

**START RIGHT**



**EAT RIGHT**

## Menu Templates, Sample Menus and Recipes

(Updated June 2012)

Four weeks of menu templates, eight weeks of example menus and yummy recipe ideas from some of South Australia's Start Right-Eat Right Awarded Child Care Centres



*Gowrie*  
South Australia

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## Menu Templates and Sample Menus

One of the key criteria for receiving the Start Right-Eat Right (SRER) Award is that child care centres need to have a nutritionally adequate menu that provides at least 50% of children's daily nutrition requirements (based on the Australian Dietary Guidelines).

The following menu templates and 8 weeks of sample menus are based on the SRER Nutrition Checklist (adapted from the SACCHP Planning Child Care Centre Menu). Using this checklist ensures that a menu includes the foods needed to meet the nutritional requirements in the recommended frequency for children in long day care. The sample menus also show different ways to meet these guidelines using a variety of foods. Please note that the menus are planned as fortnights (e.g. week 1 and 2; week 3 and 4 etc)

Some of the food groups are highlighted in different colours on the sample menu, to make it easier to see how many serves per day of different foods are on the menu:

### \* Fruit

- ⇒ The menu needs to include at least **½ serve of fruit per day**  
(1 serve = ½ medium piece of fruit (75g) OR ½ cup diced fruit (75g) OR 15g dried fruit)

### \* Vegetables

- ⇒ The menu needs to include at least **1 serve of vegetables per day**  
(1 serve = ½ cup (75g) cooked vegetables OR 1 cup salad)

### \* Milk Products and Alternatives

- ⇒ The menu needs to include at least **2 child serves of milk products and alternatives per day**  
(1 serve = 100ml milk OR 15g cheese OR 75g yoghurt OR 100g custard OR 15g milk powder)

### \* Grain Foods

- ⇒ The menu needs to include at least **2 serves of grain foods per day**  
(1 serve = 1 slice of bread OR ½ cup cooked (30g dry) rice or pasta or noodles)

### \* Meat Products and Alternatives

- ⇒ The menu needs to include at least **1 child serve of meat products and alternatives per day**  
(1 serve = 50g raw red/white meat OR 60g fish OR 1 egg OR ½ cup (85g) cooked legumes)

Basing the menu on the SRER Nutrition Checklist also ensures that for the main meals:

- Red meat (beef, lamb or kangaroo) is included on the menu at least 4 times per fortnight.
- Pork or white meat (pork, chicken or fish) is included on the menu at least 3 times per fortnight.
- Vegetarian meals (based on eggs, cheese, milk, soy products or legumes) are included on the menu at least 2 times per fortnight.
- On each day that there is a white meat or vegetarian meal served, there is at least one other iron-containing food included in the meal. Iron containing foods include dried apricot, spinach, wholemeal bread, legumes such as lentils and chickpeas, broccoli, wholemeal pasta, egg, cabbage and cauliflower.
- A fruit or vegetable high in vitamin C is served with a vegetarian meal. Fruits and vegetables high in vitamin C include red capsicum, broccoli, kiwi fruit, cauliflower, red cabbage, citrus fruit (oranges and mandarins), strawberries, rockmelon, green peas, sweet potato, and pineapple.
- High fat foods are not served more than twice per fortnight. High fat foods include chips, nuggets, sausages, commercial pies, pasties, deep fried foods, high fat pastry based foods, ice-cream and processed meat (e.g. fritz, cabana, chicken loaf, processed ham and bacon).

## Recipes

The recipes chosen for these menus are from child care centres around South Australia that have received the SRER Award. The recipes use a wide variety of ingredients and show different ways that the 5 food groups can be incorporated into a fortnightly menu. These recipes can be used, along with favourite recipes in your centre, to plan your own menu using the menu templates.

## Menu Templates

The menu templates can allow you to plan or revise your menu to meet the SRER nutrition checklist very simply. Once you have completed planning your menu in this way you can use the SRER Menu Planning Tool to adjust your recipes, and on a daily basis to ensure you are providing children with enough food from each of the food groups to meet 50% of their nutritional needs.

## Snacks

Basing the menu on the SRER Nutrition Checklist also ensures that snacks are planned on the menu as part of the total day's intake. Refer to the snack section (from page 61) for some great snack ideas.

## Sample Menu Template Week 1

|                        | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   |
|------------------------|---|---|---|---|---|
| <b>Morning Snack</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   |
| <b>Lunch</b>           | RED MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br>½ serve of <b>milk products and alternatives</b> | PORK or WHITE MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br><br>*include an additional iron food | VEGETARIAN DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>vegetables</b><br>1 serve of <b>milk products and alternatives</b><br><br>*include an additional iron food and a food rich in vitamin C | RED MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b> | PORK or WHITE MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br><br>*include an additional iron food |
| <b>Afternoon Snack</b> | 1 serve of <b>grain foods</b><br>½ serve of <b>milk products and alternatives</b>   | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   | 1 serve of <b>grain foods</b><br>½ serve of <b>fruit</b>  | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   |

**Water** is served with all meals and between meals

**Late Snack:** A late snack of (insert foods offered) is offered to children in the centre after (insert time offered i.e. 5pm) by (insert if the centre or parents provide)

## Sample Menu Template Week 2

|                        | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   |
|------------------------|---|--|---|---|---|
| <b>Morning Snack</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   | 1 serve of <b>grain foods</b><br>½ serve of <b>milk products and alternatives</b>  | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>grain foods</b><br>½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>  | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   |
| <b>Lunch</b>           | PORK or WHITE MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br><br>*include an additional iron food | VEGETARIAN DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br>½ serve of <b>milk products and alternatives</b><br><br>*include an additional iron food and a food rich in vitamin C | RED MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b> | PORK or WHITE MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br><br>*include an additional iron food | RED MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b> |
| <b>Afternoon Snack</b> | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>  | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>grain foods</b><br>½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>  | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   |

**Water** is served with all meals and between meals

**Late Snack:** A late snack of (insert foods offered) is offered to children in the centre after (insert time offered i.e. 5pm) by (insert if the centre or parents provide)

## Sample Menu Template Week 3

|                        | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   |
|------------------------|---|---|--|---|---|
| <b>Morning Snack</b>   | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   | 1 serve of <b>grain foods</b><br>½ serve of <b>milk products and alternatives</b>  | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   |
| <b>Lunch</b>           | PORK or WHITE MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br><br>*include an additional iron food | RED MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b> | VEGETARIAN DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br>½ serve of <b>milk products and alternatives</b><br><br>*include an additional iron food and a food rich in vitamin C | PORK or WHITE MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br>½ serve of <b>milk products and alternatives</b><br>*include an additional iron food | RED MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b> |
| <b>Afternoon Snack</b> | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>  | 1 serve of <b>grain foods</b><br>½ serve of <b>milk products and alternatives</b>   | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   |

**Water** is served with all meals and between meals

**Late Snack:** A late snack of (insert foods offered) is offered to children in the centre after (insert time offered i.e. 5pm) by (insert if the centre or parents provide)



## Sample Menu Template Week 4

|                        | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   |
|------------------------|--|---|--|---|---|
| <b>Morning Snack</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>  | 1 serve of <b>grain foods</b><br>½ serve of <b>milk products and alternatives</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>  | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>grain foods</b><br>1 ½ serve of <b>milk products and alternatives</b>   |
| <b>Lunch</b>           | VEGETARIAN DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br>½ serve of <b>milk products and alternatives</b><br>*include an additional iron food and a food rich in vitamin C | RED MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br>½ serve of <b>milk products and alternatives</b> | VEGETARIAN DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br>½ serve of <b>milk products and alternatives</b><br>*include an additional iron food and a food rich in vitamin C | RED MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>1 serve of <b>grain foods</b><br>1 serve of <b>vegetables</b> | PORK or WHITE MEAT DISH<br><br>1 serve of <b>meat and alternatives</b><br>½ serve of <b>grain foods</b><br>1 serve of <b>vegetables</b><br>½ serve of <b>milk products and alternatives</b><br>*include an additional iron food |
| <b>Afternoon Snack</b> | ½ serve of <b>fruit</b><br>1 serve of <b>grain foods</b><br>½ serve of <b>milk products and alternatives</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>milk products and alternatives</b>   | 1 serve of <b>grain foods</b><br>½ serve of <b>milk products and alternatives</b>  | 1 serve of <b>grain foods</b><br>1 serve of <b>milk products and alternatives</b>   | ½ serve of <b>fruit</b><br>1 serve of <b>grain foods</b>  |

**Water** is served with all meals and between meals

**Late Snack:** A late snack of (insert foods offered) is offered to children in the centre after (insert time offered i.e. 5pm) by (insert if the centre or parents provide)

