



KEIKI
EARLY LEARNING

Outside School Hours Care

**D J I L B A
K A M B A R A N G
M E N U**

Recipe Book

INTRODUCING NOONGAR SEASONS INTO OUR MENU



At Keiki Early Learning, we believe in creating a nurturing and inclusive environment that celebrates diversity, promotes cultural understanding, and respects the rich heritage of the traditional owners of this land.

In line with our philosophy, we have taken a significant step forward by embracing the Noongar seasons as a meaningful part of our approach to early childhood education and care.

Aboriginal seasons, also known as "six seasons" or "seasonal calendars," are a traditional way of perceiving and understanding the natural cycles and changes that occur throughout the year. These seasonal calendars are deeply rooted in Aboriginal culture and reflect the close relationship between Indigenous communities and the land they have cared for over thousands of years.

By integrating Aboriginal seasons into our seasonal menus, we aim to provide children with a holistic educational experience that connects them to the environment, fosters an appreciation for the local Indigenous culture, and promotes sustainable practices. Here are some key reasons why we have made this decision:

- **Cultural Respect and Awareness:** By acknowledging and incorporating Noongar seasons into our menu, we demonstrate our respect for the knowledge and traditions of Australia's First Nations people. This initiative promotes cultural awareness, encourages curiosity, and facilitates discussions about the significance of seasons and the importance of traditional ecological knowledge.
- **Sustainability and Seasonal Eating:** Noongar seasonal calendars are intimately connected to the natural environment and its changing patterns. By embracing these seasons, we promote the use of locally sourced and seasonal ingredients, reducing our carbon footprint and supporting sustainable food practices. It also allows us to introduce a wider variety of fresh, nutritious, and diverse produce into our meals.



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 it is that you do, but we do!

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

Remember:

1. The quantities are a guide and will differ from centre to centre and recipe to recipe. For example, if you have 70 children to feed, you won't necessarily use the 70 portion. The children may particularly enjoy a meal, so you may use the 80 portion 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' however your children do not like beans, or they are expensive right now you may swap these for another green vegetable.

SERVING SIZES AND RECOMMENDED SERVING AMOUNTS



School Age Planning Guidelines:

Unfortunately, there are no recommended guidelines for the amount of serves we should be providing school-age children each day. Some school-aged children are hungry after a long day of school, some are not hungry at all.

At this age, children begin to develop a more defined preference for food and often this means they may not like what we are serving.

OSHC educators and coordinators should be communicating with and working with the cook who prepares their meals. Sometimes menu items need to be changed.

Children also eat with their eyes. Make sure what you are serving them looks appealing.

Services should be serving prepared afternoon tea items and fruit in a way that looks good. Ask yourself, would I eat this? If the answer is no, do something about it.

Ideas:

- purchase and use serving platters
- Buy tablecloths, wooden boards or washable linen to dress up the food service area
- try different types of fruit
- present meals in a different way
- try cooking meals in a different way, instead of muffins, cook the mix as a cake or vice versa
- ask the children for their feedback - don't take it personally



Keiki Serving Sizes:

Children normally eat 1-2 serves afternoon tea plus 3 pieces of fruit. Provide 2-3 different types of fruit each day. Aim for colour and taste.

Each service should have fresh fruit and water available to children at all times.

