



KEIKI
EARLY LEARNING

**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. If you have a high number of Babies, you may use the 60 portion or if your children really enjoy a particular meal, you may increase it to 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 capsicum with 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.
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.

SERVING SIZES AND RECOMMENDED SERVING AMOUNTS



Keiki Early Learning follows the Menu Planning Guidelines from The Healthy Eating Advisory Service which are based on the Australian Government's Australian Dietary Guidelines.

This menu ensures that children are being provided with a Morning Tea, Lunch and Afternoon Tea that provides around half of their recommended daily intake from the five 'core' food groups.

Grain (cereal) foods

Offer 2x children's serves of grain (cereal) foods per child per day.

This is equivalent to:

- 40g bread (1 slice, ½ medium roll or flatbread, 1 crumpet or 1/2 an English muffin)
- 30g breakfast cereal flakes (⅔ cup), 2 Weetbix™ or similar, ⅓ cup oats 30g dry weight rice, pasta, noodles, couscous, barley, buckwheat, semolina, cornmeal, quinoa, polenta (½ cup cooked)
- 30g flour (¼ cup) 35g crispbread (3–4 cracker biscuits or crispbread, 3 thick rice cakes, 6 thin rice/corn cakes, 12 plain rice crackers)
- 75g (½ medium) potato (can be counted as grain food if menu meets minimum vegetable requirements).

Vegetables and Legumes/Beans

Offer 1-1 1/2 children's serves of vegetables and legumes/beans per child per day.

This is equivalent to:

- 75g fresh, frozen, canned (drained) or cooked vegetables (½ cup cooked)
- 1 cup of leafy greens
- 75g (½ medium) potato
- 30g dry weight beans or legumes or 75g (½ cup) cooked or canned beans or legume

Some hard vegetables may need to be cooked, mashed, grated or very finely sliced to prevent choking. Offer a variety of vegetables and/or legumes; at least 2–3 different types per day, and 5 different types per week.

SERVING SIZES AND RECOMMENDED SERVING AMOUNTS



Fruit

Offer 1 children's serve of fruit per day per child.

This is equivalent to:

- 75g fresh fruit (1 small piece, ½ medium piece or equivalent amount of 2-3 types)
- 75g (½ cup) diced, cooked or canned in natural juice (drained), frozen fruit
- 15g dried fruit

Some hard fruit may need to be cooked, mashed, grated or very finely sliced to prevent choking.

Offer a variety of fruit: at least 2-3 different types per day, and 5 different types per week. Limit dried fruit to once per week.

Dried fruit and fruit juice are a concentrated source of sugar which leaves a sticky residue on teeth and can contribute to tooth decay. Fruit juice should not be offered as a drink.

Milk, yoghurt, cheese and/or alternatives

Offer 2 children's services of milk, yoghurt, cheese and/or calcium fortified alternatives per day per child.

This is equivalent to:

- 100mL milk
- 50mL evaporated milk
- 15g milk powder
- 100mL custard
- 80g yoghurt
- 15g hard cheese (1 slice)
- 50g ricotta cheese.
- Cream, sour cream and butter are not substitutes for milk, yoghurt and cheese.

Cow's milk alternatives such as soy/rice/oat products must be fortified with at least 100mg of added calcium per 100mL.

SERVING SIZES AND RECOMMENDED SERVING AMOUNTS



Lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans

Offer 1 children's serve of lean meat, poultry, fish or vegetarian alternatives per day per child.

Keiki is nut free.

This is equivalent to:

- 50g raw lean red meat (e.g. beef, lamb, kangaroo), lean pork or poultry (e.g. chicken) without the bone
- 30g lean cooked red meat
- 40g cooked poultry (skin off)
- 60g raw fish or 50g canned or cooked fish
- 35g dry weight beans or legumes or 85g (½ cup) cooked or canned (drained) beans or legumes
- 1 egg
- 85g tofu
- 60g hummus

Lean red meat should be served 4 times per fortnight, lean pork or poultry 2 times per fortnight and fish 1–2 times per fortnight.

Lean ham or lean short cut bacon may be included on the menu once or twice per week. Either once as a major ingredient in a meal and once as a minor ingredient in a meal, or twice as a minor ingredient in a meal. An example of a major ingredient is ham sandwiches. An example of a minor ingredient is diced ham in a zucchini slice.

Keiki Serving Sizes:

Children normally eat 1–2 serves of lunch and 1 serve of morning and afternoon tea. Keep in mind children are also served filling fruit at afternoon tea and should not be provided large servings of baked goods.

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MENU WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>Wholegrain and Low Sugar Cereals served with milk</p>	<p>Wholemeal Toast served with assorted spreads</p>	<p>Pikelet Tray Bake with homemade Berry and Wattleseed Jam</p>	<p>Strawberry Gum and Apple Crumble served with yoghurt</p>	<p>Wholemeal Toast served with assorted spreads</p>
LUNCH	<p>Chicken and Mushroom Fettuccine A light cream sauce with sauteed mushrooms and chicken tossed through al dente fettuccine.</p> 	<p>Taco Tuesday Cheesy Bake No ordinary rice bake! Tomatoey, taco spiced beef and veggies topped with melted cheese.</p> 	<p>Lemony Herb and Fish Risotto Delicate white fish and seasonal vegetables cooked in a light and zesty risotto.</p> 	<p>Homestyle Pumpkin Soup Served with fresh bread, full of vitamins, minerals and antioxidants its extra filling with added pasta.</p> 	<p>Italian Bolognese A delicious tomato and vegetable ragu that originated in Bologna, Italy served with perfectly cooked pasta and cheese.</p> 
AFTERNOON TEA	<p>Cheese and Vegemite Pinwheels served with fresh fruit</p>	<p>Grazing Platter with Tzatziki Dip served with fresh fruit, crackers and vegetables</p>	<p>Wholemeal Sandwich Selection served with assorted fillings</p>	<p>Healthy Sausage Rolls served with fresh fruit</p>	<p>Choc Orange Muffins served with fresh fruit</p>
LATE SNACK	<p>A selection of crackers, cheese, fresh fruit or vegetables served with water</p>				

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

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	Strawberry and banana puree	Smooth puree
7-9 months	Softened fruit (like banana, apple) with yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Monday | Lunch

CHICKEN & MUSHROOM FETTUCCHINE



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Chicken mince - kg	1	1 1/2	2	5	1/2
Zucchini, diced - whole	1	1 1/2	2	4	1/4
Tinned mushrooms sliced - 400g	1	1 1/2	2	4	1/2
Coconut milk - 400ml	3	3 1/2	4	6	1
Chicken stock - litre	1/4	1/2	3/4	1	1/8
Garlic - tbsp	1	2	3	7	1/2
Fettuccine Pasta - 500g	3 1/2	4 1/2	6	14	1
Frozen mixed vegetables - kg	2	3	4 1/2	5 1/2	1/2
Parmesan cheese, grated					

METHOD

1. Cook chicken mince until cooked through.
2. While chicken is cooking cook pasta as per packet instructions.
3. Blitz zucchini and half of the mushrooms and add to pot with chicken mince to cook.
4. Add frozen vegetables and garlic, stir through until combined.
5. Add chicken stock, seasoning and coconut milk and let simmer until ready.
6. Mix through cooked pasta.
7. Sprinkle with parmesan cheese, if desired.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use tofu or omit chicken. Use vegan chicken stock. Omit parmesan cheese

Dairy Free | Omit parmesan cheese

Gluten Free | Use gluten free pasta and chicken stock.

