coconut milk in a large bowl. Cover and stand for 30 minutes.
3. Line cake/loaf trays with baking paper.
4. Using a metal spoon, stir maple syrup, egg and vanilla into the coconut mixture.
5. Sift flour over coconut mixture. Gently stir until combined.
6. Fold in raspberries
7. Spoon mixture into prepared trays and bake until a skewer inserted in the centre of the cakes comes out clean.
8. Cool for 10 minutes before removing to cool completely on wire trays.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Egg Free | Replace the egg with chia seed mix (soak 1 tbsp chia seeds in 3 tbsp water)

Gluten Free | Use gluten free flour.

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and mango puree	Smooth puree
7-9 months	Softened banana and mango with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Morning Tea

WHOLEGRAIN & LOW SUGAR CEREALS

Served with milk

CHOOSE FROM:

- Uncle Toby's Vita Brits
 - Sanitarium Weetbix
 - Kellogg's Corn Flakes
 - Kellogg's All Bran
 - Uncle Toby's Shredded Wheat
 - Porridge, plain
 - Kellogg's Rice Bubbles
- Serve with milk.

ALLERGY ALTERNATIVES *Remember to check all packaging for hidden ingredients*

Dairy Free and Vegan | Replace milk with dairy free alternatives such as oat rice or coconut milk

Gluten Free | Use gluten free cereals/oats

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and pear puree	Smooth puree
7-9 months	Softened fruit with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Wednesday | Lunch

LEMON MYRTLE CHICKEN SPAGHETTI

Topped with parmesan cheese, this chicken and vegetable dish has aromatic native Australian flavours.



Week 3

INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Penne pasta – 500g	2	3	4	5	1
Oil – cup	¼	¼	½	½	1tbs
Chicken breast, diced – kg	1	1 ½	2	2 ½	½
Onion – each	2	3	4	5	1
Garlic, minced – tbsp	2	3	4	5	½
Lemon myrtle – tbsp	2	3	4	5	2tsp
Frozen mixed vegetables – kg	1	1	2	2	¼
Zucchini, grated – each	1	2	3	4	¼
Cauliflower, cut – whole	½	1	1 ½	2	¼
Broccoli, cut – whole	½	1	1 ½	2	¼
Chicken stock – cup	2	3	4	5	½
Coconut milk – 400mls	2	3	4	5	½
Parmesan cheese, grated – cup					

METHOD

1. Preheat oven to 200C.
2. In a large pot, sauté onions and garlic in oil. Once onions are translucent add diced chicken and lemon myrtle. Stir occasionally.
3. Add vegetables and chicken stock. Simmer until vegetables are cooked.
4. Add raw pasta and coconut milk. Simmer until pasta is cooked, stirring occasionally.
5. Sprinkle with grated parmesan if desired.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace the cheese with a vegan/dairy free alternative

Dairy Free | Replace the cheese with a vegan/dairy free alternative

Gluten Free | Replace pasta with gluten free pasta

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Zucchini and cauliflower puree	Smooth puree
7-9 months	Softened vegetables and pasta	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Afternoon Tea

PIZZA SCROLLS

Served with fresh fruit and vegetable sticks

Week 3



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
SR flour – kg	2	2 ½	3	3 ½	½
Baking powder – tbsp	2	3	4	5	½
Water – mls	750	1140	1520	1900	190
Olive oil – tbsp	4	6	8	10	1
Pizza Sauce – See page 48					
Fillings					
Capsicum, diced	1	2	3	4	½
Ham, shredded – cup	1	2	3	4	½
Cheese, grated – 500g	1	2	3	4	½

METHOD

1. Preheat oven to 200C.
2. Place the flour, baking powder and salt into a bowl and stir to combine.
3. Add ¾ of the water and oil. Stir until a ball forms. Add more water if needed (you don't want it too sticky).
1. Knead the dough on a floured surface for a few minutes.
2. Divide the dough into manageable portions.
3. Lightly flour the bench (alternatively you can roll it onto baking paper).
4. Roll a portion of dough into a square (about 30cmx30cm), roughly 1cm thick.
5. Spread the vegemite over the dough and add cheese.
6. Roll the dough tightly into a cylinder form and cut into even portions
7. Place in the oven and cook until golden.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace the greek yogurt with coconut yogurt. Replace cheese with plant-based cheese.

Dairy Free | Replace the Greek yogurt with coconut yogurt. Replace cheese with plant-based cheese.

Gluten Free | Use gluten free flour.

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and mango	Smooth puree
7-9 months	Banana and mango	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Morning Tea

FRUIT CRUMBLE

Served with yogurt

Week 3



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Apples, - 800g	1	2	4	5	1 ½
Frozen mixed berries - 500g	2	2	3	3	1
Peaches - 825g	1	1	2	3	1 ½
Yogurt - kg	2	3	5	8	To serve
Crumble					
Rolled Oats - 900g	½	1	1½	2	½
Cinnamon - tsp	2	3	4	5	1½
Sunflower seeds - g	100	150	200	250	50
Pepita seeds - g	100	150	200	250	50
Unsalted butter, cold - g	75	100	150	200	40

METHOD

1. Preheat the oven to 200C.
2. Place fruit into baking trays.
3. Blitz rolled oats, sunflower and pepita seeds, cinnamon, and cold chopped butter into a food processor. Pulse for a few seconds to form rough breadcrumbs.
4. Scatter the crumble over the fruit and bake uncovered for 20 minutes or until golden.
5. Serve with yogurt on the side

Any fruit that is in season and affordable can be used e.g strawberries, blueberries, plums, apples, nectarines, peaches etc.

Please note: cooking times will vary with using raw fruit. Boil fruit to soften first.

Dairy quantity = 80g yogurt per child

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan | Replace butter with coconut oil. Replace yogurt with coconut dairy free yogurt. Serve with milk alternatives e.g coconut milk, rice milk, oat milk.

Gluten Free | Omit oats. Replace with crushed gluten free weetbix.