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DJILBA (JIL-BA) KAMBARANG (KAM-BA-RANG)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Continental buffet breakfast of wholemeal toast and spreads, wholegrain low sugar cereals with milk and fresh whole fruit				
WEEK 1	Cheese and Vegemite Pinwheels served with fruit 	Tzatziki Dip served with fruit, crackers and vegetables 	Wholemeal Sandwiches served with assorted fillings 	Cheese Pizza Slices served with fruit 	Choc Orange Muffins served with fruit 
Week 2	Pea Pesto Dip served with vegetables, cheese, crackers and fruit 	ANZAC Cookies served with fruit 	Pizza Scrolls served with fruit 	Weetbix Slice Served with fruit 	Savoury Pumpkin Scones served with fruit 
Week 3	Pumpkin and Cream Cheese Swirl Cake served with fruit 	Vegemite Scrolls served with fruit 	Orange and Poppyseed Loaf served with fruit 	Hummus Dip served with vegetables, cheese, crackers and fruit 	Wholemeal Sandwiches served with assorted fillings 
Week 4	Wholemeal Sandwiches served with assorted fillings 	Cacao Beetroot Cake served with fruit and cheese cubes 	Creamy Ranch Dip served with vegetables, crackers and fruit 	Chickpea Blondies served with fruit 	Cheese and Bacon Scrolls served with fruit 
LATE SNACK	A selection of crackers, cheese, fresh fruit or vegetables served with water				

Monday | Afternoon Tea

CHEESE AND VEGEMITE PINWHEELS

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Puff pastry, thawed - sheets	6	7	9	15	1
Vegemite - cup	1/2	3/4	1	2	1 tbsp
Grated cheese - cup	3	4 1/2	5 1/2	10	1/2

METHOD

1. Preheat oven to 200C. Line a baking tray with baking paper.
2. Lay out the puff pastry.
3. Spread Vegemite evenly over each sheet, leaving a small border around the edges.
4. Sprinkle grated cheese over the Vegemite layer, covering the surface of the pastry.
5. Starting from one edge, tightly roll up each puff pastry sheet into a log.
6. Repeat with the remaining sheets.
7. Using a sharp knife, slice each log into 2.5cm thick pinwheels.
8. Place the pinwheels on the prepared baking sheets, leaving some space between them as they will puff up while cooking.
9. Bake in pre-heated oven for about 15-20 minutes or until puffed up and golden brown.
10. Remove from the oven and allow to cool.
11. Serve with fresh fruit.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use vegan friendly brand of pastry and vegan cheese alternative

Dairy Free | Use dairy free cheese alternative and ensure pastry does not contain dairy

Gluten Free | Use gluten free pastry and use gluten free vegemite

GRAZING PLATTER



Carrot sticks, celery, capsicum, corn cobs, cucumber, snow peas, roasted chickpeas, cherry tomatoes, beetroot slices, kale chips, broccoli or cauliflower florets (try blanching them to slightly soften) etc with a selection of seasonal fruit for example watermelon, apples, bananas, mango, oranges, mandarins, dragon fruit, kiwi fruit, peaches, apricots and cheese.

Grain option can include:

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

Can also include:

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

Quantity = 1 serve per child
e.g 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Dairy quantity = 15g cheese per child

ALLERGY ALTERNATIVES

(remember to check all packaging for hidden ingredients)

Vegan | Omit eggs. Use plant based cheese

Dairy Free | Use plant based cheese

Gluten Free | Use gluten free crackers

TZATZIKI DIP



INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Greek yoghurt - cup	4	5	6	8	1
Cucumber - each	3	4	5	7	1
Garlic powder - tsp	6	7	8	10	2
Lemon juice - cup	1/4	1/2	3/4	1 1/4	1 tbsp
Dried dill - tbsp	2	4	5	7	1 tsp

METHOD

1. Prepare cucumber by peeling and grating it in a food processor.
2. Squeeze out as much liquid as possible. Discard the liquid.
3. Combine the yoghurt, garlic powder, lemon juice and dill in a bowl. Mix well.
4. Add the cucumber and stir until evenly incorporated.
5. Cover the bowl and refrigerate for at least 1 hour.
6. Before serving, stir again.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use dairy free yoghurt.

Dairy Free | Use dairy free yoghurt.

WHOLEMEAL SANDWICH SELECTION

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Wholemeal bread - loaves	8	10	12	25	1
Margarine					
To serve:					
Fresh fruit					

METHOD

1. Make at least half a sandwich per child to be served with fruit.
2. Choose fillings that are popular with your child group.
3. Serve with fruit.