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	Roast vegetable puree eg, pumpkin, carrot, beans, potatoes	Smooth puree
7-9 months	Vegetable and chicken mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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

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, carrot and apple puree	Smooth puree
7-9 months	Softened apple and carrot sticks	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Morning Tea

WHOLEMEAL TOAST

Served with assorted spreads & milk

INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Wholemeal Bread	4	5	6	12	To serve
Margarine or butter spread					
Spread Options					
Cream cheese spread					
Vegemite					
Homemade jam (recipe p.77/78)					
Choc Hummus Dip (recipe p.77)					
Avocado (Seasonal)					
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 and 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	Apple puree with rice cereal	Smooth puree
7-9 months	Main recipe texture appropriate	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Tuesday | Lunch

TACO TUESDAY CHEESY BAKE

Week 1



INGREDIENTS	60 children	70 children	80 children	175 children	Family Serves 4-6
Oil - tbsp					
Rice - kg	2	3	4	9	300g
Onion, chopped - whole	5	6	7	14	1
Minced beef - kg	1	1 1/2	2	5	450g
Red and yellow capsicum - whole	2	3	4	7	1
Garlic, minced - tbsp	5	6	7	15	1
Smoked paprika - tbsp	5	6	7	15	1
Ground cumin - tbsp	15	18	21	44	3
Ground coriander - tbsp	10	12	14	30	2
Dried oregano - tbsp	5	6	7	15	1
Canned crushed tomatoes - 800g	5	6	7	15	1
Corn kernels - 400g	3	5	6	14	1
Zucchini, diced - whole	3	4	5	10	1
Canned Kidney beans - 400g	5	6	7	15	1
Grated cheese -700g	1	1 1/2	2	4	1/4

METHOD

1. Cook rice as per packet instructions.
2. In a large saucepan over medium-high heat. Add oil, onion, ground beef and capsicums. Cook, stirring occasionally, for 5 minutes or until onion starts to brown. Add garlic and spices. Cook, stirring, for 1 minute or until fragrant.
3. Add tomatoes and 1/2 cup water. Bring to a simmer. Add corn, zucchini and beans. Cook, covered, over medium heat for 20 minutes or until vegetables are tender.
4. Mix together cooked rice and beef mixture.
5. Pour into baking trays and top with cheese. Place in oven until cheese is melted, if desired.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan/Vegetarian | Use lentils instead of beef, use vegan cheese alternative for vegan

Dairy Free | Use vegan alternative cheese or omit 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	Mushroom, tomato and kidney bean puree	Smooth puree
7-9 months	Main recipe texture appropriate	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

GRAZING PLATTER



Week 1

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

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 yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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.

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, carrot and apple puree	Smooth puree
7-9 months	Softened apple and carrot sticks	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Morning Tea

PIKELET TRAY BAKE

With homemade Berry and Wattleseed Jam



INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Wholemeal flour - cup	4	5	6	8	1
Plain flour - cup	4	5	6	8	1
Sugar - cup	1	1 1/4	1 1/2	2	2 tbsp
Baking powder - tsp	4	5	6	8	2 tsp
Bi-carb soda - tsp	1	1 1/4	1 1/2	2	1/2 tsp
Salt - tsp	1	1 1/4	1 1/2	2	1/2
Milk - cup	8	10	12	16	2
Eggs - large	8	10	12	16	2
Melted margarine - cup	1	1 1/4	1 1/2	2	2 tbsp
Berry and Wattleseed Jam - cup	1/2	1	1 1/2	3	4 tbsp

METHOD

1. Preheat oven to 200C. Grease and line baking trays.
2. In a large mixing bowl, whisk together flours, sugar, baking power, bi-carb soda and salt.
3. In a separate bowl, whisk together milk, eggs and margarine.
4. Gently pour wet ingredients into dry ingredients and stir until just combined. Do not over mix.
5. Pour into prepared baking trays. Dollop the jam (recipe page 77) into the mix and swirl using a knife, creating a pattern.
6. Bake for 12-15 minutes, until golden brown and cooked through.
7. Remove from oven and allow to cool before slicing and serving.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan Replace margarine/butter with dairy free margarine/butter. Make egg free by replacing with 1 tbsp chia seeds and 2 1/2 tbsp of water mixed to a gel per egg.

Gluten Free Use gluten free wholemeal fruit toast

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 | Lunch

LEMONY HERB AND FISH RISOTTO

Week 1



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Olive oil - tbsp					
Onion, finely diced - whole	2	3	4	9	1
Garlic, minced - tbsp	3	4	5	9	1
Rice - kg	2	2 1/2	3	7	300g
Vegetable stock (liquid) - cup	12	14	16	34	4
Lemon zest - lemon	2	3	4	6	1
Lemon juice - cup	1/2	3/4	1	1 1/4	2 tbsp
Parsley, Dill, Chives - tbsp of each	2	2 1/2	3	7	1 tsp
Frozen mixed vegetables - kg	1	1 1/2	2	5	1/4
Cauliflower - kg	3	4	5	11	60g
Zucchini, grated - whole	3	4	5	11	1
White fish - kg	2 1/2	3	3 1/2	7 1/2	500g
Parmesan (finely grated,*optional)					

METHOD

1. Heat the oil in a large, heavy-based pot over medium heat. Add the onion, and garlic and cook, stirring, for 5 minutes or until softened. Add the rice and cook, stirring, for 1 minute. Add the herbs and lemon zest. Stir to coat the rice.
2. Add the stock, and the lemon juice to the pot and bring to the boil. Stir through the zucchini and the fish.
3. Allow to simmer until rice and fish are cooked through.
4. Serve with grated parmesan if desired.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit fish and replace with 1 cup chickpeas, 1/4 cup red onion and 1/4 thinly chopped celery (60 children). Omit parmesan cheese

Dairy Free | Omit parmesan cheese

Gluten Free | Use gluten free stock.

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	Chickpea, zucchini and celery puree	Smooth puree
7-9 months	Fish and vegetable mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | 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 77)
- Homemade Jams (pages 77/78)
- 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

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	Strawberry and apple puree	Smooth puree
7-9 months	Strawberry, apple and coconut mash	Soft & lumpy
10-12 months	Strawberry, apple and cocount mash	Soft & chunky

Thursday | Morning Tea

STRAWBERRY GUM AND APPLE CRUMBLE

Served with Greek yoghurt



INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Apples, pre-cooked 800g tin	2	1 1/2	3	6	1/2
Frozen mixed berries, 550g	1	1 1/4	1 1/2	3	1/4
Strawberry Gum -tsp	3	3 1/2	4	5	1
Crumble:					
Oats - 750g	1 1/2	2 1/2	3 1/2	7	1/2
Cinnamon - tsp	2	3	4	5	1/2
Sunflower seeds - 200g	1	1 1/2	2	4 1/2	1/4
Pepita seed - 300g	1	1 1/2	2	4 1/2	1/4
Dessiccated coconut - cup	1	2	3	7	1/4
Unsalted butter,COLD - g	250	375	500	675	65
To serve					
Greek Yoghurt - kg	1	1 1/2	2	3	1 cup

METHOD

1. Preheat the oven to 200C.
2. Place fruit into oven proof serving bowls.
3. To make the crumble, place the oats, cinnamon, sunflower and pepita seeds into a food processor. Pulse for a few seconds.
4. Rub cold butter into oat mix and cover fruit.
5. Place in oven until crumble is golden.
6. Serve with Greek Yoghurt. Maple syrup can be added to Greek Yoghurt to sweeten it.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan | Replace the butter with coconut oil. Use dairy free yoghurt.