BABIES MEAL GUIDE

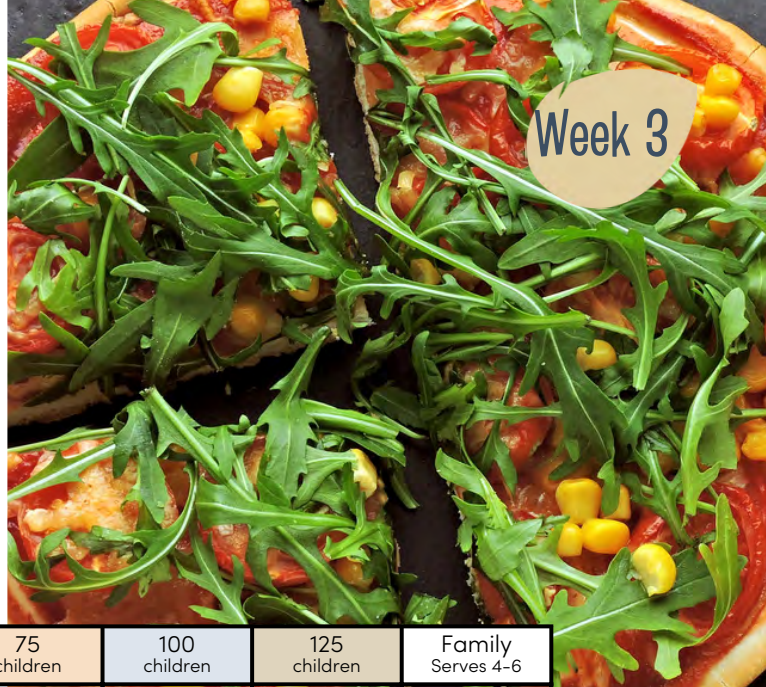
Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree eg apple, peach, banana	Smooth puree
7-9 months	Yogurt with softened fruit & vegetables eg banana, peach, apple, nectarine, broccoli, cauliflower, zucchini	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Lunch

HOMEMADE PIZZA AND SALAD

Delicious pizza sauce swirled on a fluffy base and topped with ham and fresh vegetables. Served with a crisp summer salad.



Week 3

INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Pizza bases - see page 75					
Pizza Sauce					
Diced tomatoes - 400g tins	2	4	6	8	½
Onion	2	4	6	8	1
Garlic, minced - tbsp	2	4	6	8	½
Tomato paste - tbsp	2	2	6	8	½
Native oregano - tsp	2	3	4	5	1
Pizza Toppings					
Spinach - cup	½	1	1½	2	½
Capsicum, diced	2	4	6	8	1
Ham, shredded - cup	2	4	6	8	1
Cheese, grated - 500g	2	4	6	8	1
Summer Salad					
Corn, kernels - cup	2	4	5	6	1
Tomatoes, diced - kg	4	5	6	7	2
Cucumber, finely cubed	½	¾	1	1½	185ml
Carrot, grated - cup	8	12	16	20	2
Capsicum, finely diced - g	400	600	800	1kg	100
Iceberg lettuce shredded					

METHOD

1. Make pizza sauce by blending tomatoes, herbs, onion and garlic in a blender or food processor until well combined. Spread over pizza bases.
2. Place on top: ham, spinach, capsicum and cheese.
3. Bake for 25-30 minutes until golden.
4. Prepare salad ingredients and toss together.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegetarian | Omit ham

Vegan | Omit ham and use pizza dough recipe option one on page 75

Gluten Free | Use gluten free flour for either pizza dough recipe option

Dairy Free | Use plant-based yogurt and cheese

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Carrot and pumpkin puree	Smooth puree
7-9 months	Chicken and vegetable mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Afternoon Tea

RAINBOW CRUNCH PLATTER

Served with vegetables, cheese, crackers and fresh fruit

Week 3



INGREDIENTS

Vegetables

- Carrot sticks
- celery
- capsicum
- corn cobs
- cucumber
- snow peas
- roasted chickpeas
- cherry tomatoes
- kale chips
- broccoli or cauliflower florets
- (try blanching them to slightly soften)
- etc...

Vegetable quantity = 1 serve per child

e.g 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Seasonal Fruit

- Watermelon
- apples
- bananas
- oranges
- mandarins
- dragon fruit
- kiwi fruit
- peaches
- apricots
- etc...

Fruit quantity = ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

Dairy

- Cheese

Dairy quantity = 15g cheese per child

Crackers can include:

- Wholemeal pita bread
- Wholemeal wraps
- Crispbread / Kruskits (2 years+)
- Rice cakes / Corn thins (2 years +)

Can also include:

- Bliss balls
- Boiled eggs
- Roast vegetables (pumpkin, potato, beetroot)

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Mango and banana puree	Smooth puree
7-9 months	Softened banana and mango with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Morning Tea

TOASTED MUESLI

Served with fruit and yogurt

Week 3



METHOD

1. Select one of the muesli recipes on pages 71 to 74.
2. Serve with yogurt and fruit

Dairy quantity = 80g yogurt per child or 100ml milk per child

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free | Replace with dairy free/plant-based yogurt and milk.

Gluten Free | Refer to the muesli recipes on page 71 to 74.

BABIES MEAL GUIDE

Remember that the Babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree e.g banana, apple, peach	Smooth puree
7-9 months	Yogurt with softened fruit e.g banana, apple, peach, apricot, nectarine, plum.	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Lunch

TASTY THAI BEEF STIR-FRY AND RICE

The flavours of basil, ginger and coriander complement a colourful combination of beef and vegetables.

Week 3



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Rice, cooked – kg	1	1 ½	2	2 ½	500g
Olive oil – cup	¼	¼	½	½	1/8
Beef, minced – kg	1 ½	2	2 ½	3	500g
Minced garlic –tbsp	2	3	4	5	1
Onions, diced	2	3	4	5	1
Capsicums, diced	2	3	4	5	½
Ginger, minced – tbsp	2	3	4	5	1
Chili flakes – tsp	1/8	¼	½	¾	To taste
Chives – cup	½	1	1 ½	2	¼
Coriander, leaves – tbsp	1	2	3	4	½
Thai basil – tbsp	1	2	3	4	½
Cauliflower, diced	¾	1	1 ½	2	¼
Mixed frozen vegetables – kg	1	2	3	4	¼

METHOD

1. Cook rice as per packet instructions (retain some of the pasta cooking water).
2. Heat oil in a large pot over a medium heat. Add the garlic and onion and sauté for 5 to 10 minutes until the onion is tender.
3. Add remaining ingredients bar the rice.
4. Simmer and stir occasionally.
5. Stir through rice and serve

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace the beef mince with plant-based mince

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Broccoli and pumpkin puree	Smooth puree
7-9 months	Tuna, pasta and pumpkin	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Afternoon Tea

PEACH AND COCONUT SLICE

Served with fresh fruit

Week 3



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
SR Flour – kg	1	2	3	4	½
Baking powder – tsp	4	6	7	10	½
Dessicated coconut – cups	1	1 ½	2	2 ½	¼
Peaches in juice – 400g tin	2	3	4	5	½
Milk – ltr	½	1	1 ½	2	¼
Rice malt syrup – cup	½	¾	1	1 ¼	2 tbsps

METHOD

1. Preheat the oven to 180C. Line a baking tray.
2. In a blender or food processor, blend the peaches in juice until smooth.
3. Mix all dry ingredients in a large bowl,
4. Add peaches, milk, coconut and rice malt syrup, stirring until well combined.
5. Pour mixture into a baking tray
6. Bake for 30-40 minutes or until ingredients are dry in the middle when tested with a skewer.
7. Cut into squares and serve with fresh fruit.