Filling ideas:

- Cheese and salad
- Cucumber and cream cheese
- Choc Hummus (page 32)
- Homemade Jams (pages 32/33)
- Vegemite and cheese
- Hummus and salad

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan/Dairy Free | Choose vegan/dairy free fillings

Gluten Free | Use gluten free bread or wraps

Thursday | Afternoon Tea

CHEESE PIZZA SLICES

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Lebanese Flat Bread - pack of 6	11	12	14	24	1
Grated Cheese - kg	2	3	4	7	2 cups
Passata Sauce - bottle	4	5	6	9	1 cup
Mixed herbs - tbsp					1/2

METHOD

1. Pre-heat oven to 200C and line baking trays with baking paper.
2. Spread out the lebanese flat breads and spoon/spread out passata sauce.
3. Top with cheese.
4. Bake in pre-heated oven for 5-10 minutes.
5. Cut into slices and serve with fruit.

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

Vegan | Use vegan cheese alternative.

Dairy Free | Use vegan cheese alternative.

Gluten Free | Use gluten free wraps.

Friday | Afternoon Tea

CHOC ORANGE MUFFINS

Served with fruit

Week 1



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Bananas - ripe and mashed	8	9	10	16	2
Unsweetened cocoa powder, cup	1	1 1/4	1 1/4	1 1/2	1/2
Maple syrup - cup	1	1 1/4	1 1/4	2	1/4
Greek yoghurt - cup	2	2 1/4	2 1/2	4 1/4	1/2
Orange juice - cup	1	1 1/4	1 1/4	2	1/4
Wholemeal flour - cups	2	2	3	3	1
Flour - cups	2	3	3	4	1
Baking powder - tsp	1	2	2 1/2	3	1
Bi-carb soda - tsp	1	2	1 1/4	1 1/2	1/2
Salt - tsp	1/2	3/4	3/4	3/4	1/4
Vanilla extract - tsp	2	2 1/2	2 1/2	4	1

METHOD

1. Pre-heat oven to 175C. Line muffin tin with liners.
2. In a bowl whisk the dry ingredients (oats, flour, baking powder).
3. In another bowl mix together mashed banana, yoghurt, maple syrup, orange juice and vanilla extract.
4. Pour the wet mix into the dry ingredients, mix gently until just combined.
5. 2/3 fill a greased muffin tray with the mix.
6. Bake for 18-22 minutes.
7. Remove from oven and cool before serving (1.5 mini muffin or 1 muffin per child)

Optional: add dark chocolate or low sugar chocolate chips.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use milk and yoghurt alternative such as coconut, rice, soy or oat milk.

Dairy Free | Use milk and yoghurt alternative such as coconut, rice, soy or oat milk.

Gluten Free | Use gluten free flour.

GRAZING PLATTER



Carrot sticks, celery, capsicum, corn cobs, cucumber, snow peas, roasted chickpeas, cherry tomatoes, beetroot slices, kale chips, broccoli or cauliflower florets (try blanching them to slightly soften) etc with a selection of seasonal fruit for example watermelon, apples, bananas, mango, oranges, mandarins, dragon fruit, kiwi fruit, peaches, apricots and cheese.

Can include:

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

Can also include:

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

Quantity = 1 serve per child
e.g 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Dairy quantity = 15g cheese per child

ALLERGY ALTERNATIVES

(remember to check all packaging for hidden ingredients)

Vegan | Omit eggs. Use plant based cheese

Dairy Free | Use plant based cheese

Gluten Free | Use gluten free crackers

PEA PESTO DIP



INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Parmesan cheese - cup	3/4	1	1 1/3	2	1/4
Frozen peas - cup	6	7	8	12	2
Olive oil - tbsp	6	7	8	12	2 tbsp
Lemon juice - tbsp	6	7	8	12	2 tbsp
Basil - cups	1 1/2	1 3/4	2	3	1/2