Gluten Free | Use crushed gluten free weetbix instead of 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	Mixed berry puree	Smooth puree
7-9 months	Mixed berries with softened apple	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Lunch

HOMESTYLE PUMPKIN SOUP

Week 1



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Pumpkin - kg	1 1/2	2	3	5	1/2
Oil					
Onion, roughly chopped - whole	2	3	4	8	1
Sweet potato, peeled and diced - cup	1 1/4	1 1/2	2	5	1/4
Potatoes, peeled and diced -whole	4	5	6	10	1
Pasta - 500g	1	2	3	5	1/2
Coriander - tsp	2	2 1/2	3	7	1/2
Cumin - tsp	4	5	6	12	1
Garlic - crushed clove	4	5	6	12	1
Nutmeg - tsp	1	2	3	7	1/4
Liquid vegetable stock - litre	4	5	6	12	1
Coconut milk - 400ml	1	2	3	6	1/4

METHOD

1. Heat oil in a large pot over low heat, add onion and cook until transparent. Add garlic and spices and cook, stirring, for 30 seconds.
2. Place pumpkin, potato, sweet potato in with the onion mix and just enough stock to cover vegetables. Bring to the boil then simmer, when vegetables are just tender add pasta. Cover and cook for a further 10 mins or until pasta is al dente.
3. Remove from heat. When slightly cooled blitz with a blender or stick mixer.
4. Return to a low heat and gently stir through coconut milk. Add more spices if desired.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | N/A

Dairy Free | N/A

Gluten Free | Use gluten free pasta or omit altogether. Ensure vegetable stock is 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	Roast pumpkin and sweet potato puree	Smooth puree
7-9 months	Roast pumpkin, sweet potato and pasta mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Afternoon Tea

HEALTHY SAUSAGE ROLLS

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Minced meat - kg	1 1/2	2	2 1/2	3 1/2	450g
Onion, chopped - whole	3	4	5	7	1
Carrot, grated - whole	4	5	6	9	1
Zucchini, grated - whole	3	4	5	7	1
Capsicum, chopped - whole	2	3	4	6	1/2
Tomato paste - tbsp	5	6	7	9	2
Egg - each	2	3	3	4	1
Egg - each (for egg wash)	2	3	4	5	1
Puff pastry sheets, thawed - each	12	14	16	20	2
sesame seeds, optional					

METHOD

1. Pre-heat oven to 200C and line baking trays with baking paper.
2. In a food processor, blitz the meat and vegetables.
3. In a large bowl combine the meat mixture, tomato paste and eggs. Add salt and pepper if desired.
4. Cut each pastry sheet in half, lengthwise, into two long rectangles.
5. Evenly distribute the meat mixture between each rectangle.
6. Brush one edge of the pastry with egg wash, roll the pastry over the filling, pressing down lightly to seal the edge.
7. Cut each roll into smaller rolls (aim for 1 1/2 per child). Brush the top with egg wash and sprinkle with sesame seeds if desired.
8. Bake in pre-heated oven for 20-25 minutes. Serve with 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.

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	Banana and pear with spinach mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Morning Tea

WHOLEMEAL TOAST

Served with assorted spreads & milk

INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Wholemeal Bread - loaves	4	5	6	12	To serve
Margarine or butter spread					
Spread Options					
Cream cheese spread					
Vegemite					
Homemade jam (recipe p.77/78)					
Choc Hummus Dip (recipe p.77)					
Avocado (Seasonal)					
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 and 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	Apple puree with rice cereal	Smooth puree
7-9 months	Main recipe texture appropriate	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Friday | Lunch

ITALIAN BOLOGNESE

Week 1



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Pasta 500g	4	5	6	14	1
Beef Mince - kg	1	1 1/2	2	5	1/2
Tinned tomatoes - 800g	2	2 1/2	3	7	1/2
Onion, finely diced - whole	2	3	4	8	1
Celery - bunch	1/2	3/4	1	2	1/4
Vegetable stock - tbsps	3	4	5 1/2	11	1
Frozen vegetables - kg	1	1 1/2	2	4	1/4
Broccoli, chopped - whole	1	1 1/2	2	5	1/4
Zucchini - diced - whole	1	1 1/2	2	5	1/3
Rosemary, Basil, Thyme, Garlic - tbsps ea	2	2 1/2	3	7	1
Tomato paste - tbsps	3	4	5 1/2	12	2
Plain flour - tbsps - optional	3 1/2	4 1/2	6	13	1 1/2
Oil					

METHOD

1. Cook pasta as per instructions.
2. Blitz the vegetables.
3. Heat oil & garlic in a pot. Add vegetables cook for 5-10 mins, add meat cook for another 10-mins, add 3-4 tablespoons of flour (to thicken the meat juice) (optional)
4. Add tomato paste, crushed tomatoes, and herbs. Cover and simmer. When cooked, mix through with pasta and serve.
5. Serve with grated cheese.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace mince with tinned lentils (1/2 cup per child)

Vegetarian | Replace mince with tinned lentils (1/2 cup per child)

Gluten Free | Use gluten free spaghetti. Ensure lentils are 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	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

Friday | Afternoon Tea

CHOC ORANGE MUFFINS

Served with fruit



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.

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	Banana and pear with spinach mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

MENU WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Pikelet Tray Bake with homemade Berry and Wattleseed Jam	Wholegrain and Low Sugar Cereals served with milk	Wholemeal Toast served with assorted spreads	Wholegrain and Low Sugar Cereals served with milk	Toasted Muesli served with fruit and yoghurt
LUNCH	Beef Nasi Goreng (Fried Rice) Indonesian flavour coated rice and vegetables stir-fried to perfection.	'Honey' Mustard Chicken Chicken and vegetables tossed through a sweet and creamy sauce served with mashed potato or pasta.	Creamy Pumpkin Risotto Baked until creamy, this risotto tastes sweet and savoury. Spinach and cheese is stirred through just before serving.	Beef Goulash and Pasta A traditional European stew of meat and vegetables, boldly flavoured with paprika, onion and garlic.	Creamy French Style Chicken A cosy, wholesome meal with notes of rosemary and thyme served with rice or mashed potatoes.
					
AFTERNOON TEA	Pea Pesto Dip served with vegetables, cheese, crackers and fresh fruit	ANZAC Cookies served with fresh fruit	Pizza Scrolls served with fresh fruit	Weetbix Slice Served with fresh fruit and cheese sticks	Savoury Pumpkin Scones 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 as provided by the Healthy Eating Advisory Service.

PIKELET TRAY BAKE

With homemade berry and wattleseed jam



Week 2

INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Wholemeal flour - cup	4	5	6	8	1
Plain flour - cup	4	5	6	8	1
Sugar - cup	1	1 1/4	1 1/2	2	2 tbsps
Baking powder - tsp	4	5	6	8	2 tsp
Bi-carb soda - tsp	1	1 1/4	1 1/2	2	1/2 tsp
Salt - tsp	1	1 1/4	1 1/2	2	1/2
Milk - cup	8	10	12	16	2
Eggs - large	8	10	12	16	2
Melted margarine - cup	1	1 1/4	1 1/2	2	2 tbsps
Berry and Wattleseed Jam - cup	1/2	1	1 1/2	3	4 tbsps

METHOD

1. Preheat oven to 200C. Grease and line baking trays.
2. In a large mixing bowl, whisk together flours, sugar, baking power, bi-carb soda and salt.
3. In a separate bowl, whisk together milk, eggs and margarine.
4. Gently pour wet ingredients into dry ingredients and stir until just combined. Do not over mix.
5. Pour into prepared baking trays. Dollop the jam (recipe page 78) into the mix and swirl using a knife, creating a pattern.
6. Bake for 12-15 minutes, until golden brown and cooked through.
7. Remove from oven and allow to cool before slicing and serving.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free | Use dairy free milk and ensure margarine is dairy free.

Vegan | Use milk alternative, use egg alternative, ensure margarine is dairy free.

Gluten Free | Use gluten free flour and baking powder.