## Start Right-Eat Right Sample Menu Week 1

|                        | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   |
|------------------------|--|--|---|--|---|
| <b>Morning Snack</b>   | Fresh fruit platter*<br>Milk*  | Fresh fruit platter*<br>Yoghurt*   | Savoury and fruit platter<br>(cheese*, fresh fruit*, dried fruit*, wholegrain crackers*)  | Fresh fruit platter*<br>Yoghurt*   | Stewed fruit*<br>Custard*   |
| <b>Lunch</b>           | <b>Lamb* Trecolori with vegetables*</b> (capsicum, zucchini, carrot) <b>+ cheese* &amp; pasta*</b><br><br>+ Water<br><br>(RED MEAT DISH) | <b>Chicken* and zucchini burgers with cheesy* vegetables*</b> (cauliflower, carrot, broccoli)<br><br><b>+ Wholemeal bread*</b><br><br>+ Water<br><br>(WHITE MEAT DISH) | <b>Vegetable quiche with baked beans</b> (baked beans*, eggs*, cheese*, carrot, broccoli, capsicum, zucchini, cauliflower*)<br><br>+ Water<br><br>(VEGETARIAN DISH) | <b>Slow cooked beef* casserole + vegetables*</b> (celery, carrots, tomatoes) <b>with rice*</b><br><br>+ Water<br><br>(RED MEAT DISH) | <b>Tuna* patties + garden salad*</b> (lettuce, tomato, cucumber)<br><br><b>+ Wholemeal bread rolls*</b><br><br>+ Water<br><br>(WHITE MEAT DISH) |
| <b>Afternoon Snack</b> | Cheese Scones*<br><br>Yoghurt*   | Savoury platter with dips (hommus/tzatziki), cheese*, pita bread*, cucumber)<br><br>Milk*  | Fresh fruit platter*<br><br>Raisin toast*<br><br>Milk   | Crumpets* with toppings (cheese*, vegemite, jam)<br><br>Milk*  | Pikelets with spreads*<br><br>Yoghurt*  |

**Water** is available at all times

A **late snack** of fruit and crackers is offered to children in the centre after 5pm

## Start Right-Eat Right Sample Menu Week 2

|                        | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   |
|------------------------|---|---|---|--|---|
| <b>Morning Snack</b>   | Fresh fruit platter*<br>Milk*   | English muffins* with toppings (cottage cheese*, vegemite, jam)   | Fresh fruit platter*<br>Yoghurt*  | Cheese* + Crackers*<br>Fruit smoothies** (fruit, milk and yoghurt)   | Fresh fruit platter*<br>Custard*  |
| <b>Lunch</b>           | <b>Honey chicken* and vegetables*</b> (capsicum, beans, corn, broccoli, zucchini, beans, squash, snow peas) <b>wholemeal spaghetti*</b><br><br>+ Water<br><br>(WHITE MEAT DISH) | <b>Home made vegetable* pizzas*</b> (wholemeal pizza base, with cheese*, egg*, capsicum, tomato, pineapple and mushrooms)<br><br><b>+ Garden salad*</b> (lettuce, tomato, cucumber)<br><br>+ Water<br><br>(VEGETARIAN DISH) | <b>Sang Choy Bow</b> (beef*, noodles*, capsicum, celery, carrot, zucchini, bean sprouts, lettuce)<br><br>+ Water<br><br>(RED MEAT DISH) | <b>Tasty tuna*, tomato* and noodle* bake</b> (tomatoes, spinach, pineapple and cheese)<br><br><b>+ Steamed cauliflower, carrot and broccoli*</b><br><br>+ Water<br><br>(WHITE MEAT DISH) | <b>Nasi Goreng (beef*) with vegetables*</b> (carrot, peas, spinach)<br><br><b>+ Brown rice*</b><br><br>+ Water<br><br>(RED MEAT DISH) |
| <b>Afternoon Snack</b> | Carrot and zucchini muffins*<br>Milk*   | Yoghurt*<br>Fresh fruit platter*  | Sultana Scones*<br>Milk*  | Savoury and fruit platter (cheese*, crackers* fresh fruit*, dried fruit*,)   | Dips + pita bread* + cheese*<br>Milk*   |

**Water** is available at all times

A **late snack** of fruit and crackers is offered to children in the centre after 5pm

## Start Right-Eat Right Sample Menu Week 3

|                        | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   |
|------------------------|---|--|--|---|---|
| <b>Morning Snack</b>   | Cheese* + Crackers*<br>Milk*  | Fresh fruit platter*<br>Yoghurt*   | Crumpets* + spreads<br>Milk*   | Fresh fruit platter*<br>Milk*   | Savoury and fruit platter<br>(cheese*, crackers* fresh fruit*, dried fruit*,)   |
| <b>Lunch</b>           | <b>Apricot Chicken* with potato and vegetables*</b><br>(carrots, peas, sweet potato)<br><br><b>+ wholemeal bread*</b><br><br>+ Water<br>(WHITE MEAT DISH) | <b>Quick Beef* Goulash</b><br>(Russian/Hungarian)<br><br><b>+ Rice*</b><br><br><b>+ Garden salad*</b><br>(lettuce, cucumber, tomato)<br><br>+ Water<br>(RED MEAT DISH) | <b>Pumpkin, Lentil* and Noodle* soup</b><br><br><b>+ wholemeal bread*</b><br><br><b>+ cheesy garden salad*</b><br>(lettuce, tomato, cucumber, cheddar cheese*)<br><br>+ Water<br>(VEGETARIAN DISH) | <b>Twisty Tuna* wholemeal Pasta* with cheesy* vegetable*</b><br>(broccoli, corn, leek) <b>sauce</b><br><br>+ Water<br>(WHITE MEAT DISH) | <b>Mild lamb* and vegetable*</b> (celery, leek, carrot, tinned pineapple)<br><b>curry</b><br><br><b>+ Basmati rice*</b><br><br>+ Water<br>(RED MEAT DISH) |
| <b>Afternoon Snack</b> | Fruit salad*<br>Milk*   | Baked beans<br>+ toast fingers*<br>Milk*   | Custard* + tinned fruit*   | Savoury platter with dips<br>(hommus/tzatziki), cheese*, pita bread*, cucumber)<br>Milk*  | Toasted sandwiches*<br>(cheese*, ham & tomato)<br>Yoghurt*  |

**Water** is available at all times

A **late snack** of fruit and crackers is offered to children in the centre after 5pm

## Start Right-Eat Right Sample Menu Week 4

|                        | <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|------------------------|--|--|---|---|--|
| <b>Morning Snack</b>   | Fresh fruit platter*<br>Milk*  | Sultana Scones*<br>Yoghurt*  | Fresh fruit platter*<br>Milk*   | Custard*<br>Tinned peaches*   | Cheese* + crackers*<br>Banana Smoothies*<br>(banana, milk and yoghurt)   |
| <b>Lunch</b>           | <b>5 bean* stew with pasta*, cheese* + vegetables*</b> (cauliflower, tomato, broccoli, carrot)<br><br>+ Water<br><br>(VEGETARIAN DISH) | <b>Spanish beef* with beans and cheese*</b><br><br><b>+ Brown rice*</b><br><br><b>+ Garden salad*</b><br>(lettuce, tomato, cucumber)<br><br>+ Water<br><br>(RED MEAT DISH) | <b>Cheesy* pumpkin and broccoli pasta* with tuna*</b><br><br><b>+ Steamed cauliflower and peas*</b><br><br>+ Water<br><br>(WHITE MEAT DISH) | <b>Beef* in mustard sauce + Roast vegetables*</b><br>(potato, pumpkin, broccoli)<br><br><b>+ Wholemeal bread*</b><br><br>+ Water<br><br>(RED MEAT DISH) | <b>Chicken* &amp; noodle* slice with cheese* and vegetables*</b> (cauliflower + sweet potato)<br><br><b>+ Garden salad*</b><br>(lettuce, tomato, cucumber)<br><br>+ Water<br><br>(WHITE MEAT DISH) |
| <b>Afternoon Snack</b> | Fruit smoothies**<br>(fruit, milk and yoghurt)<br><br>Wholemeal English muffins* + spreads   | Savoury and fruit platter<br>(cheese*, crackers*, fresh fruit*, dried fruit*)<br><br>Milk*   | Rice cakes* with toppings (cottage cheese*, vegemite, jam)<br><br>Yoghurt*  | Dips + crackers* + cucumber + cheese*<br><br>Milk*  | Raisin/Fruit toast*<br><br>Frozen fruit kebabs*  |

**Water** is available at all times

A **late snack** of fruit and crackers is offered to children in the centre after 5pm