Fruit quantity= ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace milk with milk free alternatives ie coconut/rice/oat

Dairy free | Replace milk with milk free alternatives ie coconut/rice/oat

Gluten free | Use gluten free flour

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana, peach and apple	Smooth puree
7-9 months	Banana, peach and apple	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

MENU WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Toasted Muesli served with fruit and yogurt	Wholemeal Toast served with assorted spreads and milk	Fruit Toast served with milk	Wholegrain and Low Sugar Cereals served with milk	Fruit Crumble served with yogurt
LUNCH	Creamy Tomato Penne A full-flavoured vegetarian pasta dish made from creamy ricotta cheese and peeled tomatoes. 	Bush Tucker Curry An Aussie beef curry with potatoes, mixed vegetables and delicious coconut sauce served on rice. 	Tuna and Vegetable Mornay Creamy tuna mornay stirred through vegetables and pasta, and topped with grated cheese. 	Beef Nasi Goreng A rice, vegetable and beef dish packed with traditional Indonesian flavours. 	Chicken Parmigiana Pasta Bake This scrumptious chicken dish is packed full of vegetables, and topped with crunch, cheesy breadcrumbs. 
AFTERNOON TEA	Wholemeal Sandwich Selection served with assorted fillings	Rainbow Crunch Platter served with vegetables, cheese, crackers and fresh fruit	Oat and Sultana Cookies served with cheese slices and fresh fruit	Cacao Beetroot Brownies served with fresh fruit	Rainbow Crunch Platter served with vegetables, cheese, crackers and fresh fruit
LATE SNACK	A selection of crackers, cheese, fresh fruit or vegetables served with water				

Children with allergies or dietary requirements are provided with an alternative. Pureed foods are provided for children who have begun eating solids, following direction from home. Children are served 2-3 different types of fruit, 2-3 different types of vegetables per day and up to 5 different types per week. Water is available throughout the day to all children.

Keiki Early Learning follows the guidelines of the Healthy Eating Advisory Service.

Monday | Morning Tea

TOASTED MUESLI

Served with fruit and yogurt

Week 4



METHOD

1. Select one of the muesli recipes on pages 71 to 74.
2. Serve with yogurt and fruit

Dairy quantity = 80g yogurt per child or 100ml milk per child

ALLERGY ALTERNATIVES *Remember to check all packaging for hidden ingredients*

Dairy Free | Replace with dairy free/plant-based yogurt and milk

Gluten Free | Refer to muesli recipe on pages 71 to 74.

BABIES MEAL GUIDE

Remember that the Babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree e.g banana, apple, peach	Smooth puree
7-9 months	Yogurt with softened fruit e.g banana, apple, peach, apricot, nectarine, plum.	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Monday | Lunch

CREAMY TOMATO PENNE

A full-flavoured vegetarian pasta dish made from creamy ricotta cheese and peeled tomatoes.

Week 4



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Penne, raw – kg	1	1 ½	2	2 ½	500g
Olive oil – cup	¼	¼	½	½	1tbsp
Onions, finely chopped	2	3	4	5	1
Garlic, minced – tbsp	2	3	4	5	1
Tomato paste – tbsp	2	3	4	5	½
Whole peeled tomatoes – 800g	1	2	3	4	½
Frozen mixed vegetables – kg	1	2	3	4	¼
Broccoli – bunch	¾	1	1 ½	2	¼
Cauliflower – bunch	¾	1	1 ½	2	¼
Zucchini, diced	1	2	3	4	1
Celery – bunch	½	¾	1	1 ¼	3 pieces
Frozen Spinach – 250g bunch	1	1 ½	2	2 ½	¼
Capsicum, diced	1	2	3	4	½
Ricotta – 375g	2	3	4	5	½

METHOD

1. In a large pot, saute onions and garlic in oil.
2. Once onions are translucent add vegetables and tomatoes. Add water if needed.
3. Once vegetables and tomatoes are cooked add raw pasta and stir occasionally. Add water if needed.
4. Stir in ricotta once pasta is cooked. Sprinkle optional parmesan on top if desired.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace ricotta with coconut milk

Dairy Free | Replace ricotta with coconut milk

Gluten Free | Use gluten free pasta

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Vegetable puree e.g carrot, kumara, pumpkin	Smooth puree
7-9 months	Quinoa rice with softened vegetables e.g carrot, kumara, pumpkin, courgette, cauliflower, peas, broccoli	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Monday | Afternoon Tea

WHOLEMEAL SANDWICH SELECTION

Served with assorted fillings

Week 4



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Wholemeal bread – loaf	3	5	7	8	To serve
Margarine or butter spread					
Filling Options					
• Cream cheese spread • Vegemite • Homemade jam (see below) • Choc Hummus Dip • Avocado (Seasonal) • Chia Jam (recipe below)					

Chia Jam (makes 2 cups)	
Berries like strawberries (fresh or frozen) – kg	1 ½
Pure maple syrup – tbs	4
Chia seeds – tbsp	4

METHOD

To make Chia Jam:

1. Heat berries in a saucepan stirring occasionally until fruit begins to breakdown and bubble. Use a masher or spoon to break up the fruit.
2. Stir in chia seeds and maple syrup.
3. Remove from the heat and let it cool down.
4. Transfer to a sealed container and refrigerate for 1 week or freeze for up to 3 months

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace margarine/butter with dairy free margarine/butter
Replace cheese with plant-based cheese

Dairy Free | Replace margarine/butter with dairy free margarine/butter
Replace cheese with plant-based cheese

Gluten Free | Use gluten free bread

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Spinach and apple puree	Smooth puree
7-9 months	Softened apple and cucumber with cheese cubes	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Morning Tea

WHOLEMEAL TOAST

Served with assorted spreads
and milk

Week 4



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Wholemeal bread – loaf	3	5	7	8	To serve
Margarine or butter spread					
Filling Options					
• Cream cheese spread • Vegemite • Homemade jam (see below) • Choc Hummus Dip • Avocado (Seasonal) • Chia Jam (recipe below)					
Chia Jam (makes 2 cups)					
Berries like strawberries (fresh or frozen) – kg	1 ½				
Pure maple syrup – tbs	4				
Chia seeds – tbs	4				

METHOD

To make Chia Jam:

1. Heat berries in a saucepan stirring occasionally until fruit begins to breakdown and bubble. Use a masher or spoon to break up the fruit.
2. Stir in chia seeds and maple syrup.
3. Remove from the heat and let it cool down.
4. Transfer to a sealed container and refrigerate for 1 week or freeze for up to 3 months

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace margarine/butter with dairy free margarine/butter
Replace cheese with plant-based cheese

Dairy Free | Replace margarine/butter with dairy free margarine/butter
Replace cheese with plant-based cheese

Gluten Free | Use gluten free bread

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Spinach and apple puree	Smooth puree
7-9 months	Softened apple and cucumber with cheese cubes	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Lunch

BUSH TUCKER CURRY

An Aussie beef curry with potatoes, mixed vegetables and delicious coconut sauce served on rice.