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	Main recipe texture appropriate	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

BEEF NASI GORENG



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Rice, cooked - kg	2	3	4	9	300g
Oil					
Onion, diced - whole	2	3	4	8	1
Garlic, minced - tbsp	2	3	4	9	1/2
Beef mince - kg	1 1/2	2	2 1/2	5	1/2
Zucchini, diced	1 1/2	2	2 1/2	5	1/2
Mixed frozen vegetables - kg	1	2	3	5	1/4
Cauliflower, chopped - whole	1/2	1	1 1/2	4	1/8
Broccoli, chopped - whole	1/2	1	1 1/2	4	1/8
Bean sprouts - cup	2	3	4	9	1/2
Tinned tomatoes - 800g	1	1 1/2	2	5	1/4
ABC sweet soy - tbsp	5	6	7	15	1
Spring onions, chopped - bunch	1/2	1	1 1/2	2	1/8

METHOD

1. Cook rice as per packet instructions.
2. In a large pot, saute onion and garlic until translucent. Add meat and vegetables and cook until tender.
3. Stir through tomatoes and bean sprouts.
4. Stir through soy and simmer for 20mins.
5. Top with cut spring onions, if desired.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit beef mince and replace with tofu or lentils.

Dairy Free | N/A

Gluten Free | Use gluten free soy and raw sugar for sweetness. Ensure lentils are 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	Mixed vegetable puree	Smooth puree
7-9 months	Mixed vegetable and beef mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

GRAZING PLATTER



Week 2

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

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 yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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

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, carrot and apple puree	Smooth puree
7-9 months	Softened apple and carrot sticks	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | 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	Weetbix with baby formula pureed	Smooth puree
7-9 months	Weetbix with baby formula pureed	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Tuesday | Lunch

"HONEY" MUSTARD CHICKEN

Choose to serve with pasta or mashed potato



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Pasta - 500g	4	5	6	15	1
Potato - kg (mash)	7	8	9	16	1
Margarine- tbsp (mash)	10	11	12	20	4
Milk - cup (mash)	3	6	7	16	1/2
Chicken (breast or mince) - kg	1	1 1/2	2	5	400g
Dijon Mustard - cup	1 1/4	1 1/2	1 3/4	2 1/4	2 tbsp
Maple syrup - cup	1 1/4	1 1/2	1 3/4	2 1/4	1 tbsp
Chicken stock - cups	4	5	6	12	1
Milk - cups	2	3	4	8	1/2
Corn flour - tbsp	2	3	4	6	1/2
Broccoli - kg	1	1 1/4	1 1/2	2	300g
Mixed frozen vegetables -kg	1	2	3	5	1/4
Zucchini, diced	2	3	4	8	1/2

METHOD

1. Cook pasta as per instructions if serving with pasta. If serving with mashed potatoes, peel and cube potatoes and put on to boil.
2. Cube chicken and add olive oil to a large pot. Cook chicken until brown.
3. Meanwhile, mix together mustard and maple syrup. Add to cooked chicken, stir to coat. Add chicken stock to pot.
4. In a bowl, combine cornflour and milk. set aside.
5. Add vegetables to the pot. Simmer until tender. Add milk mixture and stir to combine, thicken sauce.
6. If serving with mashed potatoes, drain potatoes and mash with butter and milk.

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

Vegan | Omit meat and milk. Use vegan stock. Use egg free pasta or vegan alternatives in mashed potato.

Dairy Free | Use margarine, use milk alternative.

Gluten Free | Use gluten free pasta, ensure stock is gluten free and use gluten free corn 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	Vegetable and chicken puree	Smooth puree
7-9 months	Vegetable and chicken mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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 tbsps

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.

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 blueberry puree	Smooth puree
7-9 months	Peach and blueberry with yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Morning Tea

WHOLEMEAL TOAST

Served with assorted spreads & milk

INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Wholemeal Bread	4	5	6	12	To serve
Margarine or butter spread					
Spread Options					
Cream cheese spread					
Vegemite					
Homemade jam (recipe p.77/78)					
Choc Hummus Dip (recipe p.77)					
Avocado (Seasonal)					
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 and 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	Apple puree with rice cereal	Smooth puree
7-9 months	Main recipe texture appropriate	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Wednesday | Lunch

CREAMY PUMPKIN RISOTTO



Week 2

INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Olive oil - tbsp					
Onion, finely diced - whole	2	3	4	9	1
Garlic, minced - tbsp	3	4	5	9	1
Rice - kg	2	2 1/2	3	7	300g
Dried thyme - tsp	2	2 1/2	3	4	1/2
Vegetable stock (liquid) - cup	12	14	16	34	4
Pumpkin, diced - kg	2	3	4	6	3 cups
Frozen mixed vegetables - kg	1	1 1/2	2	5	1/4
Cauliflower - grams	3	4	5	11	60
Zucchini, grated - whole	3	4	5	11	1
Parmesan (finely grated,*optional)					

METHOD

1. Steam or boil the pumpkin until soft and tender.
2. Heat the oil in a large, heavy-based pot over medium heat. Add the onion, and garlic and cook, stirring, for 5 minutes or until softened. Add the rice and cook, stirring, for 1 minute. Add the herbs. Stir to coat the rice.
3. Add the stock to the pot and bring to the boil. Stir through the zucchini and the cooked pumpkin.
4. Allow to simmer until rice is cooked through.
5. Serve with grated parmesan if desired.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use vegan stock, omit parmesan.

Dairy Free | Omit parmesan

Gluten Free | Ensure stock is 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	Mixed vegetables and rice puree	Smooth puree
7-9 months	Mixed vegetables and rice mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | Afternoon Tea

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

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	Smooth puree
7-9 months	Pizza scrolls and soft fruit	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	Weetbix with baby formula pureed	Smooth puree
7-9 months	Weetbix with baby formula pureed	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Thursday | Lunch

BEEF GOULASH AND PASTA



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Pasta - 500g	4	5	6	15	1
Beef mince - kg	1 1/2	2	2 1/2	5	1/2
Paprika - tbsp	4	4 1/2	5	8	2
Beef stock - cups	6	7	8	13	2
Mixed frozen vegetables - kg	1	2	3	5	1/4
Onion, diced finely - whole	2	3	4	8	1
Garlic - tbsp	2	3	4	8	1
Oil					
Cauliflower - whole	1	1 1/2	2	4	1/4
Broccoli - whole	1	1 1/2	2	4	1/4
Tinned tomatoes - 800g	2	2 1/2	3	7	1/2
Corn flour - tbsp	2	3	4	6	1/2

METHOD

1. Cook pasta as per packet instructions
2. Fry onion and garlic in oil until onion is translucent. Add paprika and stir until fragrant.
3. Add mince and vegetables, stirring until cooked through.
4. Add tinned tomatoes and beef stock. Cover and stir occasionally.
5. Mix cornflour and some water to create a paste. Add to sauce.
6. Simmer on low until thickened.
7. Serve with pasta.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit meat and replace with tofu or lentils.

Dairy Free | N/A

Gluten Free | Use gluten free pasta, stock and cornflour.

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 vegetables and pasta puree	Smooth puree
7-9 months	Mixed vegetables with pasta mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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

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	Smooth puree
7-9 months	Mashed fruit	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

TOASTED MUESLI

Served with yoghurt and milk



INGREDIENTS	60 children	80 children	85 children	118 children	Family Serves 4-6
To serve:					
Natural yoghurt - kg	4	6	6 1/2	8	1/4
Base					
Rolled oats - cups	8	12	16	20	1
Pepitas - cups	1	1 1/2	2	2 1/2	2 tbsp
Sunflower seeds - cups	1	1 1/2	2	2 1/2	2 tbsp
Coconut oil - cups	1/2	3/4	1	1 1/4	2 tbsp
Pure maple syrup - cups	1	1 1/2	2	2 1/2	1/4
Spiced Apple					
Cinnamon - tbsp	2	3	4	5	1/4 tsp
Ground ginger - tsp	2	3	4	5	1/4 tsp
Ground nutmeg - tsp	2	3	4	5	1/4 tsp
Apples, grated or finely diced - kg	1	1 1/2	2	2 1/2	200g
Choc Berry					
Frozen berries - kg	1/2	3/4	1	1 1/4	100g
Cocoa powder - tbsp	1 1/2	2 1/4	3	3 3/4	1 tsp
Coconut flakes or desiccated - cup	1/2	1	1 1/2	2	1/4

METHOD

1. Preheat oven to 180C. Line baking trays with baking paper.
2. Put all ingredients into a bowl, mix well.
3. Pour mix onto prepared trays. Cook for 15 minutes until golden.
4. Serve with yoghurt. Store in airtight container for up to one month.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan/Dairy Free | Use dairy free yoghurt.