## Start Right-Eat Right Sample Menu Week 5

|                        | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>  | <b>Friday</b>   |
|------------------------|---|---|---|--|---|
| <b>Morning Snack</b>   | Fresh fruit platter*<br>Milk*   | Fresh fruit platter*<br>Yoghurt*  | Custard* + stewed fruit*  | Fresh fruit platter*<br>Milk *   | Savoury and fruit platter (cheese*, fresh fruit*, dried fruit*, crackers*)  |
| <b>Lunch</b>           | <b>Mexican Beef* Bake,</b><br>with pasta*, cheese*<br>and vegetables* (corn,<br>tomato, capsicum)<br><br>+ Water<br><br>(RED MEAT DISH) | <b>Boston Bean Bake</b><br>(baked beans*, eggs*,<br>cheese*, carrots, spinach,<br>breadcrumbs*)<br><br><b>+ Steamed broccoli,<br/>peas and cauliflower*</b><br><br>+ Water<br><br>(VEGETARIAN DISH) | <b>Warm chicken* salad*</b><br>(chicken, leek, celery,<br>capsicum, pineapple)<br><b>in fresh wholemeal<br/>bread wraps*</b><br><br><b>+ Garden salad*</b><br>(lettuce, tomato, cucumber)<br><br>+ Water<br><br>(WHITE MEAT DISH) | <b>Moroccan Lamb*</b><br><b>Meatballs</b><br>(with vegetable sauce)*<br><br><b>+ Rice*</b><br><br>+ Water<br><br>(RED MEAT DISH) | <b>Lentil Roast</b><br>(lentils*, rice*, cheese*,<br>carrot, cabbage, onion*) with<br>tomato based sauce<br><br><b>+ steamed broccoli and<br/>carrot rings*</b><br><br>+ Water<br><br>(VEGETARIAN DISH) |
| <b>Afternoon Snack</b> | Cheese* Scones*   | Savoury platter with dips<br>(hommus/tzatziki), cheese*,<br>pita bread*, cucumber)  | Raisin toast*<br>Yoghurt*   | Crumpets* with toppings<br>(cheese*, vegemite, jam)<br><br>Yoghurt *   | Pikelets with spreads*<br><br>Yoghurt*  |

**Water** is available at all times

A **late snack** of fruit and crackers is offered to children in the centre after 5pm

## Start Right-Eat Right Sample Menu Week 6

|                        | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>   |
|------------------------|---|---|--|--|---|
| <b>Morning Snack</b>   | Fresh fruit platter*<br>Milk*   | Cheese* + Crackers*<br>+ Fresh fruit*   | Fresh fruit platter*<br>Custard*   | English muffins* with toppings (cottage cheese*, vegemite, jam)<br>Milk*   | Fresh fruit platter*<br>Yoghurt*  |
| <b>Lunch</b>           | <b>Fish* and Spinach pie</b><br>(tuna, cheese*, spinach, potato, corn*)<br><br><b>+ Wholemeal bread*</b><br><br><b>+ Garden salad*</b><br>(lettuce, cucumber, tomato)<br><br>+ Water<br><br>(WHITE MEAT DISH) | <b>Curried Beef* and Rice* from Iran with Mixed Vegetables*</b><br><br><br><br>+ Water<br><br>(RED MEAT DISH) | <b>Moroccan chicken* with couscous*</b><br>(celery, carrot, zucchini, pumpkin, tomato, capsicum*)<br><br><b>+ Wholemeal bread*</b><br><br>+ Water<br><br>(WHITE MEAT DISH) | <b>Quick Beef* Goulash</b><br>(Russian/Hungarian)<br><br><b>+ Rice*</b><br><br><b>+ Garden salad*</b><br>(lettuce, cucumber, tomato)<br><br>+ Water<br><br>(RED MEAT DISH) | <b>Chunky Vegetable* and Lentil* Chowder</b><br>(zucchini, leek, carrot, celery, tomato, lentils)<br><br><b>+ Grilled cheese* on wholemeal toast*</b><br><br>+ Water<br><br>(VEGETARIAN DISH) |
| <b>Afternoon Snack</b> | Carrot and zucchini muffins*  | Sultana Scones*<br><br>Yoghurt*   | Frozen yoghurt* in cones   | Savoury and fruit platter (cheese*, crackers*, fresh fruit*, dried fruit*,)  | Dips + pita bread* + cheese*  |

**Water** is available at all times

A **late snack** of fruit and crackers is offered to children in the centre after 5pm

## Start Right-Eat Right Sample Menu Week 7

|                        | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|------------------------|---|--|---|---|--|
| <b>Morning Snack</b>   | Crumpets* + spreads<br>Milk*  | Fresh fruit platter*<br>Yoghurt*   | Cheese* + Crackers*<br>Milk*  | Fresh fruit platter*<br>Yoghurt*  | Savoury and fruit platter<br>(cheese*, crackers* fresh fruit*, dried fruit*)   |
| <b>Lunch</b>           | <b>Pumpkin and broccoli*<br/>risotto* (with lentils*)</b><br><br>+ Water<br><br>(VEGETARIAN DISH) | <b>Lamb and Lentil* Hot<br/>pot with mixed<br/>vegetables*</b><br><br><b>+ Lebanese bread*</b><br><br>+ Water<br><br>(RED MEAT DISH) | <b>Chicken* &amp; Hokkien<br/>Noodles* with<br/>vegetables*</b> (celery,<br>broccoli, cauliflower,<br>capsicum)<br><br>+ Water<br><br>(WHITE MEAT DISH) | <b>Spanish beef* with<br/>beans and cheese*</b><br><br><b>+ Brown rice*</b><br><br><b>+ Garden salad*</b><br>(lettuce, tomato, cucumber<br><br>+ Water<br><br>(RED MEAT DISH) | <b>Vegetable quiche with<br/>baked beans</b> (baked<br>beans*, eggs*, cheese*,<br>carrot, broccoli, capsicum,<br>zucchini, cauliflower*)<br><br>+ Water<br><br>(VEGETARIAN DISH) |
| <b>Afternoon Snack</b> | Fruit salad*<br><br>Yoghurt*  | Baked beans<br>+ grated cheese*<br>on toast fingers*   | Custard*<br>+ tinned fruit*   | Savoury platter with dips<br>(hommus/tzatziki), cheese*,<br>pita bread*, cucumber)  | Toasted sandwiches*<br>(cheese*, ham & tomato)<br><br>Yoghurt*   |

**Water** is available at all times

A **late snack** of fruit and crackers is offered to children in the centre after 5pm



## Start Right-Eat Right Sample Menu Week 8

|                        | <b>Monday</b>   | <b>Tuesday</b>   | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>  |
|------------------------|---|--|---|---|--|
| <b>Morning Snack</b>   | Fresh fruit platter*<br>Yoghurt*  | Sultana Scones*<br>Milk*   | Fresh fruit platter*<br>Milk*   | Custard*<br>Tinned peaches*   | Raisin/Fruit toast*<br>Banana Smoothies*<br>(banana, milk and yoghurt)   |
| <b>Lunch</b>           | <b>Beef* in mustard sauce + Roast vegetables*</b><br>(potato, pumpkin, broccoli)<br><br><b>+ Wholemeal bread*</b><br><br>+ Water<br>(RED MEAT DISH) | <b>Russian Potato Romanov*</b> (potato, capsicum, cheese*)<br><br><b>+ wholemeal bread* and garden salad*</b><br>(lettuce, tomato, cucumber)<br><br>+ Water<br>(VEGETARIAN DISH) | <b>Tuna* lasagne* with mixed vegetables*</b><br>(mushrooms, broccoli, cauliflower, carrot, corn on the cob) + cheese*<br><br>+ Water<br>(WHITE MEAT DISH) | <b>Chicken* and broccoli* bake</b> (broccoli, potato, breadcrumbs, cheese*)<br><br><b>+ wholemeal bread* and garden salad*</b><br>(lettuce, tomato, cucumber)<br><br>+ Water<br>(WHITE MEAT DISH) | <b>Slow cooked beef* casserole + vegetables*</b><br>(celery, carrots, tomatoes)<br><br><b>With rice*</b><br><br>+ Water<br>(RED MEAT DISH) |
| <b>Afternoon Snack</b> | Fruit smoothies**<br>(fruit, milk and yoghurt)<br><br>English muffins* + spreads  | Savoury and fruit platter<br>(ham*, hommus*, wholegrain crackers* fresh fruit*, dried fruit*)  | Rice cakes* with toppings (cottage cheese*, vegemite, jam)  | Dips + crackers* + cucumber + cheese*   | Cheese* + crackers*<br><br>Chilled fruit kebabs*   |

**Water** is available at all times

A **late snack** of fruit and crackers is offered to children in the centre after 5pm

# **RED MEAT MEALS**

## **(Recipes)**

## Lamb Trecolori

Adapted from Anglicare SA Wanslea Child Care Centre

Serves 60

2kg (dry) vegetable pasta  
500g onion, chopped  
1.5kg lean minced beef  
1.5kg lean minced lamb  
500g red or green capsicum, diced  
750g zucchini, diced  
750g frozen diced carrot  
500g grated cheese  
2 L tomato pasta sauce  
2 Tablespoons Italian herbs  
50g cornflour  
2 Tablespoons brown sugar

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- ½ serve milk products and alternatives

1. Boil pasta until cooked al dente. Drain well
2. Fry onion and dry herbs for 5 minutes in some oil. Add mince and cook until brown
3. Add zucchini and capsicum. Cook for a further 5 minutes
4. Add pasta sauce and mix well. Bring to the boil then reduce heat and simmer for 10 minutes
5. In the meantime, boil carrots in just enough water to cover. Add to the other mixture with water and brown sugar
6. Dissolve corn flour in a little bit of water and add to the pot. Stir until the sauce thickens
7. Divide pasta between large dishes. Add sauce on top and mix slightly to incorporate. Top with grated cheese.