Week 4



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Rice – kg	1	1 ½	2	2 ½	500g
Onions, diced	1	1	2	2	½
Minced garlic – tbsp	1	1	2	2	½
Beef mince – kg	1 ½	2	2 ½	3	500g
Bush curry powder – tbsp	1	1 ½	2	2 ½	2 tsp
Potatoes, diced – kg	2	3	4	5	½
Frozen mixed vegetables – kg	1	2	3	4	½
Zucchini, grated	1	2	3	4	½
Cauliflower, diced	½	1	1 ½	2	¼
Diced tomatoes – 800ml	2	3	4	5	½
Coconut milk – 400ml	2	3	4	5	1

METHOD

1. Cook the rice as per packet instructions.
2. Heat garlic and onion in a large pot over a medium heat. Sauté for 5 minutes.
3. Add the mince and curry powder and cook over a low heat until the mince has browned.
4. Add the potato, vegetables, and tomatoes. Simmer for 20-30 minutes until all vegetables are cooked.
5. Serve with rice.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace beef with tofu or tinned lentils (85g per child)

Vegetarian | Replace beef with tofu or tinned lentils (85g per child)

Dairy Free | Use plant-based yogurt and cheese

Gluten Free | Use gluten free flour for either option

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Roasted pumpkin and carrot puree	Smooth puree
7-9 months	Roasted pumpkin and carrot	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Afternoon Tea

RAINBOW CRUNCH PLATTER

Served with vegetables, cheese, crackers and fresh fruit

Week 4



INGREDIENTS

Vegetables

- Carrot sticks
- celery
- capsicum
- corn cobs
- cucumber
- snow peas
- roasted chickpeas
- cherry tomatoes
- kale chips
- broccoli or cauliflower florets
- (try blanching them to slightly soften)
- etc...

Vegetable quantity = 1 serve per child

e.g 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Seasonal Fruit

- Watermelon
- apples
- bananas
- oranges
- mandarins
- dragon fruit
- kiwi fruit
- peaches
- apricots
- etc...

Fruit quantity = ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

Dairy

- Cheese

Dairy quantity = 15g cheese per child

Crackers can include:

- Wholemeal pita bread
- Wholemeal wraps
- Crispbread / Kruskits (2 years+)
- Rice cakes / Corn thins (2 years +)

Can also include:

- Bliss balls
- Boiled eggs
- Roast vegetables (pumpkin, potato, beetroot)

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Mango and banana puree	Smooth puree
7-9 months	Softened banana and mango with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Morning Tea

FRUIT TOAST

Served with milk

Week 4



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Wholemeal fruit toast - loaf	4	5	6	12	To serve
Margarine or butter spread					
Serve with milk					

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan | Use dairy free margarine/butter. Use plant based cheese.
Use milk alternative such as rice, oat, coconut or soy

Gluten Free | Use gluten free bread. Use gluten free vegemite

BABIES MEAL GUIDE

Remember that the Babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and strawberry puree with toast fingers	Smooth puree
7-9 months	Mashed banana on toast fingers	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Lunch

TUNA AND VEGETABLE MORNAY

Creamy tuna mornay stirred through vegetables and pasta, and topped with grated cheese.

Week 4



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Pasta – 500g	3	4	5	6	1
Olive oil, cup	¼	¼	½	½	2 tbsp
Onion, diced	2	3	4	5	1
Garlic, minced – tbsp	2	3	4	5	½
Tuna – 425g	3	4	5	6	1
Coconut milk – 400ml	3	4	5	6	1
Frozen mixed vegetables – kg	1	2	3	4	¼
Cauliflower, diced	½	1	1 ½	2	¼
Broccoli, diced	½	1	1 ½	2	¼
Zucchini, diced	1	2	3	4	½
Cheese, grated – kg	½	1	1 ½	2	¼

METHOD

1. Preheat oven to 180C.
2. Heat garlic and onion in a large pot over a medium heat. Sauté for 5 minutes.
3. Add vegetables. Add water if needed. Cook until just tender.
4. Stir through pasta, tuna, and coconut milk.
5. Once cooked cover with grated cheese and bake for 15min until cheese is golden.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace Cheese with plant-based cheese
Replace tuna with mushrooms or tofu

Dairy Free | Replace Cheese with plant-based cheese

Gluten Free | Use gluten free pasta

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Vegetable and fish puree	Smooth puree
7-9 months	Vegetable and fish	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Afternoon Tea

OAT AND SULTANA COOKIES

Served with cheese slices and fresh fruit

Week 4



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Sultanas - g	400	600	800	1kg	100
Unsalted butter, softened - kg	½	¾	1	1 ¼	125g
Honey/ maple syrup - ml	240	360	480	600	60
Vanilla extract - tsp	2	3	4	5	½
Wholemeal flour - g	400	600	800	1kg	100
Rolled oats - g	400	600	800	1kg	100
Bi carb soda - tsp	1	1 ½	2	2 ½	¼

METHOD

1. Soak sultanas in a bowl with boiling water for 10 minutes (this will make them juicy and stop them from burning)
2. Preheat oven to 160C and line a baking tray with baking paper
3. Whisk the butter and maple syrup/honey in a large bowl. Add the vanilla and stir well.
4. Stir in the flour, oats and bi carb soda and mix until well combined.
5. Drain the sultanas and add to the dough, gently stirring.
6. Using a tablespoon, roll the dough into small balls, and place them on the baking paper. Press down gently with the back of the spoon to make a biscuit shape.
7. Bake for 15-20 minutes until the edges are golden brown.

Note: If you're at a larger centre and biscuits are too time consuming, turn this into a slice by pouring the mix into a baking tray and baking.

Fruit quantity= ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace butter with light extra virgin olive oil. Use maple syrup, not honey.

Dairy Free | Replace butter with light extra virgin olive oil.

Gluten Free | Use gluten free cornflakes and gluten free flour.

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Peach and mango puree	Smooth puree
7-9 months	Softened fruit and cheese cubes	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Morning Tea

WHOLEGRAIN & LOW SUGAR CERALS

Served with milk

CHOOSE FROM:

- Uncle Toby's Vita Brits
- Sanitarium Weetbix
- Kellogg's Corn Flakes
- Kellogg's All Bran
- Uncle Toby's Shredded Wheat
- Porridge, plain
- Kellogg's Rice Bubbles

Serve with milk.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan | Replace milk with dairy free alternatives, such as oat rice or coconut milk

Gluten Free | Use gluten free cereals

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Banana and pear puree	Smooth puree
7-9 months	Softened fruit (like banana, pear) with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Thursday | Lunch

BEEF NASI GORENG WITH FLUFFY RICE

A rice, vegetable and beef dish packed with traditional Indonesian flavours.