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

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, pear puree with rice cereal	Smooth puree
7-9 months	Softened fruit (like strawberry and apple) with yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Lunch

CREAMY FRENCH STYLE CHICKEN

Choose to serve with pasta or mashed potato



Week 2

INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Pasta - 500g	4	5	6	15	1
Potato - kg (mash)	7	8	9	16	1
Margarine - tbsp (mash)	10	11	12	20	4
Milk - cup (mash)	3	6	7	16	1/2
Chicken breast fillets or mince - kg	1	1 1/2	2	5	400g
Onion, diced finely - whole	2	3	4	8	1
Garlic - tbsp	2	3	4	8	1 tsp
Mushrooms, sliced - cup	2	2 1/2	3	5	1/2
Chicken stock, liquid - litre	2	2 1/2	3	6	1/4
Mixed frozen vegetables - kg	1	2	3	5	1/4
Coconut milk - 400ml	3	4	5	11	1/2
Dijon mustard - cup	1/2	1	1 1/2	2 1/4	2 tbsp
Dried rosemary - cup	1/4	3/4	1	1 1/2	1 tbsp
Dried thyme - cup	1/4	3/4	1	1 1/2	1 tbsp
Cornflour - tbsp	2	3	4	6	1

METHOD

1. Cook pasta as per instructions if serving with pasta. If serving with mashed potatoes, peel and cube potatoes and put on to boil.
2. Cube chicken and add olive oil to a large pot. Cook chicken until brown. Remove and set aside.
3. Cook, garlic, onion, mushrooms and until soft. Add herbs, stock, mustard and coconut milk.
4. In a bowl, combine cornflour and a little water to create a slurry. Set aside.
5. Add vegetables to the pot. Simmer until tender. Add milk mixture and stir to combine, thicken sauce.
6. If serving with mashed potatoes, drain potatoes and mash with butter and milk.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace chicken with tofu. Use vegan flavoured chicken stock

Gluten Free | Ensure chicken stock and mustard is 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 vegetables with chicken puree	Smooth puree
7-9 months	Mixed vegetables with chicken mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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

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	Bananas and apple puree	Smooth puree
7-9 months	Banana and apple mash	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	Baked Banana Bread Oats served with milk	Wholegrain and Low Sugar Cereals served with milk	Wholemeal Toast served with assorted spreads and milk	Pikelet Tray Bake with homemade Berry and Wattleseed Jam
LUNCH	Pork Ragù A rich and tender pork sauce with hearty flavours of tomato, garlic and herbs served with pasta.	Hidden Vegetable Mac and Cheese A classic comfort food with a nutritional twist of added vegetables in a creamy sauce.	'Satay' Beef and Rice Nut free satay sauce added to stir-fried beef and vegetables served on a bed of rice.	Mild Butter Chicken and Rice Simplified and mild, this butter chicken is creamy and unforgettable.	Beef Stroganoff with Pasta Sautéed beef and vegetables in a rich and creamy sauce, stirred through pasta.
					
AFTERNOON TEA	Pumpkin and Cream Cheese Swirl Cake served with fresh fruit	Vegemite Scrolls served with fresh fruit	Orange and Poppyseed Loaf served with fresh fruit	Grazing Platter and Creamy Hummus Dip served with vegetables, cheese, crackers and fresh fruit	Wholemeal Sandwich Selection served with assorted fillings
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.

Wednesday | Morning Tea

WHOLEMEAL TOAST

Served with assorted spreads & milk

INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Wholemeal Bread - loaves	4	5	6	12	To serve
Margarine or butter spread					
Spread Options					
Cream cheese spread					
Vegemite					
Homemade jam (recipe p.77/78)					
Choc Hummus Dip (recipe p.77)					
Avocado (Seasonal)					
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 and 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	Apple puree with rice cereal	Smooth puree
7-9 months	Main recipe texture appropriate	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Monday | Lunch

PORK RAGU



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Pasta 500g	4	5	6	14	1
Pork Mince - kg	1	1 1/2	2	5	1/2
Tinned tomatoes - 800g	2	2 1/2	3	7	1/2
Onion, finely diced	2	3	4	8	1
Celery - bunch	1/2	3/4	1	2	1/4
Vegetable stock - tbsp	3	4	5 1/2	11	1
Frozen vegetables - kg	1	1 1/2	2	4	1/4
Broccoli, chopped - whole	1	1 1/2	2	5	1/4
Zucchini - diced - whole	1	1 1/2	2	5	1/3
Rosemary, Basil, Thyme, Garlic - tbsp ea	2	2 1/2	3	7	1
Tomato paste - tbsp	3	4	5 1/2	12	2
Plain flour - tbsp - optional	3 1/2	4 1/2	6	13	1 1/2
Oil					

METHOD

1. Cook pasta as per instructions
2. Blitz the vegetables
3. Heat oil & garlic in a pot. Add vegetables cook for 5-10 mins, add meat cook for another 10-mins, add 3-4 tablespoons of flour (to thicken the meat juice, optional).
4. Add tomato paste, crushed tomatoes, and herbs. Cover and simmer. When cooked, mix through with pasta and serve.
5. Serve with grated cheese.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit mince and replace with tofu or lentils. Omit cheese.

Dairy Free | Use plant based cheese or omit.

Gluten Free | Use gluten free pasta. Use gluten free vegetable stock

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 vegetables with tomato puree	Smooth puree
7-9 months	Mixed vegetables, mince and tomato mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Monday | Afternoon Tea

PUMPKIN AND CREAM CHEESE SWIRL CAKE

Served with fruit



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 - tbsp	4	5	6	13	1/2
Nutmeg - tbsp	4	5	6	13	1/2
Ground ginger - tbsp	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 tbsp

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

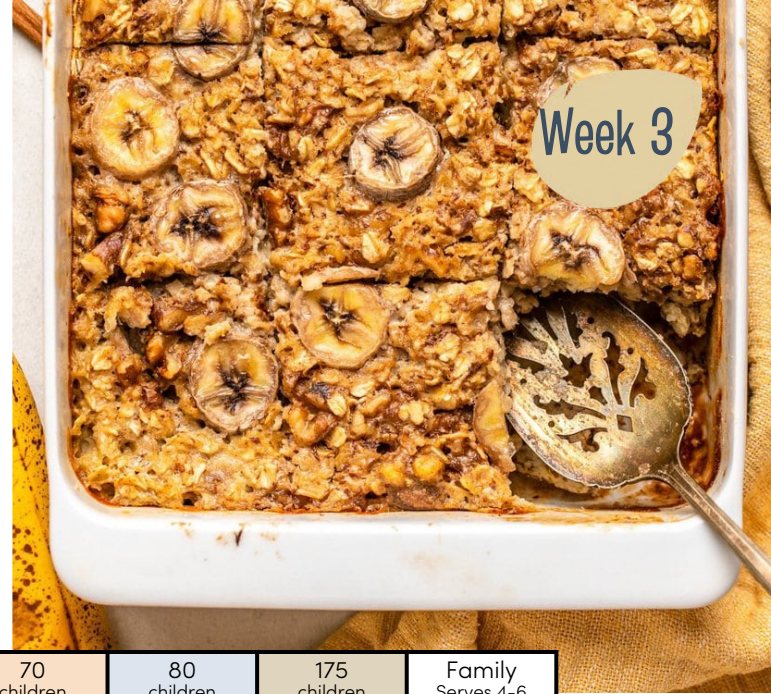
BABIES MEAL GUIDE

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 and apple puree	Smooth puree
7-9 months	Pumkin and banana mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

BAKED BANANA BREAD OATS

Served with milk



INGREDIENTS	60 children	70 children	80 children	175 children	Family Serves 4-6
Rolled Oats - cup	12	13	14	21	2
Banana, mashed - each	4	5	6	9	1
Greek Yoghurt (high protein) - cup	1/2	3/4	1	1 1/2	1/4
Milk - cup	8 1/2	9	10	15	1 3/4
Maple syrup or honey - cup	1	1	1 1/4	1 3/4	1/4
Cinnamon - tsp	2	2	2 1/2	3 1/2	1/2
Nutmeg - tsp	2	1/2	1	1	1/4
Salt - tsp	1/2	1/2	3/4	1	1/4

METHOD

1. Preheat the oven to 180C. Grease baking trays or oven proof bowls.
2. In large mixing bowl, combine oats, mashed bananas, yoghurt, milk, cinnamon, nutmeg and salt. Stir until well combined.
3. Divide mixture between baking dishes, spreading out evenly. Optional: you may like to slice an additional banana or two to spread over the top of the oats for presentation.
4. Bake in pre-heated oven for 25-30 minutes until cooked through and golden.
5. Cool before serving.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free and Vegan | Use alternative milk and yoghurt.