## Slow Cooked Beef Casserole with Vegetables

Adapted from St Andrews Child Care Centre

Serves 60

3kg lean beef strips  
3 large onions, finely diced  
900g celery, grated  
2kg carrots, grated  
1.5kg fresh cooking tomatoes, chopped  
2 Bay leaves  
Pepper to taste  
160g gravy powder  
3 L water  
2kg (dry rice) or 60 slices of crusty bread

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Sauté onions, celery and carrots until soft. Place in large stockpot or casserole dish.
2. Add beef strips, bay leaves, tomato and pepper
3. Cover with water and bring to the boil. Reduce to gently simmer until meat is tender. Simmer uncovered until stock reduces then add gravy powder. Simmer uncovered until sauce thickens
4. Serve with steamed rice or crusty bread.

## Sang Choy Bow

Adapted from Unley Community Child Care Centre

Serves 50

- 2.5kg diced lean beef or lamb
- 2 tablespoons vegetable oil
- 2 chopped onions
- 4 sticks of chopped celery
- 2 chopped red capsicums
- 8 carrots cut into julienne strips
- 3 chopped zucchini
- 500g bean sprouts (save these to add at the last minute)
- 2 teaspoons of salt reduced soy sauce
- 100ml teriyaki sauce
- 4 tablespoons oyster sauce
- 1 large packet of dried noodles (Ayam brand contains 6 cakes of noodles per packet – use all of them)
- 50 lettuce leaves (to serve; approximately 3 large iceberg lettuces)

This recipe provides at least:

- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Fry onion and meat (you may need to cook the meat in smaller batches). Stir well to break up any lumps
2. Add celery, capsicum, carrot and zucchini along with the soy, teriyaki and oyster sauces, stirring well to brown meat and cook vegetables
3. When all batches are cooked put together into a saucepan and simmer for a minute or two
4. Soak noodles in boiling water for a few minutes. Strain, and then add to the meat and vegetable mix, along with the bean sprouts.
5. Serve in lettuce cups.

Tip: Make sure you are offering the 2 serves of grain foods across morning and afternoon snack, or serve this meal with sliced wholemeal bread

## Nasi Goreng

Adapted from Wellington Road Child Care Centre

Serves 60

2 kg (raw) brown rice  
3kg beef (can use chicken instead if desired)  
500g onions  
1kg carrots, grated  
1kg frozen peas  
2 bunches of spinach  
600g capsicum, chopped  
400g green beans, halved  
2 bunches of spring onions  
3 cloves garlic, crushed  
Oil  
2 teaspoons turmeric  
2 packets Connie Nasi Goreng mix (from Asian section of supermarket)  
Salt reduced soy sauce, to taste  
Pepper, to taste

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Cook and drain rice. Run cold water through it to cool (this is best done the day before)
2. Fry beef, onions and capsicum. Put aside
3. Heat peas and mix together with carrots, green beans and spinach
4. Mix Nasi Goreng mix following directions on the packet and add turmeric to this mixture
5. Heat frying pan and add garlic, pepper, soy sauce and the mixture prepared in step 4
6. Add rice and mix well
7. Fold through remaining ingredients and serve.

*Note* You may need to do 3 or 4 separate loads of mixture due to quantity – divide ingredients into equal portions and mix together each time.

## Mild Lamb and Vegetable Curry

Adapted from Lockleys Child Care and Early Learning Centre

Serves 60

2kg (raw) rice  
3kg diced lamb, trimmed of visible fat  
6 leeks, diced  
2 bunches of celery, diced  
1.5kg carrots, diced  
750g green peas  
1kg potatoes, diced  
3 tablespoons mild curry powder  
850g crushed pineapple  
1 cup French onion soup powder  
Garlic to taste  
Oil  
Water

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Cook rice according to packet directions
2. Fry garlic, curry powder and oil in a large pan. Add water as needed
3. Add lamb, vegetables and pineapple
4. Cook until lamb is tender
5. Thicken with soup mix
6. Serve with rice.

## Mexican Beef Bake

Adapted from Hallett Cove Child Care Centre Inc.

Serves 50

2½ kg (dry) Rigatoni pasta  
2.5kg lean minced beef  
3 x 400g cans corn kernels, drained  
500g green capsicums, diced  
500g onions, diced  
1 x 400g can kidney beans, drained  
2 cloves garlic  
1 tablespoon Mexican chilli powder  
2 x 800g cans crushed, peeled tomatoes  
1 cup plain flour  
½ cup parsley  
6 eggs, lightly beaten  
750g grated cheese

This recipe provides at least:

- 1 ½ serves of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. Preheat oven to 180°C
2. Cook pasta until al dente and drain well. Keep warm
3. In a frying pan heat oil and fry garlic and onion until soft
4. Add capsicum and fry for 3 minutes. Add meat and fry until browned. Stir through chilli powder and the tomatoes and season with pepper to taste. Sprinkle in flour and mix well
5. Add parsley, kidney beans, egg and corn. Mix through and stir into pasta.
6. Place in a greased baking dish and top with grated cheese. Cook for 3 minutes.



## Moroccan Lamb Meatballs

Adapted from The Pines Community Child Care Centre

Serves 50

1.5kg (raw) rice  
2.5kg lamb mince  
2 onions, processed in blender  
3 carrots, processed in blender  
1 cup sultanas, processed in blender  
2 cups breadcrumbs  
½ cup dried parsley  
3 Tablespoons Moroccan Spice mix  
4 eggs

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

### Sauce

Olive oil  
2 onions, processed in blender  
3 red capsicums, processed in blender  
2 tsp garlic, crushed  
2.9 kg tin tomatoes

1. Cook rice according to packet directions
2. Combine meatball ingredients together. Roll into small balls and place on a greased baking tray. Cook meatballs in oven for 15 – 20 minutes
3. Meanwhile, fry onions, garlic and red capsicum in oil. Add tinned tomatoes and simmer gently.
4. Spoon meatballs over steamed rice and pour the sauce over.

## Quick Beef Goulash (Russian/Hungarian)

Adapted from Manor Farm Early Learning Child Care Centre

Serves 30

1kg (raw) rice  
2 tablespoons olive oil  
6 brown onions, thinly sliced  
6 tablespoons ground paprika  
2 x 400g can condensed tomato soup  
1.5kg stir-fry beef  
1.5kg button mushrooms, thinly sliced  
2 x 400g can diced tomatoes  
Pepper, to taste

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Cook rice according to packet directions
2. Heat some of the oil in large frying pan over high heat. Add the beef in batches, stirring often, for 3 minutes per batch (or until browned). Set aside
3. Add some olive oil, onion and mushroom to a pan. Cook for a further 3 minutes, or until tender. Add paprika. Cook, stirring for 1 minute. Add soup and tomatoes. Stir until well combined. Bring to the boil
4. Reduce heat to low and return beef to pan. Simmer for 3 minutes or until warmed through. Season with pepper
5. Serve with rice

## Lamb and Lentil Hot Pot

Adapted from Hallett Cove Child Care Centre

Serves 50

2 tablespoons polyunsaturated oil  
3 large onions, finely chopped  
4 cloves garlic  
4 teaspoons ginger  
2 tablespoons curry powder  
2 x 810g tin tomatoes (chopped or pureed)  
2.5kg cubed lamb, trimmed of visible fat  
600g (3 cups) red lentils, washed and drained  
2 cups fresh or frozen mixed vegetables  
3 cups water  
1.5kg (raw) rice or 2kg of Lebanese bread

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Heat the oil in a large pan and cook onion and garlic until golden
2. Stir in the ginger and curry powder and cook for a further 1 – 2 minutes
3. Add all other ingredients. Cover and simmer for 40 – 50 minutes or until lamb is tender
4. Serve with rice or Lebanese bread.