METHOD

1. In a pot of boiling water, cook the peas for 2-3 minutes until tender. Drain and rinse under cold water to stop the cooking process.
2. In a food processor or blender, combine the peas, basil, cheese, oil and juice.
3. Process the mixture until smooth and well combined. if too thick add some water.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use parmesan alternative

Dairy Free | Use parmesan alternative

ANZAC COOKIES

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Rolled oats - cup	9	10	12	24	1
Desiccated coconut - cups	4.5	5	6	12	1/2
Wholemeal plain flour - cups	2 1/2	3	3	7	
Plain flour cups	3	3	4 1/2	8	3/4
Unsalted butter/margarine - cups	1	2 1/2	3 3/4	7 1/2	1/2
Maple syrup - cups	1 1/4	1 1/2	2 1/4	4 1/2	1/4
Baking soda - tsp	2 1/2	3	4 1/2	9	1/2
Hot water - cup	1 1/4	1 1/2	2 1/4	4 1/2	2 tbsp

METHOD

1. Preheat oven to 160C. Line sheet pan with baking paper.
2. In a large mixing bowl, combine oats, coconut and flours.
3. In another bowl, mix together baking soda and hot water until baking soda dissolves.
4. In a saucepan, melt the butter/margarine over low heat. Remove from heat, add the maple syrup. Stir until well combined.
5. Add wet ingredients to the dry and mix until well combined.
6. Either roll cookies into balls and put onto sheet trays with distance to spread or press mixture into sheet pans, spread out evenly.
7. Bake in preheated oven for 12-15 minutes for individual cookies or 20-25 minutes for tray bake. Remove from oven when golden brown and allow to cool completely in trays.
8. If tray bake, cut into individual serves/squares.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use dairy free margarine.

Dairy Free | Use dairy free margarine.

Gluten Free | Use gluten free self raising flour and gluten free weetbix instead of oats.

PIZZA SCROLLS

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Puff Pastry Sheets	6	7	9	15	1
Pizza sauce:					
Canned tomatoes - 800g	1/2	1	1 1/2	3	1/4
Onion, diced finely -whole	1	2	3	6	1/4
Garlic, minced - tbsp	1	2	3	6	1/4
Tomato paste - tbsp	3	4	5	10	1
Native oregano - tsp	4	5	6	11	1/2
Pizza toppings:					
Ham, shredded - cup (optional)	2	3	4	7	1/2
Cheese, grated - 700g	1	1 1/2	2	4	1/4

METHOD

1. Preheat oven to 200C. Line a baking tray with baking paper.
2. Lay out the puff pastry.
3. Spread pizza sauce evenly over each sheet, leaving a small border around the edges.
4. Sprinkle grated cheese over the sauce layer, covering the surface of the pastry.
5. Starting from one edge, tightly roll up each puff pastry sheet into a log.
6. Repeat with the remaining sheets.
7. Using a sharp knife, slice each log into 2.5cm thick pinwheels.
8. Place the pinwheels on the prepared baking sheets, leaving some space between them as they will puff up while cooking.
9. Bake in pre-heated oven for about 15-20 minutes or until puffed up and golden brown.
10. Remove from the oven and allow to cool.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit ham and cheese or use plant based cheese

Dairy Free | Use plant based cheese

Gluten Free | Use gluten free pastry

WEETBIX SLICE

Served with fruit and cheese cubes



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Weetbix, crushed - kg	1	1 1/4	1 1/2	2 1/2	4 weetbix
Butter/margarine, melted - grams	375	400	425	800	50
Desiccated coconut - cup	7 1/2	7 3/4	8	12	1/2
Wholemeal flour - cup	3 1/2	3 3/4	4	7	1/2
Plain four - cup	4	4 1/4	4 1/2	8	1/2
Maple syrup - cup	1 1/2	1 3/4	2	4	4 tbsp
Sultanas, finely chopped - cup	1 1/2	2	2 1/2	6	3/4
Water - cup	1 1/2	1 3/4	2 1/4	5 1/2	1/4
White chocolate chips, optional					

METHOD

1. Preheat oven to 180C. Line a baking tray with baking paper.
2. Place all ingredients in a bowl and mix. Add more water if not wet enough.
3. Put mixture onto the baking tray, press it down.
4. Bake in the oven for 15 minutes.
5. Melt white chocolate and drizzle over slice (optional). Cut into slices when cool.
6. Serve with fruit and cheese cubes.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan Dairy free! Replace choc chips with dairy free choc chips. Use dairy free margarine.