Gluten Free | Use crushed gluten free weetbix instead of 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	Mixed berry puree	Smooth puree
7-9 months	Mixed berries with soften apple and peaches	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Lunch

HIDDEN VEGETABLE MAC AND CHEESE



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Pasta – 500g	4	5	6	15	1
Oil					
Onion, diced	2	3	4	8	1
Garlic, minced - tbsp	2	3	4	9	1
Cauliflower, chopped - head	1	1 1/2	2	3	1 cup
Carrots, peeled and chopped - kg	1/2	1	1 1/2	2 1/2	2 carrots
Pumpkin, peeled and chopped - cup	5	6	7	9	1/2 cup
Vegetable stock - cups	10	11	12	15	1
Milk - cup	10	11	12	15	1
Cheese, grated - kg	1	1 1/2	2	5	1 cup

METHOD

1. Preheat oven to 180C and grease baking dishes (optional, this meal does not need to be baked)
2. Cook pasta as per instructions.
3. In a large pot cook cauliflower, carrot and pumpkins until tender.
4. Puree with vegetable stock until smooth and creamy.
5. Pour into large pot and bring to a simmer. Add milk and half the cheese. Stir until cheese has melted and the sauce is smooth. Add cooked pasta and mix to ensure even coating.
6. Optional: Pour into greased baking dishes, top with grated cheese and bake for 15min until cheese is golden

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Use plant based cheese and milk.

Dairy Free | Use plant based cheese and milk.

Gluten Free | Use gluten free pasta and stock.

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	Smooth puree
7-9 months	Vegetable mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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.

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	Smooth puree
7-9 months	Vegemite scrolls and soft fruit	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Wednesday | 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/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	Rice cereal and pureed pear	Smooth puree
7-9 months	Crushed weetbix with baby formula	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Wednesday | Lunch

'SATAY' BEEF AND RICE

Week 3



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Rice - kg	2	3	4	9	1/2
Beef mince - kg	1 1/2	2	2 1/2	5	1/2
Cabbage, chopped - whole	1/2	3/4	1	2	1/8
Capsicum, chopped - whole	1 1/2	2	2 1/2	4	1
Mixed frozen vegetables	1	1 1/2	2	5	1/4
Onion, diced - whole	2	3	4	8	1
Water (as needed)					
Cornflour (as needed)					
'Satay' Sauce					
Sunflower seed butter (pg.78) - cup	2	2 1/2	3	4 1/2	1/2
Coconut milk - cup	1	1 1/4	1 1/2	2 1/2	1/4
Soy sauce - cup	1/2	2/3	1	1 1/2	2 tbsps
Maple syrup - cup	1/4	1/3	1/2	1	1 tbsps
Lime juice - cup	1/4	1/3	1/2	1	1 tbsps
Grated ginger - tsp	1	2	2 1/2	3	1/2 tsp

METHOD

1. Cook rice following packet instructions.
2. Combine the 'satay' sauce ingredients, minus the water and mix well.
3. In a hot pot, cook onion until soft then add the beef mince and cook until brown.
4. Add the vegetables and 'satay' sauce.
5. Make mixture more 'saucy' by adding more water or coconut milk. Thicken with a cornflour slurry.

Note: Sunflower seed butter recipe in additional recipes pg.78.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit beef mince. Replace with tofu or lentils

Gluten Free | Use gluten free soy sauce or tamari

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 mince puree	Smooth puree
7-9 months	Vegetable and mince mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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

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 pineapple puree	Smooth puree
7-9 months	Banana and yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Morning Tea

WHOLEMEAL TOAST

Served with milk

INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Wholemeal bread - loaves	4	5	6	12	To serve
Margarine or butter spread					
Spread Options					
Cream cheese spread					
Vegemite					
Homemade jam (recipe p.77/78)					
Choc Hummus Dip (recipe p.77)					
Avocado (Seasonal)					
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 and 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	Peach and apple puree	Smooth puree
7-9 months	Main recipe texture appropriate	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Thursday | Lunch

MILD BUTTER CHICKEN AND RICE



Week 3

INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Rice - kg	2	2 1/2	3	7	300g
Chicken breast cubed or mince - kg	3	3 1/2	4	8	500g
Carrots, diced - kg	1	1 1/2	2	4	1/4
Zucchini, diced - each	2	3	4	7	1
Mixed frozen vegetables - kg	1	2	3	5	1/4
Onion, diced - each	3	4	5	8	1
Garlic, minced - tbsp	2	3	4	7	1
Ginger, finely grated - cup	1/3	1/2	1/3	1	2 tsp
Cumin - tsp	4	5	4	11 1/2	1
Garam Masala - tsp	8	10	8	23	2
Cardamom - tsp	2	2 1/2	2	5 3/4	1/2
Diced tomatoes - 800g	4	5	6	4	1/2
Chicken stock, cup	4	5	6	13	3/4
Greek yoghurt - cup	3 1/2	4 1/2	5 1/2	11	3/4

METHOD

1. Cook rice as per instructions.
2. In a large pot, cook onion and garlic until soft.
3. Add chicken, cook until brown. Add vegetables. Add spices and ginger and stir until fragrant.
4. Add stock and tomatoes. Simmer.
5. Add yoghurt, combine well. Simmer for 10-15 minutes.
6. Serve with rice.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit chicken, use chickpeas instead. Omit chicken stock, use vegetable stock. Omit yoghurt or use plant based yoghurt

Dairy Free | Omit yoghurt or use plant based yoghurt

Gluten Free | Use gluten stock.

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	Carrot and Zucchini mashed	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

GRAZING PLATTER

A Keiki Recipe



Week 3

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

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 yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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

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 fruit puree	Smooth puree
7-9 months	Softened vegetable sticks and fruit	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

PIKELET TRAY BAKE

With homemade Berry and Wattleseed Jam



INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Wholemeal flour - cup	4	5	6	8	1
Plain flour - cup	4	5	6	8	1
Sugar - cup	1	1 1/4	1 1/2	2	2 tbsps
Baking powder - tsp	4	5	6	8	2 tsp
Bi-carb soda - tsp	1	1 1/4	1 1/2	2	1/2 tsp
Salt - tsp	1	1 1/4	1 1/2	2	1/2
Milk - cup	8	10	12	16	2
Eggs - large	8	10	12	16	2
Melted margarine - cup	1	1 1/4	1 1/2	2	2 tbsps
Berry and Wattleseed Jam - cup	1/2	1	1 1/2	3	4 tbsps

METHOD

1. Preheat oven to 200C. Grease and line baking trays.
2. In a large mixing bowl, whisk together flours, sugar, baking power, bi-carb soda and salt.
3. In a separate bowl, whisk together milk, eggs and margarine.
4. Gently pour wet ingredients into dry ingredients and stir until just combined. Do not over mix.
5. Pour into prepared baking trays. Dollop the jam (recipe page 78) into the mix and swirl using a knife, creating a pattern.
6. Bake for 12-15 minutes, until golden brown and cooked through.
7. Remove from oven and allow to cool before slicing and serving.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free | Use dairy free milk and ensure margarine is dairy free.