## Spanish Beef with Beans and Cheese

Adapted from Wellington Road Child Care Centre

Serves 60

2kg (raw) brown rice  
3kg minced beef  
1 large tin red kidney beans  
1kg cheese  
750g onions  
4 x 400 tins tomato puree  
3 teaspoons mustard  
Pepper, to taste  
2.25kg mixed vegetables, cooked

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Cook rice following packet directions and put aside
2. Fry mince in pan. Add onions and cook well
3. Stir in mustard and pepper. Add soup and some water if necessary
4. Stir in kidney beans and cheese
5. Serve with rice and mixed vegetables

## Beef in Mustard with Roast Vegetables

Adapted from Manor Farm Early Learning Child Care Centre

Serves 30

### Beef

2 kg block of lean beef for roasting

½ small jar of wholegrain mustard

8 tablespoons of mixed herbs (fresh or dry)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Cut beef block in half longways and spread with wholegrain mustard
2. Roll beef in mixed herbs then place in a greased baking dish
3. Cook in oven at 180°C for 45 – 50 minutes or until well done.

### Vegetables

500g of quartered peeled potatoes

500g of peeled pumpkin, cut into same size pieces as potatoes

3 large bunches of broccoli, cut into small pieces

Mixed herbs (fresh or dry)

Olive oil (as needed)

1. Place cubed vegetables in a bowl and lightly toss through with a bit of extra virgin olive oil and mixed herbs.
2. Place vegetables in a large baking dish and cook in a hot oven (200 – 220°C) for around 20 minutes.

### Bread

30 slices of wholemeal bread

Serve sliced bread with sliced mustard beef and roast vegetables

## Curried Beef and Rice from Iran

Adapted from North East Community Child Care Centre

Serves 50

1.5kg (raw) rice  
2.5kg beef mince  
3kg frozen mixed vegetables  
1 x 500g jar tomato paste  
3 onions, chopped  
2 tablespoons garlic  
3 teaspoons curry powder  
3 teaspoons turmeric  
2 teaspoons cumin  
1 x 400g tin tomatoes, crushed  
Oil  
200g cooked lentils (optional)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Prepare rice following packet instructions
2. Par cook vegetables and set aside
3. Sauté onion, garlic, curry powder, cumin and turmeric in oil
4. Add mince and cook well until brown
5. Add tomato paste and some water. Bring to the boil. Simmer until well cooked through. If the sauce is too thick, add more water. Alternatively if too thin add 200g cooked lentils
6. Add vegetables and stir to combine
7. Serve with rice

**PORK AND  
WHITE MEAT MEALS  
(Recipes)**

## Tuna Patties

Adapted from Hope Valley Child Care Centre

Serves 40

5 x 425 g tins of tuna in spring water, drained (iron source)  
5 kg potatoes, peeled  
1.5 kg grated cheddar cheese  
1 tablespoon low salt chicken booster  
1 tablespoon mixed herbs or chives  
750g breadcrumbs  
2 kg frozen corn, cooked  
Oil or cooking spray  
20 wholemeal bread rolls (iron source)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 2 serves of vegetables
- 2 serves milk products and alternatives

1. Cook potatoes until tender then mash
2. Mix together potatoes, tuna, corn, cheese and herbs until well combined
3. Add some of the breadcrumbs and mix. Add enough breadcrumbs to make mixture stick together, then form into patties and roll in remaining crumbs
4. Cook in batches in pan greased with oil or cooking spray, until brown on each side. Heat in oven if necessary
5. Serve with a garden salad and wholemeal bread rolls ( ½ a roll per child)



## Honey Chicken and Vegetable Spaghetti

Adapted from Hallett Cove Child Care Centre

Serves 50

3kg mixed vegetables (broccoli, cauliflower, cabbage, capsicum, corn, zucchini, squash, snow peas, beans)  
(*note* ensure you include an additional iron source i.e. broccoli, cauliflower, or cabbage)

3 large onions

500g carrots

2.5kg diced skinless chicken (iron source)

2 litres reduced salt chicken stock

5 tbsp grain mustard

$\frac{3}{4}$  cup honey (*note* honey is not to be served to children under 1 year old)

500ml evaporated milk

2½ kg (dry) spaghetti

This recipe provides at least:

- 1 ½ serves of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Cook spaghetti in boiling water
2. In a large frypan cook diced onion and carrot in some olive oil
3. Add chicken, cook for 3-4 minutes and add stock, mustard, honey and evaporated milk
4. Add vegetables (leave out snow peas) and simmer for 4 – 5 minutes until vegetables are soft and sauce thickens
5. Stir in snow peas and serve over spaghetti.

## Tasty Tuna, Tomato and Noodle Bake

Adapted from Lockleys Child Care and Early Learning Centre

Serves 60

9 x 425g tinned tuna, drained (iron source)

3kg crushed tomatoes

500g frozen spinach (iron source)

850g crushed pineapple

2.1kg (dry) macaroni

450g grated cheese (for topping)

1kg mixed vegetables, steamed

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- ½ serve milk products and alternatives

1. Cook pasta following packet directions and drain
2. Stir in remaining ingredients and place in serving dishes
3. Top with grated cheese and place under the grill until brown
4. Serve with mixed steamed vegetables.

## Twisty Tuna Pasta

Adapted from Anglicare SA Wanslea Child Care Centre

Serves 20

3 x 425g cans of tuna (iron source)  
500g broccoli (iron source)  
200g cauliflower (iron source)  
500g frozen corn  
300g chopped leek  
2 Litres milk  
300g plain flour  
100g polyunsaturated margarine  
500g grated cheese  
1kg (dry) pasta twists

This recipe provides at least:

- 2 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 2 serves milk products and alternatives

1. Boil pasta until cooked al dente. Drain well and set aside
2. Fry leek in spray oil in large saucepan until soft. Add margarine and melt. Mix in flour. Add warm milk and whisk over a low heat until it starts to thicken. Simmer slowly for 10 minutes
3. Meanwhile boil corn for 8 minutes in just enough water to cover it. Puree using a blender and add to the sauce together with cheese. Stir well
4. Meanwhile stir fry broccoli and cauliflower to soften. Add to the sauce.
5. Drain tuna well in a colander and set aside.
6. Line the bottom of 3 large dishes with pasta. Spread flaked tuna over the pasta. Pour the sauce over the top and shake gently. Cover with foil and keep warm until ready to serve.

## Chicken and Noodle Slice

Adapted from Children's Educational Care Centre

Serves 60

- 4 x 500g packets (dry) pasta
- 3 kg chicken mince, browned in fry pan (iron source)
- 1 small cauliflower (including stem), steamed  
and grated (iron source)
- 1 kg sweet potato, steamed and mashed
- 8 tablespoons margarine
- 2 teaspoons garlic
- ½ cup plain flour
- 5 cups milk
- 4 chicken stock cubes dissolved in 2½ cups water
- ½ cup mayonnaise
- 2 tablespoons French mustard
- 500g grated cheddar cheese
- 2.2kg garden salad (e.g. lettuce, tomato, cucumber)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- ¾ serve milk products and alternatives

1. Cook pasta until al dente
2. Combine pasta, chicken, cauliflower and sweet potato in mixing bowl
3. Melt margarine in a saucepan, add garlic and brown. Add flour to make a paste, gradually add made-up stock and milk. Stir until thick. Add mayonnaise and mustard and stir
4. Pour sauce through pasta mix. Sprinkle top with cheese
5. Serve with a garden salad

## Cheesy Pumpkin and Broccoli Pasta with Tuna

Adapted from Blackwood Community Child Care Centre

Serves 50

750g pumpkin, peeled and diced  
2.5kg (dry) pasta  
2 x 45g packets Continental Cream of Pumpkin Soup  
2 x 375mls evaporated milk  
1 kg broccoli, chopped finely (iron source)  
8 x 425g tins tuna (iron source)  
500g grated cheese  
2 kg steamed cauliflower (iron source)  
1kg steamed peas

This recipe provides at least:

- 1 ½ serves of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. Cook pumpkin until soft, and then puree in a food processor.
2. Boil pasta and at the last minute add broccoli and then drain
3. Combine soup and evaporated milk together and mix into pasta
4. Stir tuna through pasta
5. Spray glass dishes with cooking spray and pour pasta into these dishes. Sprinkle with grated cheese
6. Bake in oven at 180°C until cheese is melted
7. Serve with steamed cauliflower and peas.

## Warm Chicken Salad in Fresh Bread Wraps

Adapted from Lockleys Child Care and Early Learning Centre

Serves 60

3kg diced chicken breast fillets (iron source)

Spray oil

2 leeks, sliced

2 sticks celery, sliced

1 red capsicum, diced

2 green capsicums, diced

1 can (850g) crushed pineapple

2 tablespoons French onion soup mix

2 tablespoons tomato paste

2 tablespoons honey (*note* honey is not to be served to children under 1 year old)

2 tablespoons vinegar

60 wholemeal Tortilla/ Burritos wraps (iron source)

2kg of garden salad (e.g. lettuce, tomato, cucumber, grated carrot)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- ½ serve of vegetables

1. In a lightly oiled heated frying pan, brown the diced chicken
2. Mix all ingredients (except wraps and salad) together and bake in a shallow tray (cover with foil) for 45 minutes
3. Serve alongside garden salad in bowls with wraps so that children can choose and make their own meals.