Week 4



INGREDIENTS	60 children	70 children	85 children	125 children	Family Serves 4-6
Rice, cooked – kg	1	1 ½	2	2 ½	½
Extra virgin olive oil – cup	¼	¼	½	½	2tbsp
Onion, diced	2	3	4	5	1
Garlic, minced – tbsp	2	3	4	5	1
Beef mince – kg	1 ½	2	2 ½	3	½
Zucchini, diced	1 ½	2 ½	3 ½	4 ½	½
Mixed frozen vegetables – kg	1	2	3	4	½
Cauliflower, chopped	½	1	1 ½	2	¼
Broccoli, chopped	½	1	1 ½	2	¼
Bean sprouts – cup	2	3	4	5	1
Whole peeled tomatoes – 800	1	2	3	4	¼
Kecap manis (Indonesian sweet soy sauce) – tbsp	5	6	7	8	2
Spring onions, chopped – cup	1	1 ½	2	2 ½	½

METHOD

1. Preheat the oven to 180C. Grease a baking tray.
2. In a large saucepan, heat the olive oil over high heat. Add the onion, zucchini and garlic and sauté until the vegetables begin to brown (about 5 minutes)
3. Add mince and cook until brown.
4. Add remaining ingredients and simmer until cooked, stirring occasionally.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan and Vegetarian | Omit beef mince and replace with tofu

Soy | Replace kecap manis with Worcestershire sauce

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Zucchini puree	Smooth puree
7-9 months	Softened Zucchini and rice	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Afternoon Tea

CACAO BEETROOT BROWNIES

Served with fresh fruit

Week 4



INGREDIENTS	60 children	70 children	85 children	125 children	Family Serves 4-6
Dark chocolate baking chips -150g	1	2	3	4	¼
Beetroot - 825g	1	1 ½	2	2 ½	200g
Honey / maple syrup - ml	400	600	800	1200	100
Cacao powder - g	180	270	360	450	30
SR flour - g	480	720	960	1200	120
Unsalted butter - kg	1.2	1.8	2.4	3	200
Eggs	18	27	36	45	3
Vanilla extract - tbsp	2	3	4	5	1 tsp
Baking powder - tbsp	2	3	4	5	1 tsp

METHOD

1. Preheat the oven to 180C. Grease and line a baking tray.
2. Melt chocolate and butter in a heat proof bowl over a pan of simmering water.
3. Place beetroot in a food processor and pulse until pureed. Transfer to a large bowl. Add the eggs, one at a time, followed by the vanilla, honey / maple syrup, and mix until smooth. Stir into the melted chocolate and set aside.
4. Sift the cacao, flour and baking powder into a separate bowl. Add the chocolate mixture and gently fold into the dry ingredients.
5. Pour the mixture into the prepared tin and bake for 30 minutes, until a skewer inserted comes out slightly sticky. Leave to cool, then cut into squares.

Note: For the chocolate, we recommend the brand "noshu" as it is 97% sugar free, dairy free, gluten free and vegan friendly. You can get this from Woolworths and Coles.

Fruit quantity = ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use dairy free/ vegan chocolate (Noshu); Replace butter with light/ mild extra virgin olive oil; Use maple syrup, not honey
Replace the egg with chia seed mix (soak 1 tbsp chia seeds in 3 tbsp water)

Dairy free | Use dairy free chocolate (Noshu); Replace butter with light/ mild extra virgin olive oil

Egg free | Replace the egg with chia seed mix (soak 1tbsp chia seeds in 3tbsp water)

Gluten free | Use gluten free flour

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Beetroot puree	Smooth puree
7-9 months	Softened beetroot and cheese	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Morning Tea

FRUIT CRUMBLE

Served with yogurt

Week 4



INGREDIENTS	50 children	75 children	100 children	125 children	Family Serves 4-6
Apples, - 800g	1	2	4	5	1 ½
Frozen mixed berries - 500g	2	2	3	3	1
Peaches - 825g	1	1	2	3	1 ½
Yogurt - kg	2	3	5	8	To serve
Crumble					
Rolled Oats - 900g	½	1	1½	2	½
Cinnamon - tsp	2	3	4	5	1½
Sunflower seeds - g	100	150	200	250	50
Pepita seeds - g	100	150	200	250	50
Unsalted butter, cold - g	75	100	150	200	40

METHOD

1. Preheat the oven to 200C.
2. Place fruit into baking trays.
3. Blitz rolled oats, sunflower and pepita seeds, cinnamon, and cold chopped butter in a food processor. Pulse for a few seconds to form rough breadcrumbs.
4. Scatter the crumble over the fruit and bake uncovered for 20 minutes or until golden.
5. Serve with yogurt on the side

Any fruit that is in season and affordable can be used e.g strawberries, blueberries, plums, apples, nectarines, peaches etc.

Please note: cooking times will vary with using raw fruit. Boil fruit to soften first.

Dairy quantity = 80g yogurt per child

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan | Replace butter with coconut oil. Replace yogurt with coconut dairy free yogurt. Serve with milk alternatives e.g coconut milk, rice milk, oat milk.

Gluten Free | Omit oats. Replace with crushed gluten free weetbix

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Fruit puree eg apple, peach, banana	Smooth puree
7-9 months	Yogurt with softened fruit & vegetables eg banana, peach, apple, nectarine, broccoli, cauliflower, zucchini	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Lunch

CHICKEN PARMIGIANA PASTA BAKE

This scrumptious chicken dish is packed full of vegetables, and topped with crunch, cheesy breadcrumbs



INGREDIENTS	60 children	70 children	85 children	125 children	Family Serves 4-6
Penne pasta – 500g	2	3	4	5	500g
Onion, diced	2	3	4	5	½
Minced garlic – tbsp	2	3	4	5	1
Chicken breast, diced – kg	1	1 ½	2	2 ½	500g
Mixed herbs – tbsp	2	3	4	5	1
Whole peeled tomatoes – 800g	3	4	5	6	1
Tomato paste – g	250	375	500	625	125
Frozen mixed vegetables – kg	1	1 ½	2	2 ½	¼
Cauliflower, chopped	½	1	1 ½	2	¼
Broccoli, chopped	½	1	1 ½	2	¼
Zucchini, chopped	1	2	3	4	½
Breadcrumbs (To sprinkle on top)					
Grated cheese, (To sprinkle on top)					

METHOD

1. Cook pasta as per packet instructions (a little undercooked is best as it will continue to cook in the oven).
2. Preheat the oven to 220C.
3. Heat a little olive oil in a large pot. Add the onion and garlic and sauté for 5 minutes.
4. Add the chicken and mixed herbs. Stir and cook through.
5. Add the vegetables, tomato paste and whole peeled tomatoes. Bring to the boil then reduce to a simmer. Cook for 15 minutes (you may need to add water to stop it from sticking).
6. Stir through the pasta and divide among baking dishes.
7. Cover with breadcrumbs and grated cheese,
8. Place into the oven for 15 minutes or until golden.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace the chicken with tinned lentils (½ cup per child); Replace cheese with plant-based cheese