Vegan | Use milk alternative, use egg alternative, ensure margarine is dairy free.

Gluten Free | Use gluten free flour and baking powder.

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	Main recipe texture appropriate	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Lunch

BEEF STROGANOFF WITH PASTA



Week 3

INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Pasta	6	7	8	20	1
Beef mince - kg	1	1 1/2	2	5	1/2
Mushrooms, diced -kg	1	1 1/2	2	4	1/4
Tinned tomatoes, tinned - 800g	2	2 1/2	3	7	1/2
Onion, diced - each	2	3	4	8	1
Garlic, minced - tbsp	2	2 1/2	3	7	1/2
Mixed frozen vegetables - kg	1 1/2	2	2 1/2	6	1/4
Beef Stock - cups	4	5	6	13	3/4
Dijon Mustard - cup	1	1 1/2	2	4	2 tbsp
Greek Yoghurt - cups	3 1/2	4 1/2	5 1/2	11	3/4
Cornflour - tbsp	2	3	4	6	1
Paprika - tbsp	2	2 1/2	3	7	1/2

METHOD

1. Cook pasta as per packet directions.
2. In a large pot, cook onions and garlic until soft.
3. Add beef mince and cook until brown. Add paprika, mustard and mushrooms. Cook, stirring until well combined.
4. Add vegetables and beef stock. Simmer.
5. Add greek yoghurt, stirring until well combined.
6. Mix cornflour and water to make a slurry, Add to pot and stir to thicken.
7. Serve with pasta.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit beef and use lentils. Omit greek yoghurt and use plant alternative. Use vegan stock.

Dairy Free | Omit greek yoghurt and use plant alternative.

Gluten Free | Ensure stock is gluten free. Use gluten free pasta. Ensure Cornflour is 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	Beef and vegetable puree	Smooth puree
7-9 months	Beef and vegetable mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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 77)
- Homemade Jam (page 77/78)
- 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

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	Strawberry and apple puree	Smooth puree
7-9 months	Strawberry, apple and coconut mash	Soft & lumpy
10-12 months	Strawberry, apple and cocount mash	Soft & chunky

MENU WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>Wholemeal Fruit Toast served with milk</p>	<p>Wholegrain and Low Sugar Cereals served with milk</p>	<p>Wholemeal Toast served with assorted spreads and milk</p>	<p>Pikelet Tray Bake with homemade Berry and Wattleseed Jam</p>	<p>Wholegrain and Low Sugar Cereals served with milk</p>
LUNCH	<p>Asian Style Beef Meatballs Meat seasoned with garlic, ginger and soy sauce served with rice and corn cobs.</p> 	<p>Coconut Fish Curry and Rice Tender pieces of fish cooked in a mild and flavoursome coconut sauce with seasonal vegetables.</p> 	<p>Chicken Noodle 'Soup' With all the comfort of a soup, this noodle dish is packed full of vegetables.</p> 	<p>Mexican Beef and Bean Pasta This Mexican inspired beef and pasta dish is loaded with vegetables and red kidney beans.</p> 	<p>Outback Bush Lentil Curry A vegetable packed curry spiced with wattleseed, mountain pepperleaf and aniseed myrtle.</p> 
AFTERNOON TEA	<p>Wholemeal Sandwich Selection served with assorted fillings</p>	<p>Cacao Beetroot Cake served with fresh fruit and cheese cubes</p>	<p>Grazing Plater with Ranch Dip served with vegetables, cheese, crackers and fresh fruit</p>	<p>Chickpea Blondies served with fresh fruit</p>	<p>Healthy Sausage Rolls served with fresh fruit and cheese cubes</p>
LATE SNACK	<p>A selection of crackers, cheese, fresh fruit or vegetables served with water</p>				

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

WHOLEMEAL FRUIT TOAST

Served with milk



Week 4

INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Wholemeal fruit toast - loaf	4	5	6	12	To serve
Margarine or butter spread					
Serve with milk					

ALLERGY ALTERNATIVES

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 and 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	Rice cereal and stewed apples	Smooth puree
7-9 months	Softened apple and fruit toast fingers	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Monday | Lunch

ASIAN STYLE BEEF MEATBALLS



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Rice - kg	2	3	4	9	1/2
Beef mince - kg	1 1/2	2	2 1/2	5	1/2
Onion - whole	4	5	6	9	1
Apple - whole	2 1/2	3 1/2	4 1/2	10	1/2
Carrot - kg	750g	1	1 1/4	3	75g
Garlic - Tbsp	2	3	4	9	1/2
Ginger - tbsp	2	3	4	9	1/2
Soy sauce - tbsp	2	3	4	9	1/2
Breadcrumbs - kg	500g	750g	1	1 1/2	25g
Eggs - each	8	12	15	24	1
Corn cobs - kg	4	5	6	9	1/4
Oil					

METHOD

1. Cook rice as per instructions
2. Pre-heat oven to 190C. Line multiple baking trays with baking paper.
3. Get a large bowl. One ingredient at a time, blend/puree onion, apple, carrot and in a blender or food processor and add to the bowl.
4. Add garlic, ginger, soy sauce, breadcrumbs and eggs to the bowl. Mix well to combine. (if using chia seeds allow mixture to sit for at least 15 minutes)
5. Roll mixture into balls and place onto baking trays.
6. Bake for 15-20 minutes, until cooked through.
7. Meanwhile, cook corn cobs by steaming or boiling. Serve

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

Vegan | Omit Beef. Use tofu or lentils as a replacement. 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.

Egg Free | 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.

Gluten Free | Use gluten free bread crumbs and ensure soy sauce is 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	Mixed vegetable puree	Smooth puree
7-9 months	Mixed vegetable and meatball mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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 77)
- Homemade Jam (page 77/78)
- 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

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	Strawberry and apple puree	Smooth puree
7-9 months	Strawberry, apple and coconut mash	Soft & lumpy
10-12 months	Strawberry, apple and cocount mash	Soft & chunky

Tuesday | 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/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 (like banana, pear) with yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



Tuesday | Lunch

COCONUT FISH CURRY

Week 4



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Oil - tbsp	5	6	7	15	1
Brown Onion	2	3	4	9	1
Ginger - tbsp	5	6	7	15	1
Cumin - tsp	10	12	14	30	2
Turmeric - tsp	2 1/2	3	3 1/2	8	1/2
Canned coconut milk - 400ml	3	4	5	11	1/2
Sweet potato, diced - kg	2	3	4	9	400g
Green beans - kg	1	1 1/2	2	4 1/2	200g
Zucchini, diced - ea	5	6	7	15	1
Frozen vegetables - kg	1	2	3	5	250g
Basa Fillets - kg	2 1/2	3	3 1/2	8	500g
Rice - kg	1 1/2	2	2 1/2	6	500g

METHOD

1. Cook rice as per packet instructions.
2. Heat oil in a large pot. Fry off onion whilst adding spices. Stir for 5 minutes or until softened.
3. Add coconut milk and equal amount of water plus sweet potato. Bring to the boil. Cover and simmer until potato is tender.
4. Add beans and frozen vegetables. Simmer until soft. Add zucchini and fish. Cover and simmer until fish is just cooked through and vegetables are tender.
5. Serve over rice.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Replace fish with tofu.