Gluten Free | Use crushed gluten free weetbix

SAVOURY PUMPKIN SCONES

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Wholemeal self raising flour - cup	4	6	8	10	1
Self raising flour - cup	4	6	8	10	1
Black peper - tsp	1	2	2 1/2	4	1/4 tsp
Dried thyme - tsp	1	2	2 1/2	4	1/4 tsp
Dried rosemary - tsp	1	2	2 1/2	4	1/4 tsp
Margarine - cup	2	2 1/2	3 1/4	10	1/2
Cooked pumpkin, mashed - cup	2	2 1/2	3 1/4	10	1/2
Milk - cup	1	1 1/4	1 1/2	4 3/4	1/4
Shredded cheese - cup	2	3	3 3/4	8	1/2

METHOD

1. Preheat oven to 200C and line baking trays with paper.
2. Sift flour into a bowl. Add pepper, thyme and rosemary. Add the margarine and with clean hands 'rub' the flour and butter together to create breadcrumbs.
3. Add cheese and mix well. (you can save some cheese to top scones before cooking)
4. Make a well in the centre of the mixture, add the milk and pumpkin. Mix with a knife, careful not to overmix.
5. Place dough onto a prepared tray, with floured hands press down until 2cm thick. Score the dough with a sharp knife into portions. Top with cheese, if desired.
6. Bake for 18-20 minutes or until golden.
7. When cooked, cut where the dough is scored and then halve to serve.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan/ Dairy Free | Use milk alternative such as coconut, oat, rice and soy. Omit cheese.

Gluten Free | Use gluten free flour

Monday | Afternoon Tea

PUMPKIN AND CREAM CHEESE SWIRL CAKE

Served with fruit



Week 3

INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Pumpkin puree - cup	4	5	6	13	1
Maple syrup - g	350	375	400	600	100
Oil - cup	2	2 1/2	3	4	1/2
Vanilla essence - tsp	4	5	6	13	1
Self-raising flour - kg	2	2 1/2	3	7	315g
Cinnamon - tbsps	4	5	6	13	1/2
Nutmeg - tbsps	4	5	6	13	1/2
Ground ginger - tbsps	4	5	6	13	1/2
Cream Cheese Swirl					
Cream cheese - kg	1/2	1	1 1/2	2 1/2	125g
Vanilla Yogurt - cup	1/2	1	1 1/2	2 1/2	4 tbsps

METHOD

1. Preheat oven to 170C. Line baking trays with baking paper.
2. Sift dry ingredients together and make a well in the middle. Set aside.
3. Mix pumpkin, maple syrup, oil and vanilla essence together. Pour into the well in the dry ingredients. Fold through.
4. Mix together yoghurt and cream cheese until well combined.
5. Pour onto baking trays or muffin tins. Add in a few dollops of cream cheese mix and swirl to create the swirl pattern.
6. Bake for 40-50mins or till cooked through.

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

Vegan | Use alternative cream cheese and yoghurt to create swirl or omit.

Dairy Free | Use alternative cream cheese and yoghurt to create swirl or omit.