Vegetarian | Replace the chicken with tinned lentils (½ cup per child)

Dairy Free | Replace cheese with plant-based cheese

Gluten Free | Replace the pasta with gluten free pasta; Replace breadcrumbs with gluten free breadcrumbs

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Vegetable puree e.g carrot, pumpkin, sweet potato	Smooth puree
7-9 months	Quinoa or rice with cheese & softened vegetables e.g peas, carrot, pumpkin, sweet potato	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Afternoon Tea

RAINBOW CRUNCH PLATTER

Served with vegetables, cheese, crackers and fresh fruit

Week 4



INGREDIENTS

Vegetables

- Carrot sticks
- celery
- capsicum
- corn cobs
- cucumber
- snow peas
- roasted chickpeas
- cherry tomatoes
- kale chips
- broccoli or cauliflower florets
- (try blanching them to slightly soften)
- etc...

Vegetable quantity = 1 serve per child

e.g 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Seasonal Fruit

- Watermelon
- apples
- bananas
- oranges
- mandarins
- dragon fruit
- kiwi fruit
- peaches
- apricots
- etc...

Fruit quantity = ½ serve per child.

1 serve = 8 strawberries, 1 kiwi fruit, 1 medium banana, ½ an apple.

Dairy

- Cheese

Dairy quantity = 15g cheese per child

Crackers can include:

- Wholemeal pita bread
- Wholemeal wraps
- Crispbread / Kruskits (2 years+)
- Rice cakes / Corn thins (2 years +)

Can also include:

- Bliss balls
- Boiled eggs
- Roast vegetables (pumpkin, potato, beetroot)

BABIES MEAL GUIDE

Remember that the babies suggestions are a guide only. It is important to check in with parents regularly to ensure you are meeting each child's individual needs.

Age	Foods to include	Texture
6 months	Mango and banana puree	Smooth puree
7-9 months	Softened banana and mango with yogurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

ADDITIONAL RECIPES & ALLERGY INFORMATION



CHIA JAM

A Keiki Favourite Recipe



METHOD

1. Heat 1.5kg of fresh or frozen berries in a saucepan stirring occasionally until fruit begins to breakdown and bubble. Use a potato masher or spoon to break up the fruit.
2. Stir in 4tbsp chia seeds and 4tbsp maple syrup.
3. Remove from heat and allow to cool.
4. Transfer to a sealed container and refrigerate for 1 week or freeze up to 3 months.

CHOC HUMMUS DIP

A Keiki Favourite Recipe



INGREDIENTS	60 children	70 children	85 children	175 children
Chickpeas, rinsed & drained (400g tin)	1	2	3	4
Cocoa - cup	1	1 1/2	2	2 1/2
Maple syrup - cup	1	1 1/2	2	2 1/2
Olive oil - tbs	1	2	3	4
Vanilla Essence - tsp	1	1 1/2	2	2 1/5
Cinnamon - tsp	1	1 1/2	2	2 1/2
Ripe banana or avocado (Optional)	1	1 1/2	2	2 1/2
1 tsp baking soda	1	1 1/2	2	2 1/2

METHOD

1. Place all ingredients in a food processor. Blitz to paste.
2. Serve or store in an airtight container in the fridge.

MUESLI RECIPES



CHOC COCONUT MUESLI

INGREDIENTS	60 children	70 children	85 children	125 children
Rolled oats - cups	6	9	12	15
Desiccated coconut / coconut chips - cups	1	1½	2	2½
Pepitas - cups	1	1½	2	2½
Sunflower seeds -cups	2	3	4	5
Cacao powder -tbsp	2	3	4	5
Chia seeds - tbsp	½	¾	1	1 ¼
Pure maple syrup - cups	½	¾	1	1 ¼
Coconut oil - cups	1	1½	2	2½

METHOD

1. Preheat the oven to 180 degrees celsius and line trays with baking paper.
2. Grind the seeds in a food processor to prevent choking. Set aside.
3. Place the oats, coconut, pepitas, sunflower seeds, chia seeds, cacao powder, maple syrup and coconut oil into a large bowl and stir to combine.
4. Spread the muesli thinly over the baking trays and bake for about 15 minutes (until golden).
5. Serve with natural yogurt and seasonal fruit.

**You can make this ahead of time and store in an airtight container for up to 1 month.*

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free | Replace yogurt with dairy free coconut yogurt

Gluten Free | Replace oats with puffed rice

MUESLI RECIPES



MANGO MAGIC MUESLI

INGREDIENTS	60 children	70 children	85 children	125 children
Rolled oats - cups	8	12	16	20
Pepitas - cups	1	1½	2	2½
Sunflower seeds - cups	1	1½	2	2½
Frozen mango (slightly defrosted)	500g	1.25kg	1.5kg	1.75kg
Coconut oil - cups	½	¾	1	1 ¼
Pure maple syrup- cups	1	1 ½	2	2 ½

METHOD

1. Preheat the oven to 180°C.
2. Line baking trays with baking paper.
3. Grind the seeds in a food processor to prevent choking. Set aside.
4. Place the slightly defrosted mango into the food processor and process to dice into small pieces.
5. Place the oats, pepitas, sunflower seeds and coconut oil, maple syrup and diced mango into a large bowl and stir to combine.
6. Spread the muesli thinly over the baking trays and bake for about 15 minutes (until golden).

**You can make this ahead of time and store in an airtight container for up to 1 month. Leave out the mango if you are going to store the muesli and add before serving.*

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free | Replace yogurt with dairy free coconut yogurt

Gluten Free | Replace oats with puffed rice

MUESLI RECIPES



TROPICAL FRUIT MUESLI

INGREDIENTS	60 children	70 children	85 children	125 children
Rolled oats - cups	8	12	16	20
Pepitas - cups	1	1½	2	2½
Sunflower seeds - cups	1	1½	2	2½
Mixture of Frozen mango, pineapple and coconut (slightly defrosted)	500g	1.25kg	1.5kg	1.75kg
Coconut oil - cups	½	¾	1	1 ¼
Pure maple syrup - cups	1	1 ½	2	2 ½

METHOD

1. Preheat the oven to 180°C.
2. Line baking trays with baking paper.
3. Grind the seeds in a food processor to prevent choking. Set aside.
4. Place the slightly defrosted fruit into the food processor and process to dice into small pieces.
5. Place the oats, pepitas, sunflower seeds and coconut oil, maple syrup and frozen fruit into a large bowl and stir to combine.
6. Spread the muesli thinly over the baking trays and bake for about 15 minutes (until golden).