Dairy Free | N/A

Gluten Free | N/A

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	Mixed vegetable and fish mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Tuesday | Afternoon Tea

CACAO BEETROOT CAKE

Served with fruit



Week 4

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

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 apricot puree	Smooth puree
7-9 months	Banana and apricot mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

WHOLEMEAL TOAST

Served with milk

INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Wholemeal bread - loaves	4	5	6	12	To serve
Margarine or butter spread					
Spread Options					
Cream cheese spread					
Vegemite					
Homemade jam (see page 77/78)					
Choc Hummus Dip (see page 77)					
Avocado (Seasonal)					
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 and 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	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 | Lunch

CHICKEN 'NOODLE' SOUP

Week 4



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Chicken breast or mince -kg	1	1 1/2	2	5	500g
Onion, diced - whole	3	5	6	8	1
Garlic - tbsp	2	3	4	9	1/2
Dried oregano - tbsp	1	1 1/2	2	4	1 tsp
Dried thyme - tbsp	1	1 1/2	2	4	2 tsp
Carrots, diced - whole	5	6	7	15	1
Frozen mixed vegetables - kg	1	2	3	5	1/4
Zucchini, diced	3	4	5	10	1
Ramen noodles - kg	2	4	5	7	200g
Chicken stock, liquid - litre	4	5	6	12	1/2

METHOD

1. In a large pot with some oil, cook diced chicken breast or chicken mince until brown.
 2. Add onion and garlic and cook until softened.
 3. Add vegetables and cook lightly. Add herbs and stir until fragrant.
 4. Add chicken stock, bring to the boil and then reduce to a simmer.
 5. Before serving, add dried ramen noodles and allow to cook until soft and tender.
- Serve.

Adjust liquid to suit children's tastes.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit chicken and replace with lentils or beans. Use vegan vegetable stock.

Dairy Free | N/A

Gluten Free | Ensure stock, lentils and noodles are 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	Pureed chicken with vegetables	Smooth puree
7-9 months	Mashed chicken, vegetables and noodles	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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

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 yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

CREAMY RANCH DIP



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

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 fruit puree	Smooth puree
7-9 months	Softened vegetable sticks and fruit	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

PIKELET TRAY BAKE

With homemade Berry and Wattleseed Jam



INGREDIENTS	60 children	70 children	85 children	118 children	Family Serves 4-6
Wholemeal flour - cup	4	5	6	8	1
Plain flour - cup	4	5	6	8	1
Sugar - cup	1	1 1/4	1 1/2	2	2 tbsps
Baking powder - tsp	4	5	6	8	2 tsp
Bi-carb soda - tsp	1	1 1/4	1 1/2	2	1/2 tsp
Salt - tsp	1	1 1/4	1 1/2	2	1/2
Milk - cup	8	10	12	16	2
Eggs - large	8	10	12	16	2
Melted margarine - cup	1	1 1/4	1 1/2	2	2 tbsps
Berry and Wattleseed Jam - cup	1/2	1	1 1/2	3	4 tbsps

METHOD

1. Preheat oven to 200C. Grease and line baking trays.
2. In a large mixing bowl, whisk together flours, sugar, baking power, bi-carb soda and salt.
3. In a separate bowl, whisk together milk, eggs and margarine.
4. Gently pour wet ingredients into dry ingredients and stir until just combined. Do not over mix.
5. Pour into prepared baking trays. Dollop the jam (recipe page 78) into the mix and swirl using a knife, creating a pattern.
6. Bake for 12-15 minutes, until golden brown and cooked through.
7. Remove from oven and allow to cool before slicing and serving.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Dairy Free | Use dairy free milk and ensure margarine is dairy free.

Vegan | Use milk alternative, use egg alternative, ensure margarine is dairy free.

Gluten Free | Use gluten free flour and baking powder.

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	Main recipe texture appropriate	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Thursday | Lunch

MEXICAN BEEF AND BEAN PASTA



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Penne pasta, raw - kg	4	5	6	15	1
Oil					
Onion, diced - whole	2	3	4	8	1
Garlic, minced - tbsp	2	3	4	9	1/2
Beef mince - kg	1 1/2	2	2 1/2	5	1/2
Zucchini, diced - whole	1 1/2	2	2 1/2	5	1/2
Mixed frozen vegetables - kg	1	2	3	5	1/4
Red or green capsicum, chopped - whole	2	3	4	8	1
Kidney beans, 400/420g - can	3	4	5	8	1
Tinned tomatoes - 800g	2	3	4	10	1/2
Cheese, shredded - kg	1	2	3	4	300g

METHOD

1. Cook pasta as per packet instructions.
2. In a large pot, saute onion and garlic until translucent. Add meat and vegetables and cook until tender.
3. Stir through tomatoes and beans.
4. Add pasta and stir to coat. This mix can be baked after topping with cheese, or just served.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Omit beef mince and replace with tofu or lentils

Dairy Free | Omit 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	Beef mince and vegetable puree	Smooth puree
7-9 months	Beef mince and vegetable mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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.

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 yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate (Omit maple syrup)	Soft & chunky

Friday | 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/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 (like banana, pear) with yoghurt	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky



OUTBACK BUSH LENTIL CURRY



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Oil					
Red split lentils, rinsed and drained - kg	1	1 1/2	2	4	1 cup
Onion, finely diced - whole	2	3	4	8	1
Garlic, minced - tbsp	2	3	4	9	1/2
Bush curry spice - tbsp	1	2	3	5	1 tsp
Mixed frozen vegetables - kg	1	1 1/2	2	5	1/4
Pumpkin/sweet potato, chopped - kg	1	1 1/2	2	5	1/4
Tinned tomatoes - 800g can	1	2	3	4	1/2
Potatoes, chopped - kg	1	1 1/2	2	4	1/4
Coconut milk - 400ml	3	4	5	9	1
Vegetable Stock, liquid - cups	4	5	6	13	3/4
Rice - kg	1 1/2	2	3	6	500g

METHOD

1. In a large pot, saute onions and garlic in oil. Once onions are translucent add Bush spice and stir until fragrant.
2. Add diced tomatoes, stock and vegetables. Simmer until vegetables soften.
3. Add lentils and stir well. Simmer until lentils are tender, approximately 25-30 minutes.
4. Add coconut milk and stir well.
5. Serve with rice.

If preferred, curry can be pureed with a stick blender for a smoother consistency.

ALLERGY ALTERNATIVES Remember to check all packaging for hidden ingredients

Vegan | Ensure stock is vegan.

Dairy Free | N/A

Gluten Free | Ensure stock and bush spice are 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	Vegetable and rice puree	Smooth puree
7-9 months	Vegetable and rice mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

Friday | Afternoon Tea

HEALTHY SAUSAGE ROLLS

Served with fruit



INGREDIENTS	60 children	70 children	85 children	175 children	Family Serves 4-6
Minced meat - kg	1 1/2	2	2 1/2	3 1/2	450g
Onion, chopped - each	3	4	5	7	1
Carrot, grated - each	4	5	6	9	1
Zucchini, grated - each	3	4	5	7	1
Capsicum, chopped - each	2	3	4	6	1/2
Tomato paste - tbsp	5	6	7	9	2
Egg - each	2	3	3	4	1
Egg - each (for egg wash)	2	3	4	5	1
Puff pastry sheets, thawed - each	12	14	16	20	2
sesame seeds, optional					

METHOD

1. Pre-heat oven to 200C and line baking trays with baking paper.
2. In a food processor, blitz the meat and vegetables.
3. In a large bowl combine the meat mixture, tomato paste and eggs. Add salt and pepper if desired.
4. Cut each pastry sheet in half, lengthwise, into two long rectangles.
5. Evenly distribute the meat mixture between each rectangle.
6. Brush one edge of the pastry with egg wash, roll the pastry over the filling, pressing down lightly to seal the edge.
7. Cut each roll into smaller rolls (aim for 1 1/2 per child). Brush the top with egg wash and sprinkle with sesame seeds if required.
8. Bake in pre-heated oven for 20-25 minutes. Serve with 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.

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	Banana and pear with spinach mash	Soft & lumpy
10-12 months	Main recipe texture appropriate	Soft & chunky

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