## Moroccan Chicken with Couscous

Adapted from Unley Community Child Care Centre

Serves 50

2.5kg skinless chicken breast, diced (iron source)  
2 tablespoons oil  
2 large onions, chopped  
4 sticks celery, chopped  
8 carrots, diced  
3 zucchini, chopped  
1 small butternut pumpkin, diced  
2 x 800g cans of chopped tomatoes  
2 red capsicums, chopped  
2 tablespoons of Moroccan seasoning (spice mix available in supermarkets)  
1 tablespoon of cumin  
400g can of chickpeas, drained (iron source)  
1.5kg packets (dry) couscous  
Grated rind of 1 lemon (optional)  
½ cup chopped coriander (optional)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Heat oil in a large saucepan and cook onions until golden
2. Add celery, carrots and capsicum. Stir for a few minutes and add the tomatoes and a little water
3. Stir in seasoning and pumpkin and simmer until pumpkin is tender. Add zucchini and lemon and season to taste
4. Simmer for another 5 minutes, then add chicken meat
5. Make up couscous according to directions on packet
6. Serve the Moroccan chicken with couscous and sprinkle with chopped coriander if desired
7. Serve with wholemeal bread (optional, *note*: this would increase the number of grain food serves)

## Fish and Spinach Pie

Adapted from Anglicare SA Wanslea Child Care Centre

Serves 40

6 x 425g tins of tuna (iron source)  
750g frozen spinach (iron source)  
300g chopped leek  
500g frozen corn  
200g margarine  
250g plain flour  
1½ litres milk  
375g grated cheese  
3kg potatoes (quartered)  
20 wholemeal bread rolls (iron source)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 ½ serve of vegetables
- 1 serve milk products and alternatives

1. Boil potato until cooked. Drain almost all of water, then mash until smooth
2. Fry leek for 5 minutes to soften. Put into a mixing bowl
3. Cook frozen spinach in microwave for 3 minutes. Squeeze off any excess liquid then add spinach to mixing bowl
4. Drain tuna and add to mixing bowl. Combine ingredients
5. Melt margarine in a large saucepan. Add flour and mix well. Add warmed up milk slowly, and whisk until smooth. Cook on a low heat stirring occasionally for 5 minutes
6. Puree the corn with some boiling water and add to the white sauce
7. Line 3 large Pyrex dishes with tuna mixture. Spoon the white sauce over the top to make the middle layer then carefully spread potato over the top for the top layer
8. Bake in a moderate oven for 15 minutes. Rest for 10 minutes before serving
9. Serve with wholemeal bread rolls (½ roll per child).



## Apricot Chicken with Potato and Vegetables

Adapted from Hope Valley Child Care Centre

Serves 40

2kg chicken breast, finely diced (iron source)  
3kg diced potatoes and sweet potatoes, par cooked  
1 x 850 ml tin Apricot Nectar  
1 x 450 ml tin Apricot Nectar  
2 packets salt reduced French Onion soup mix  
500g diced carrots, cooked  
500g frozen peas, cooked  
40 slices of wholemeal bread (iron source)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Mix together the cooked chicken, potatoes, peas and carrots. Divide into serving dishes.
2. Whisk soup mix with apricot nectar and pour over chicken and vegetables.
3. Heat through in oven
4. Serve with wholemeal bread

Tip: Add some diced dried apricot for that extra apricot hit and some extra

## Tuna Lasagne with Mixed Vegetables

Hallett Cove Child Care Centre

Serves 30

5 x 425g cans tuna (iron source)  
2 x 850g cans spaghetti in tomato sauce  
250g sliced mushrooms  
4 teaspoons oregano  
500g onions, chopped  
1.5kg fresh or frozen mixed vegetables  
(inc. broccoli, cauliflower – iron source)  
500g (dry) lasagne noodles  
250g grated cheese

### Cheese sauce

100g margarine  
200g plain flour  
1 litre milk  
200g grated cheese

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. Combine in saucepan tinned spaghetti, oregano, chopped onion, mushrooms, tuna and vegetables. Bring to boil, cover and simmer for 5 minutes
2. In the meantime, melt margarine in a large saucepan. Add flour and mix well. Add warmed up milk slowly, and whisk until smooth. Cook on a low heat stirring occasionally for 10 minutes. Add 200g of cheese and stir in
3. Layer 1/3 of tuna sauce, 1/3 of cheese sauce and some of the lasagne sheets. Repeat until all of sauce is used. Finish with tuna sauce and sprinkle with 250g grated cheese
4. Bake at 180°C for 40 minutes.

## Chicken and Zucchini Burgers with Cheesy Vegetables

Adapted from Anglicare SA Wanslea Child Care Centre

Serves 50

### Burgers

2.5kg minced chicken (iron source)  
300g fresh breadcrumbs  
6 eggs  
500g zucchini, grated  
1 leek, chopped  
1 cup parsley, chopped  
50ml salt reduced soy sauce  
1 tablespoon salt reduced chicken booster powder

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. In a large mixing bowl combine chicken mince, 300g of bread crumbs, leek, zucchini, eggs, parsley and booster. Mix until well blended
2. Press mixture into 2 lined baking trays. Brush with soy sauce. Bake in moderately hot oven for 30 minutes or until cooked and browned on top. Rest for 5 minutes before cutting into small squares.

### Cheesy vegetables

3.5kg frozen vegetables (inc. broccoli, cauliflower – additional iron source)  
400g margarine  
400g plain flour  
4 litre milk  
1kg grated cheese  
600g fresh breadcrumbs

50 slices of wholemeal bread, to serve (iron source)

1. Boil frozen vegetables for 8 minutes. Drain well. Divide between large dishes
2. In the meantime, melt margarine in a large saucepan. Add flour and mix well. Add warmed up milk slowly, and whisk until smooth. Cook on a low heat stirring occasionally for 10 minutes. Add 800g of cheese and stir in
3. Spoon cheese sauce over vegetables. Mix remaining cheese and breadcrumbs and spread over the top. Bake in moderate oven for 12 – 15 minutes.

## Chicken and Hokkien Noodles

Adapted from Lake Albert Children's Centre

Serves 30

- 1.5kg chicken breast fillets, cubed (iron source)
- 3 large onions, diced
- 4 carrots, sliced in rings
- 6 sticks celery sliced
- 1kg cauliflower and broccoli florets (iron source)
- 3 small red capsicums chopped
- 1 tablespoon each of ground cumin, coriander and mild curry powder
- 3 x 400ml cans coconut flavoured evaporated milk
- Oil for frying
- 2 x 500g Hokkien noodles

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. Heat oil in a wok. Fry chicken and onion
2. When almost cooked add cumin, coriander and curry powder
3. Add other vegetables
4. Stir fry until just cook but still firm. Stir through evaporated coconut flavoured milk
5. Allow to simmer for 1-2 minutes for the sauce to thicken
6. Place noodles in a bowl of boiling water for 1-2 minutes. Drain
7. Toss with chicken and vegetables. Serve.

Tip: If coconut flavoured evaporated milk is not available, you can replace it with plain evaporated milk and a few drops of coconut essence per can

## Chicken and Broccoli Bake

Adapted from Kurna Plains Child Care Centre

Serves 30

Spray oil

1.5kg chicken fillet, diced

1.5kg boiled potatoes, sliced

1kg broccoli florets, blanched (iron source)

1.7kg tinned chicken soup

360g breadcrumbs

500g grated cheese

30 slices of wholemeal bread (iron source)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. Heat a pan and spray with oil. Brown chicken on all sides and transfer to a plate
2. Arrange potato in the base of a large casserole dish. Top with chicken and broccoli
3. Pour over the soup
4. Combine breadcrumbs and cheese. Sprinkle over casserole
5. Bake at 180°C for 40 minutes until chicken is cooked and the topping is golden
6. Serve with a garden salad (optional) and wholemeal bread.

## Chicken Chimmy Chungas

Adapted from: Goodstart Early Learning Oakbank

Serves 50

2kg chicken breast, diced (iron source)  
50 wholemeal tortillas (iron source)  
600g grated cheese  
30g Mexican seasoning  
600g onion, chopped  
5 x 400g tinned kidney beans, drained (iron source)  
1.25kg fresh tomatoes, chopped  
2kg tinned diced tomato  
40g crushed garlic  
750g natural yoghurt or cream cheese

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. Preheat oven to 180°C.
2. Fry onion and garlic in a pan until soft. Add chicken and cook until golden brown.
3. Add seasoning, red kidney beans and tinned tomatoes. Simmer for approximately 20 minutes.
4. Lay out tortillas, place chicken mix, fresh tomatoes, grated cheese and a small spoonful of natural yoghurt in the middle.
5. Fold edges left and right and top and bottom and turn over to form a pocket. Lay on baking tray and bake in the oven for 20 minutes.
6. Cut in half and place on serving trays.