**You can make this ahead of time and store in an airtight container for up to 1 month. Leave out the mango if you are going to store the muesli and add before serving.*

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free | Replace yogurt with dairy free coconut yogurt

Gluten Free | Replace oats with puffed rice

MUESLI RECIPES



MIXED BERRY MUESLI

INGREDIENTS	60 children	70 children	85 children	125 children
Rolled oats - cups	8	12	16	20
Pepitas - cups	1	1½	2	2½
Sunflower seeds - cups	1	1½	2	2½
Cinnamon - tbsp	2	3	4	5
Mixed berries, frozen (slightly defrosted)	500g	750g	1kg	1.25kg
Vanilla essence - Tbsp	1	1½	2	2½
Coconut oil - cups	½	¾	1	1¼
Pure maple syrup- cups	1	1½	2	2½

METHOD

1. Preheat the oven to 180°C.
2. Line baking trays with baking paper.
3. Grind the seeds in a food processor to prevent choking. Set aside.
4. Place the oats, pepitas, sunflower seeds, cinnamon, berries, maple syrup, vanilla extract and coconut oil into a large bowl and stir to combine.
5. Spread the muesli thinly over the baking trays and bake for about 15 minutes (until golden).

**You can make this ahead of time and store in an airtight container for up to 1 month. Leave out the strawberries if you are going to store the muesli and add the strawberries fresh before serving.*

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free | Replace yogurt with dairy free coconut yogurt

Gluten Free | Replace oats with puffed rice

PIZZA DOUGH BASE RECIPES



PIZZA BASE OPTION 1

INGREDIENTS	60 children	70 children	85 children	125 children	Family Serves 4-6
SR flour – kg	2	2 ½	3	3 ½	500g
Baking powder – tbsp	2	3	4	5	½
Water – mls	750	1140	1520	1900	190
Olive oil – tbsp	4	6	8	10	1

METHOD

1. Preheat the oven to 200c
2. Place the flour, baking powder and salt into a bowl and stir to combine,
3. Add ¾ of the water and oil. Stir until a ball forms. Add more water if needed (you don't want it to be too sticky).
4. Knead the dough on a floured surface for a few minutes.
5. Place the dough into a bowl and cover with a damp tea towel. Set aside while you make the toppings.
6. Roll out dough. Top with selected sauce and toppings and bake for 15-20 minutes or until golden.

PIZZA BASE OPTION 2

INGREDIENTS	60 children	70 children	85 children	125 children	Family Serves 4-6
SR flour – kg	2	2 ½	3	3 ½	500g
Natural Greek Yogurt – kg	2	2 ½	3	3 ½	500g

METHOD

1. Preheat the oven to 200c
2. Place the flour and yogurt into a bowl and stir to combine. Add more yogurt if too dry.
3. Knead the dough on a floured surface for a few minutes.
4. Place the dough into a bowl and cover with a damp tea towel. Set aside while you make the toppings.
5. Roll out dough. Top with selected sauce and toppings and bake for 15-20 minutes or until golden.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use pizza base option 1

Gluten Free | Use gluten free flour for either option

FOOD ALLERGY GUIDE

This is a guide only. The information below was taken from the product websites March 2022. Please continue to check the ingredients list on the foods below in case the supplier has changed their recipes.

FOOD ITEM	BRAND (SUPPLIER)	ITEM	ALLERGY FREE	ALLERGY ADVICE	SUITABLE FOR:
Bread	Woolworths	Woolworths Free From Gluten White Bread 550g	Gluten, Dairy	Egg & Soybean	Coeliac, Dairy free & Vegetarians
Bread	Coles	Coles IM Free From White Loaf 500g	Gluten	Egg & Soybean. May contain Milk	Coeliac & Vegetarians
Bread	Helga's (Coles & Woolworths)	Helga's Gluten Free Wholemeal Loaf 500g	Gluten	Egg & Soybean. Sesame seeds may be present	Coeliac, Dairy free & Vegetarians
Bread	Abbott's Bakery (Coles & Woolworths)	Abbott's Bakery Gluten Free Farmhouse Wholemeal Bread Slice Loaf 500g	Gluten, Dairy	Egg. Soy may be present	Coeliac, Dairy free & Vegetarians
Bread	Genius (Coles & Woolworths)	Genius Soft Brown Farmhouse Loaf 535g	Gluten, Dairy	Egg	Coeliac, Dairy free & Vegetarians
Bread	Coles	Coles IM Free From Fruit Loaf 500g	Gluten	Egg & Soybean. May contain Milk	Coeliac & Vegetarians
Crumpets	Genius (Woolworths)	Genius Crumpet 4 pack	Gluten	Egg	Coeliac, Dairy free & Vegetarians
Wraps	Woolworths	Woolworths Free From Gluten White Wraps 4 pack	Gluten, Dairy	Egg & Soybean	Coeliac, Dairy free & Vegetarians
Wraps	Coles	Coles Gluten Free White Wraps 4 pack	Gluten	Egg & Soy. May contain Milk	Coeliac & Vegetarians
Wraps	Genius (Coles)	Genius Gluten Free Wraps	Gluten, Dairy, Soy, Egg	Does not mention any	Coeliacs, Vegetarians & Vegans
Pizza Bases	Woolworths	Woolworths Free From Gluten Pizza Base 190g	Gluten, Dairy, Soy, Egg	Does not mention any	Coeliac, Vegetarians & Vegans
Pizza Bases	Coles	Coles Gluten Free Pizza Bases 2 pack 300g	Gluten	Egg & Soy. May contain Milk	Coeliac & Vegetarians
English Muffins	Coles	Coles IM Free From English Muffins 140g	Gluten	Egg & Soy. May contain Milk	Coeliac & Vegetarians
Cornflour	Woolworths	Essentials Cornflour 500g	Gluten, Dairy, Soy, Egg	Sulphites	Coeliacs, Vegetarians & Vegans
Cornflour	Coles	Coles Cornflour 300g	Gluten, Dairy, Soy, Egg	Sulphites	Coeliacs, Vegetarians & Vegans
Cornflour	Woolworths	Macro Organic Cornflour 300g	Gluten, Dairy, Soy, Egg	Does not mention any	Coeliacs, Vegetarians & Vegans