Gluten Free | Use gluten free self-raising flour

Tuesday | Afternoon Tea

VEGEMITE AND CHEESE SCROLLS

Served with fruit



Week 3

INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Vegemite - cup	1/2	1	1 1/2	3	1 tbsp
Puff Pastry Sheets	6	7	9	15	1
Cheese, grated - 700g	1	1 1/2	2	4	1/4

METHOD

1. Preheat oven to 200C. Line a baking tray with baking paper.
2. Lay out the puff pastry.
3. Spread Vegemite evenly over each sheet, leaving a small border around the edges.
4. Sprinkle grated cheese over the Vegemite layer, covering the surface of the pastry.
5. Starting from one edge, tightly roll up each puff pastry sheet into a log.
6. Repeat with the remaining sheets.
7. Using a sharp knife, slice each log into 2.5cm thick pinwheels.
8. Place the pinwheels on the prepared baking sheets, leaving some space between them as they will puff up while cooking.
9. Bake in pre-heated oven for about 15-20 minutes or until puffed up and golden brown.
10. Remove from the oven and allow to cool.
11. Serve with fresh fruit.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use plant based cheese and vegan pastry

Dairy Free | Use plant based cheese

Gluten Free | Use gluten free pastry and gluten free vegemite.

Wednesday | Afternoon Tea

ORANGE AND POPPY SEED LOAF

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Self-raising flour - kg	2	2 1/2	3	7	315g
Maple Syrup -g	350	375	400	600	100
Eggs, beaten	5	6	7	15	2
Greek yoghurt - cup	2	2 1/2	3	4	3/4
Milk - cup	3	3 1/4	3 1/2	5	2/3
Poppy seeds - tbsp	4	5	6	9	2
Orange - whole	6	7	8	20	1

METHOD

1. Preheat oven to 180C. Grease and line loaf tins, baking trays or muffin pans.
2. In a bowl, whisk flour and poppy seeds. Set aside.
3. Wash the oranges thoroughly to remove any dirt. Cut into quarters and remove the seeds.
4. In a blender, or food processor, blend the whole orange (including the peel) until it forms a smooth puree.
5. In a large bowl, combine the yoghurt, milk, eggs and orange puree.
6. Carefully stir the dry ingredients into the wet ingredients, stirring gently until well combined. Do not over mix.
7. Pour batter into prepared tins.
8. Bake in oven until cooked through, about 25-30 minutes. Time will need to be adjusted for size of baking tin.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use plant based milk and yoghurt. Replace eggs with 1/4 cup of extra plant based yoghurt.

Dairy Free | Use plant based milk and yoghurt

Gluten Free | Use gluten free flour

GRAZING PLATTER

A Keiki Recipe



Carrot sticks, celery, capsicum, corn cobs, cucumber, snow peas, roasted chickpeas, cherry tomatoes, beetroot slices, kale chips, broccoli or cauliflower florets (try blanching them to slightly soften) etc with a selection of seasonal fruit for example watermelon, apples, bananas, mango, oranges, mandarins, dragon fruit, kiwi fruit, peaches, apricots and cheese.

Can include:

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

Can also include:

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

Quantity = 1 serve per child
e.g 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Dairy quantity = 15g cheese per child

ALLERGY ALTERNATIVES

(remember to check all packaging for hidden ingredients)

Vegan | Omit eggs. Use plant based cheese

Dairy Free | Use plant based cheese

Gluten Free | Use gluten free crackers/pita breads

CREAMY HUMMUS DIP



Week 3

INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Garlic cloves - each	6	8	12	25	2-3
Chickpea, rinsed and drained - can	6	7	9	20	1
Lemon Juice - lemons	3-4	4-5	5-6	10-12	1
Cumin - tsp	3	4	5	8	1/2
Water - tbsp	1 cup	1 1/2 cups	2 cups	4 cups	2-4

METHOD

1. In a food processor combine drained and rinsed chickpeas, garlic, lemon juice, cumin and a pinch of salt.
2. Process until mixture becomes a smooth paste. You may need to do this in batches.
3. If the hummus is too thick, add water a little at a time and blend again.
4. Serve.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | N/A

Dairy Free | N/A

Gluten Free | N/A

Friday | Afternoon Tea

WHOLEMEAL SANDWICH SELECTION

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Wholemeal bread - loaves	8	10	12	25	1
Margarine					
To serve:					
Fresh fruit					

METHOD

1. Make at least half a sandwich per child to be served with fruit.
2. Choose fillings that are popular with your child group.
3. Serve with fruit.