Tip: If you don't have any Mexican seasoning and to reduce the salt you can use a mixture of paprika, cumin, oregano, tomato paste and a touch of ground chilli (dependant on the children's tastes).

# **VEGETARIAN MEALS**

## **(Recipes)**

## Home-made Vegetable Pizzas

Hawthorn Child Care Centre

Serves 60 (makes around 8 trays of pizza)

### Pizza Bases

2.1kg wholemeal self raising flour (iron source)

120g powdered milk

20g salt

120g sugar

240g margarine

1450ml water

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

### Toppings

Tomato paste

Onion

Capsicum (vitamin C source)

Tinned pineapple (vitamin C source)

Fresh tomato (vitamin C source)

Mushrooms

Cooked spinach (iron source)

900g grated cheese

60 Hard boiled eggs, diced or sliced (iron source)

Garden salad to serve

*Note* You will need 4.5kg of vegetables across the pizza toppings and salad to serve 60

1. Pre heat oven to 200°C.
2. Mix dry ingredients together.
3. Rub in margarine by hand and add water until a soft dough is formed.
4. Roll out thinly onto pre-greased trays (this amount should do around 8 trays).
5. Spread tomato paste on base and sprinkle lightly with ½ of the cheese.
6. Add eggs and vegetables then top with remaining cheese.
7. Bake for around 20 – 25 minutes (until lightly brown).
8. Serve with a garden salad

Tip: If you are short of time you can use wholemeal pita/Lebanese bread (30 pockets) for the bases instead of making them from scratch.



## Pumpkin, Lentil and Noodle Soup

Adapted from Hope Valley Child Care Centre

Serves 30

2½ - 3 kg pumpkin (preferably Queensland Blue)/  
sweet potato (vitamin C source)  
4 x 400g tinned lentils, drained (iron source)  
1 small onion, diced  
Oil  
Salt reduced vegetable stock  
Herbs (parsley, chives, mixed herbs)  
500g pasta (small shapes of your choice)  
Pepper and nutmeg, to taste  
2 x 375ml cans evaporated milk  
1 cup grated cheddar cheese  
30 slices wholemeal bread (iron source)

This recipe provides at least:

- 1½ serve of grain foods
- ½ serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. Cook pasta in boiling water until just al dente. Drain
2. Peel pumpkin and cut into cubes
3. Cook diced onion in a small amount of oil until soft
4. Add pumpkin and just enough water to cover. Add a similar amount of stock. Bring to the boil then lower heat to medium and cook until pumpkin is soft
5. Add 2 tins of lentils. Puree mixture until smooth, adding more water if it is too thick
6. Bring back to boil and add herbs, pepper, nutmeg and pasta
7. Add remaining cans of lentils and evaporated milk. Top with grated cheese.
8. Serve with wholemeal bread.

Tip:

- To make pumpkin easier to peel, put it in the microwave first until it is just starting to soften, then peel.
- For a different flavour, try roasting the diced pumpkin in a small amount of olive oil before adding to the soup.

## Five Bean Stew with Pasta, Cheese and Vegetables

Adapted from Anglicare SA Wanslea Child Care centre

Serves 60

5.1kg of canned 5-bean mixture (iron source)  
Paprika  
600g of onion, chopped  
5 x 400g can crushed tomatoes  
100g gravy powder  
1kg potato/sweet potato (vitamin C source), diced  
1kg of frozen mixed vegetables (peas – vitamin C source, carrots, broccoli and cauliflower – iron source)  
1 bunch of parsley, chopped  
500g grated cheese  
2kg (dry) risoni pasta

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- ½ serve milk products and alternatives

1. In a large stockpot fry onion for 5 minutes. Add crushed tomatoes and a pinch of paprika and continue cooking for another 10 minutes
2. Drain and rinse the beans. Add beans and potato/sweet potato to the pot and stir
3. Boil frozen vegetables separately for 8 minutes. Add to stockpot together with the water
4. Mix gravy powder with a little water. Add to the pot and cook slowly until it thickens. Stir and cook for 5 minutes
5. Cook pasta in boiling water for 15 minutes. Drain. Add to the pot and stir in
6. Sprinkle with parsley and cheese before serving.

## Boston Bean Bake

Adapted from Wellington Road Child Care Centre

Serves 45

16 Eggs (iron source)

750g onions

3 x 820g tins Baked Beans (iron source)

1kg cheese grated

5 large carrots

2 x 250g packets frozen spinach (iron source)

20 grams dried mixed herbs

Bread crumbs as needed

1.8kg salad or steamed vegetables

45 slices of wholemeal bread (iron source)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. Add all ingredients (except salad/steamed veg and bread) to a large bowl, adding enough breadcrumbs to make a thick mixture
2. Using gloves, mix together with hands (use more breadcrumbs if needed)
3. Put baking paper onto 3 or 4 trays and divide mixture onto the trays. Press flat (about 3-4 cm thick)
4. Bake in oven at 200°C until firm
5. Remove from trays immediately onto wire racks (to prevent the bottom from getting soggy). Cool before slicing
6. Serve with bread and a salad or steamed vegetables

## Chunky Vegetable and Lentil Chowder

Adapted from Lockleys Child Care and Early Learning Centre

Serves 50

1.5kg dried split peas and lentils soup mix (iron source)  
2 x diced leeks (vitamin C source)  
6 x diced carrots  
6 x celery sticks  
1.5kg diced tomatoes  
1.5kg diced zucchini (vitamin C source)  
2.5L salt reduced vegetable stock  
50 slices wholemeal bread (iron source)  
750g/50 slices of cheese

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. Cook soup mix in the stock until split peas and lentils are soft
2. Cook remaining ingredients in boiling water
3. Reduce to simmer and add stock and soup mix
4. Serve with grilled cheese on wholemeal toast cut into thick fingers.

## Pumpkin and Broccoli Risotto with Lentils

Adapted from Unley Community Child Care Centre

Serves 50

- ½ cup vegetable oil
- 2 chopped onions
- 2.5kg (dry) Arborio rice
- 6L salt reduced vegetable stock
- 2kg butternut pumpkin, diced
- 1.5kg broccoli, cut into small florets and steamed (iron and vitamin C source)
- 1kg grated tasty cheese
- 3 x 375 g bags of red lentils, cooked (iron source)

This recipe provides at least:

- 1½ serves of grain foods
- ¾ serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

1. Put diced pumpkin on an oven tray and roast in oven, turning over a couple of times until they are tender
2. Heat stock in a saucepan
3. Meanwhile, heat oil in another saucepan and cook onion until golden. Add rice and cook for 1 minute
4. Gradually add some of the hot stock and stir into rice. Reduce heat and put on lid. As rice absorbs stock, add some more hot stock and continue to stir (do not allow the rice to dry out). Keep adding stock until rice is cooked
5. Stir through cheese and lentils and top with broccoli and pumpkin.

Tip: If you cannot buy salt reduced vegetable stock use half of the required amount of regular stock, and half of water with mixed dried herbs

## Vegetable Quiche with Baked Beans

Adapted from Manor Farm Early Learning Child Care Centre

Serves 30

- 16 eggs (iron source)
- 2 litres milk
- 2 cups wholemeal flour (iron source)
- 4 cups grated cheese
- 4 x 425g tins baked beans (iron source)
- 2.5kg diced mixed vegetables (e.g. carrot, broccoli, cauliflower, and zucchini – vitamin C source)
- 30 slices of wholemeal bread (iron source)

This recipe provides at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 2 serve milk products and alternatives

1. Beat eggs and mix in milk, flour and cheese
2. Pour into 4 large pie dishes. Top with baked beans and vegetables
3. Bake at 200°C for 35 – 40 minutes
4. Cut and serve with bread, and salad if desired. Can be served hot or cold.

## Russian Potato Romanov

Adapted from Goodwood Community Child Care Centre

Serves 70

5kg potatoes, diced  
5kg sweet potatoes, diced (vitamin C source)  
3 x 500g cottage cheese  
400g light sour cream  
2 bunches spring onions, sliced  
1 whole garlic head, crushed  
3 teaspoons dry basil flakes  
500g grated cheese  
¼ cup oil  
3 red capsicums, chopped (vitamin C source)  
70 slices wholemeal bread (iron source)

This recipe provides at least:

- 1 serve of grain foods
- 2 serve of vegetables
- 1 serve milk products and alternatives

1. Boil potatoes and drain
2. Fry garlic, spring onions, capsicum and basil in oil until tender
3. Add cottage cheese and sour cream to the mixture and heat through
4. Combine potato with vegetable mix and divide put in baking trays
5. Sprinkle with grated cheese and bake uncovered at 180°C for 30-40 minutes
6. Serve with wholemeal bread and a garden salad (optional)

*Note* you will need to offer one serve of meat and alternatives at a snack time on the day this dish is offered.