FOOD ALLERGY GUIDE

FOOD ITEM	BRAND (SUPPLIER)	ITEM	ALLERGY FREE	ALLERGY ADVICE	SUITABLE FOR:
Cornflour	White Wings (Woolworths)	White Wings Cornflour 300g	Gluten, Dairy, Soy, Egg	Does not mention any	Coeliacs, Vegetarians & Vegans
Self Raising Flour	Woolworths	Woolworths Free From Gluten Self Raising Flour 750g	Gluten, Dairy, Soy, Egg	Sulphites	Coeliacs, Vegetarians & Vegans
Self Raising Flour	Coles	Coles Gluten Free Self Raising Flour 500g	Gluten	May be present egg, milk, soy and tree nuts	Coeliac & Vegetarians
Self Raising Flour	White Wings (Coles & Woolworths)	White Wings Gluten Free Self Raising Flour 500g	Gluten, Dairy, Soy, Egg, FODMAP Friendly	Does not mention any	Coeliacs, Vegetarians & Vegans
Self Raising Flour	Orgran (Coles)	Orgran Gluten Free Self Raising Flour 500g	Gluten, Dairy, Egg, Nut, Soy, Yeast, Fructose & GMO's	Does not mention any	Coeliacs, Vegetarians, Vegans, FODMAP and Kosher
Plain Flour	Coles	Coles IM Free From Plain Flour Gluten Free 500g	Gluten	May be present egg, milk, soy and tree nuts	Coeliac & Vegetarians
Plain Flour	White Wings (Coles & Woolworths)	White Wings Gluten Free Plain Flour 500g	Gluten, Dairy, Yeast, FODMAP Friendly	Does not mention any	Coeliacs, Vegetarians, Vegans, FODMAP
Plain Flour	Orgran (Coles)	Orgran Gluten Free All Purpose Plain Flour 500g	Gluten, Dairy, Egg, Nut, Soy, Yeast, Fructose & GMO's	Does not mention any	Coeliacs, Vegetarians, Vegans, FODMAP and Kosher
Baking Powder	McKenzie's (Coles & Woolworths)	McKenzie's Baking Powder 125g	Gluten, Dairy, Egg & Soy	Does not mention any	Coeliacs, Vegetarians & Vegans
Rice Crackers	Woolworths	Woolworths Original Rice Crackers 100g	Egg	Gluten. May contain Fish, Milk, Soybeans, Sesame Seeds & Crustacean	Egg
Rice Crackers	Coles	Coles Plain Rice Crackers	Gluten, Egg, Soy & Dairy	Sesame	Coeliacs, Vegetarians & Vegans
Rice Crackers	Peckish (Coles & Woolworths)	Peckish Thins Rice Crackers Original 100g	Gluten, Egg, Dairy	Soy	Coeliacs, Vegetarians & Vegans
Rice Crackers	Sakata (Coles & Woolworths)	Sakata Rice Crackers Plain 100g	Gluten, Egg, Soy & Dairy	Sesame	Coeliacs, Vegetarians & Vegans
Rice Crackers	Fantastic (Woolworths)	Fantastic Rice Crackers Original 100g	Gluten	Soy. May contain egg, sesame and milk	Coeliacs, Vegetarians & Vegans
Rice Cakes	Woolworths	Woolworths Thin Brown Rice Cakes Original 150g	Gluten, Egg & Dairy	Maybe present Soy & Sesame Seeds	Coeliacs, Vegetarians & Vegans
Rice Cakes	Woolworths	Woolworths Thin Corn Cakes with Brown Rice 150g	Gluten, Egg & Dairy	Maybe present Soy & Sesame Seeds	Coeliacs, Vegetarians & Vegans
Rice Cakes	Coles	Coles Original Rice Cakes 150g	Gluten, Egg & Dairy	Maybe present Soy & Sesame Seeds	Coeliacs, Vegetarians & Vegans

FOOD ALLERGY GUIDE

FOOD ITEM	BRAND (SUPPLIER)	ITEM	ALLERGY FREE	ALLERGY ADVICE	SUITABLE FOR:
Rice Cakes	Real Foods (Coles & Woolworths)	Real Foods Corn Thins Original 150g	Gluten & Egg	May contain Soy, Dairy & Milk	Coeliacs & Vegetarians
Rice Cakes	Sunrice (Coles & Woolworths)	Sunrice Rice Cakes Original Rice Cakes 150g	Gluten, Egg, Dairy, Soy & Sesame	Does not mention any	Coeliacs, Vegetarians & Vegans
Rice Cakes	Pureharvest (Coles)	Pureharvest Organic Rice Cakes 150g	Gluten, Egg, Soy & Dairy	May contain Sesame	Coeliacs, Vegetarians & Vegans
Brown Rice Flakes	Forbidden Foods Organic (Woolworths)	Forbidden Foods Organic Brown Rice Flakes 300g	Gluten	Does not mention any	Coeliacs, Vegetarians & Vegans
Milk	Pureharvest (Coles & Woolworths)	Pureharvest Coco Quench Coconut Milk 1L	Gluten, Lactose & Dairy	Does not mention any	Coeliacs, Vegetarians & Vegans
Milk	Australia's Own (Coles & Woolworths)	Australia's Own Unsweetened Coconut Milk 1L	Does not mention any	Does not mention any	Vegan Friendly
Pasta	Coles	Coles Gluten Free Spaghetti	Gluten, Egg, Dairy & Soy	Does not mention any	Coeliacs, Vegetarians & Vegans
Pasta	Barilla (Coles & Woolworths)	Barilla Gluten Free Spaghetti 340g	Gluten, Egg, Dairy & Soy	Does not mention any	Coeliacs, Vegetarians & Vegans
Pasta	San Remo (Coles & Woolworths)	San Remo Gluten Free Spaghetti 350g	Gluten, Eggs & Dairy	Soy. May contain Lupin	Coeliacs, Vegetarians & Vegans
Pasta	Barilla (Coles & Woolworths)	Barilla Gluten Free Penne 340g	Gluten, Egg, Dairy & Soy	Does not mention any	Coeliacs, Vegetarians & Vegans
Pasta	San Remo (Coles)	San Remo Gluten Free Penne Pasta 350g	Gluten, Eggs & Dairy	Soy. May contain Lupin	Coeliacs, Vegetarians & Vegans
Pasta	San Remo (Coles & Woolworths)	San Remo Gluten Free Spiral Pasta 350g	Gluten, Eggs & Dairy	Soy. May contain Lupin	Coeliacs, Vegetarians & Vegans
Sauce	Kikkoman (Coles & Woolworths)	Kikkoman Gluten Free Soy Sauce 250ml	Gluten, Eggs & Dairy	Soy	Coeliacs, Vegetarians & Vegans
Sauce	Lee Kum Lee (Woolworths)	Lee Kum Kee Gluten Free Soy Sauce 250ml	Gluten, Eggs & Dairy	Soy	Coeliacs, Vegetarians & Vegans
Sauce/Spread	Maple Syrup (Coles & Woolworths)	Queen Sugar Free Maple Flavoured Syrup 355ml	Gluten, Eggs, Soy & Dairy	Does not mention any	Coeliacs, Vegetarians & Vegans
Spread	WowButter (Woolworths)	Wow Butter Peanut Free Smooth 500g	Gluten, Eggs & Dairy	Soy	Coeliacs, Vegetarians & Vegans
Spread	Vegemite (Coles & Woolworths)	Vegemite Gluten Free Spread 235g	Gluten, Eggs & Dairy	Does not mention any	Coeliacs, Vegetarians & Vegans