Filling ideas:

- Cheese and salad
- Cucumber and cream cheese
- Choc Hummus (page 32)
- Homemade Jam (page 32/32)
- Vegemite and cheese
- Hummus and salad

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan/Dairy Free Choose vegan/dairy free fillings

Gluten Free | Use gluten free bread or wraps

Monday | Afternoon Tea

WHOLEMEAL SANDWICH SELECTION

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Wholemeal bread - loaves	8	10	12	25	1
Margarine					
To serve:					
Fresh fruit					

METHOD

1. Make at least half a sandwich per child to be served with fruit.
2. Choose fillings that are popular with your child group.
3. Serve with fruit.

Filling ideas:

- Cheese and salad
- Cucumber and cream cheese
- Choc Hummus (page 32)
- Homemade Jam (page 32/33)
- Vegemite and cheese
- Hummus and salad

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan/Dairy Free Choose vegan/dairy free fillings

Gluten Free | Use gluten free bread or wraps

CACAO BEETROOT CAKE

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Eggs - each	10	12	14	30	3
Baby beetroot can - 450g	2	2 1/2	3	5	1
Cocoa - cup	1	1 1/3	1 1/2	2	1/2
Wholemeal self-raising flour- cup	1 1/2	2	2	3	1/2
Self-raising flour - cup	2	2 1/4	3	3 2/3	1
Caster sugar - cup	440g	560g	660g	880g	1
Margarine - grams	275g	350	410	550	125
Dark chocolate - grams	220	280	330	440	100

METHOD

1. Preheat oven to 180C. Line baking trays with baking paper.
2. In a food processor or blender, puree whole baby beetroots until you have a smooth consistency.
3. In a large mixing bowl, whisk the eggs and caster sugar together until well combined.
4. Add the beetroot puree and melted margarine. Mix until evenly incorporated.
5. Sift in the cocoa powder and flours. Fold gently until you have a smooth cake batter.
6. Stir in chopped dark chocolate, ensuring it is evenly distributed throughout the batter.
7. Pour the batter into the cake pans and bake for 45-50 minutes until a toothpick comes out clean when inserted into the middle.
8. Remove from oven and allow to cool for 10 minutes before transferring to a wire rack.

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

Vegan | Omit eggs and use Chia seeds (1 tbsp of chia seeds to 2 1/2 tbsp water mixed and left until formed a gel per egg) ensure margarine is dairy free. Use vegan chocolate.

Dairy Free | Use dairy free margarine and use vegan chocolate.

Gluten Free | Use gluten free flour

Wednesday | Afternoon Tea

GRAZING PLATTER



Week 4

Carrot sticks, celery, capsicum, corn cobs, cucumber, snow peas, roasted chickpeas, cherry tomatoes, beetroot slices, kale chips, broccoli or cauliflower florets (try blanching them to slightly soften) etc with a selection of seasonal fruit for example watermelon, apples, bananas, mango, oranges, mandarins, dragon fruit, kiwi fruit, peaches, apricots and cheese.

Can include:

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

Can also include:

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

Quantity = 1 serve per child
e.g 1 carrot, 2 pieces of celery, ¼ cup capsicum, 1 small corn cob, ½ cup broccoli etc.

Dairy quantity = 15g cheese per child

ALLERGY ALTERNATIVES

(remember to check all packaging for hidden ingredients)

Vegan | Omit eggs. Use plant based cheese

Dairy Free | Use plant based cheese

Gluten Free | Use gluten free crackers/pita breads

CREAMY RANCH DIP

Week 4



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Plain greek yoghurt - cup	5	6	7	15	1
Dried dill - cup	1/2	1/2	3/4	1 1/2	2 tbsp
Dried chives - cup	1/2	1/2	3/4	1 1/2	2 tbsp
Garlic powder - tsp	2 1/2	3	3 1/2	7	1 tsp
Onion powder - tsp	2 1/2	3	3 1/2	7	1 tsp
Salt and Pepper					
Water - as required					

METHOD

1. In a large mixing bowl mix all the ingredients together.
2. Season to taste and adjust the consistency by adding water.
3. Serve.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use coconut yoghurt

Dairy Free | Use coconut yoghurt

Gluten Free | N/A

CHICKPEA BLONDIES

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Chickpeas, drained and rinsed - can	1/2	3/4	1	2	1/8
Creamy sunflower seed butter - cup	2	2 1/2	3	7	315g
Maple syrup - cup	1	1 1/2	2	4	1/4
Vanilla Extract - tsp	4	5	6	13	1
Baking powder - tsp	2	3	4	9	1/2
Salt - tsp	1/3	1/2	3/4	2	1/8
Rolled Oats - cup	1 1/2	2	2 1/2	5	3/4

METHOD

1. Preheat oven to 180 degrees. Line baking trays with baking paper.
2. In a food processor or blender, combine chickpeas, sunflower seed butter (pg.78), maple syrup and vanilla extract. Blend until its a smooth and creamy texture.
3. Add the baking powder and salt to the food processor. Blend again until well combined.
4. Stir in rolled oats.
5. Pour batter into prepared trays and bake for 20-25 minutes until the edges are golden brown and a toothpick comes out of middle clean.
6. Allow to cool in pan for at least 10 minutes before removing to a wire rack to cool.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | N/A

Dairy Free | N/A

Gluten Free | Use gluten free oats. Ensure maple syrup is pure.

Friday | Afternoon Tea

CHEESE AND BACON SCROLLS

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Puff pastry sheets, thawed - each	6	7	9	15	1
Chopped lean bacon - kg	1	1 1/4	1 1/2	2	150g
Grated cheese - cup	3	4 1/2	5 1/2	10	1/2

METHOD

1. Preheat oven to 200C. Line a baking tray with baking paper.
2. Lay out the puff pastry.
3. Spread bacon evenly over each sheet, leaving a small border around the edges.
4. Sprinkle grated cheese over the bacon, covering the surface of the pastry.
5. Starting from one edge, tightly roll up each puff pastry sheet into a log.
6. Repeat with the remaining sheets.
7. Using a sharp knife, slice each log into 2.5cm thick pinwheels.
8. Place the pinwheels on the prepared baking sheets, leaving some space between them as they will puff up while cooking.
9. Bake in pre-heated oven for about 15-20 minutes or until puffed up and golden brown.
10. Remove from the oven and allow to cool.
11. Serve with fresh fruit.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace meat with lentils, use vegan pastry. Use non-dairy milk instead of egg wash. Omit eggs.

Dairy Free | Check pastry is dairy free.

Gluten Free | Use gluten free pastry.

ADDITIONAL RECIPES & ALLERGY INFORMATION



CHIA JAM



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



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.

WATTLESEED AND BERRY JAM



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, 1 tsp of wattleseed 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.

SUNFLOWER SEED BUTTER



INGREDIENTS

makes approx. 2 cups

Sunflower seeds, raw unsalted - cup	2
Neutral oil (like vegetable oil) - tbsp	2
Maple syrup - tbsp	1-2
Salt - tsp	1/2

METHOD

1. Preheat oven to 180C.
2. Spread sunflower seeds evenly onto a lined baking tray.
3. Roast the sunflower seeds for about 10-12 minutes or until a light golden brown. Stir them occasionally to ensure even toasting. When finished remove from oven and cool.
4. In a food processor add sunflower seeds, oil, maple syrup and salt.
5. Blend the mixture on low, gradually increasing to high speed, stopping to scrape down the sides until the mixture is smooth and creamy.
6. Serve or store in an airtight container in the fridge.

Note: Maple syrup and salt are optional.

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 maybe 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 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 Cake 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 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