## Lentil Roast

Adapted from Goodwood Community Child Care Centre

Serves 50

### Roast

1 ½ tablespoon vegemite  
¾ cup salt reduced soy sauce  
6 brown onions, chopped  
¾ cabbage chopped (iron and vitamin C source)  
1.5 packet bread crumbs  
1.5kg rice cooked  
1.5kg red lentils (iron source)  
750g grated cheese  
1/3 cup oil  
750g carrots

This recipes meets at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables
- 1 serve milk products and alternatives

### Sauce

3 tablespoons dry basil flakes  
3 x 750g tomato puree

4kg steamed broccoli and carrot rings (optional) (iron and vitamin C source)

1. Place lentils in a saucepan with water and cook for 20 minutes. While cooking add vegemite and soy sauce
2. Fry onions, carrots and cabbage in oil until tender
3. Cook rice following packet directions
4. Combine lentil mix, rice, vegetables, bread crumbs and cheese to mix well
5. Place in trays and cook in the oven at 170°C for 30-40 minutes
6. Heat tomato pasta sauce with basil
7. To serve, pour sauce over lentil roast
8. Serve with steamed broccoli and carrot rings on the side, if desired



## Creamy Bean and Spinach Pasta

Adapted from Goodstart Early Learning Oakbank

Serves 40

4 x 425g tinned red kidney beans, drained (iron source)  
4 x 425g tinned chickpeas, drained (iron source)  
1kg brown onions, chopped  
1 tablespoon crushed garlic  
1kg capsicum, chopped (vitamin C source)  
1 tablespoon dried mixed herbs  
5 x 800g tinned diced tomatoes  
1.2kg (dry) pasta  
200g margarine  
2 ½ cups flour  
5 litres milk  
1.5kg spinach (iron source)

This recipe meets at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 2 serves of vegetables
- 1 serve milk products and alternatives

1. Lightly cook the onion, garlic and capsicum until the vegetables are soft.
2. Add the mixed herbs, tomatoes, red kidney beans and chickpeas. Cover and simmer for approximately 20 minutes.
3. Cook pasta following packet directions. Add the cooked pasta to the bean mixture and place in a shallow dish.
4. To make sauce, heat margarine in a saucepan over a medium heat. Stir in flour and gradually add the milk. Bring to a simmer, stirring constantly and cook for 2-3 minutes.
5. Steam the spinach in water, drain thoroughly and add to the sauce, stir until well combined, pour over bean mixture and serve.

## Tofu Fried Rice

Adapted from Goodstart Early Learning Oakbank

Serves 40

8 cups/1.2kg (dry) rice  
9 cups salt-reduced vegetable stock  
750g peas (vitamin C source)  
750g corn kernels or chopped baby corn  
750g red and/or green capsicum, chopped (vitamin C source)  
750g mushroom, chopped  
800g tofu, mashed with a fork (iron source)  
20 eggs (iron source)  
1 bunch spring onion, chopped  
7 tablespoons salt-reduced soy sauce  
4 tablespoons canola oil  
Sesame oil to taste (optional)

This recipe meets at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serves of vegetables

1. Heat canola oil in a pan, add rice and stir for 5 minutes or until golden.
2. Pour in stock, turn down heat, cover and simmer for 15 minutes or until rice is tender.
3. Add peas and corn, cover and put to one side.
4. Heat a wok, add capsicum and stir fry for 1 minute. Drain on paper towel.
5. Add mushrooms to the wok and stir fry for 1 minute and drain with capsicum.
6. Add egg to wok, swirl over base (do not stir), when cooked like and omelette, lift it out and slice.
7. Add tofu to the wok and stir fry for 5 minutes.
8. Put all ingredients into the wok, add soy sauce and sesame oil (if desired). Stir until hot.

Tip: If you cannot buy salt reduced vegetable stock use half of the required amount of regular stock, and half of water with a little ginger and garlic for added flavour.

*Note* ensure egg is well cooked for children under 1 year old.

## Curried Vegetables and Chickpeas with Rice

Adapted from Goodstart Early Learning Oakbank

Serves 40

4 x 425g chickpeas, drained (iron source)  
1kg red capsicum, chopped (vitamin C source)  
600g mushroom, chopped  
1kg zucchini, chopped (vitamin C source)  
800g tofu, diced (iron source)  
500g mixed vegetables, chopped (fresh or frozen)  
500g onion, chopped  
3 tablespoons crushed garlic  
3 tablespoons curry powder  
½ tablespoon salt-reduced vegetable stock powder  
8 cups/1.2kg (dry) rice  
Water

This recipe meets at least:

- 1 serve of grain foods
- 1 serve of meat and alternatives
- 1 serve of vegetables

1. Boil water, add rice and cook until soft.
2. Cook off onion and garlic in a pan.
3. Add vegetables, chickpeas and tofu, and cook for a few minutes.
4. Add curry powder and stock powder, and enough water to make a very wet sauce.
5. Serve with the cooked rice.

Tip: You can use almost any combination of vegetables you like, just make sure you include a vegetable that is high in vitamin C and at least 3kg of vegetables for 40 serves.

## Vegetarian Sheppard's Pie

Adapted from Goodwood Community Childcare Centre

Serves 30

### Filling

1 tablespoon vegemite  
500g dry rice  
½ cup salt-reduced soy sauce  
1kg dry red lentils (iron source)  
4 brown onions, chopped  
½ cabbage, chopped (iron source)  
500g peas (vitamin C source)

This recipe meets at least:

- 1 ½ serve of grain foods
- 1 serve of meat and alternatives
- 2+ serves of vegetables
- 1 serve milk products and alternatives

### Topping

5kg potato, cooked  
¼ cup margarine  
2 cups milk  
500g cheese

30 slices wholemeal bread (iron source)

1. Preheat oven to 150°C.
2. Cook rice following the packet directions.
3. Place lentils in a saucepan with water and cook for 20 minutes, half way through cooking add soy sauce and vegemite.
4. Heat a pan and fry onions, then add cabbage, and cook until tender.
5. Combine lentil mix (including all the liquid), cooked rice, onion and cabbage mix and peas.
6. Mix well and divide into 3 baking trays and cook in the oven for 30-40 minutes.
7. Mash the cooked potato with margarine and milk. Then spread over the 3 trays. Sprinkle with grated cheese and serve with wholemeal bread.

Tip: Serve with cooked broccoli and carrots for colour and extra vegies!

# SNACKS

Children need nutritious snacks in between meals to promote good health. Healthy snacks are those without a lot of added fat, sugar or salt. They can also be quick & easy to prepare.

Below are some examples of **nutritious snack ideas** from cooks at Start Right-Eat Right Child Care Centres that attended the Gowrie Cook's Day Out in October 2011.

### **Breads and Cereals**

- Variety of sandwiches, encourage children to try different fillings and breads (e.g. pita breads, baguettes, mountain bread, wraps, wholemeal, multigrain, rye breads)
- Pikelets, crumpets, English muffins
- Homemade muffins, slices and crumbles (using part wholemeal flour or oats for added fibre)
- Scones, scrolls
- Small cup of breakfast cereal, weetbix or porridge
- Fruit bread and muffins
- Crackers (preferably wholemeal or graining), rye or high fibre crispbreads (e.g. rye cruskits)
- Plain rice cakes/ corn thins
- Get creative with bread – apple jaffles, bread cases, fresh or toasted sandwiches, wraps, tortillas
- Pasta, rice, cous cous or quinoa salads
- Rice pudding/creamed rice, semolina pudding

### **Milk Foods / Dairy and Alternatives**

- Cheese slices, cubes or sticks
- Yoghurt / cream cheese based dip – sweet or savoury e.g. fruit flavoured or plain vanilla yoghurt make a great dip for fruit, cream cheese or ricotta mixed with crush pineapple, beetroot dip (ricotta based), tzatziki dip (natural yoghurt based)
- Cream cheese, cottage cheese or ricotta cheese spread on bread or pikelets
- Milk, fruit smoothies
- Yoghurt or custard with fruit and/or cereal/crumbles
- Rice pudding/creamed rice, semolina pudding
- Milk jelly
- Frozen milk/yoghurt with fruit iceblocks

## **Fruits**

- Fresh fruit, fruit kebabs or fruit salad \*
- Fruit muffins, scones and pikelets
- Fruit sandwich filling (e.g. banana and sultana)
- Fruit smoothies
- Dried fruit on platters
- Tinned or stewed fruit with custard or yoghurt
- Frozen fruit pieces (especially in warm weather e.g. peeled orange or mandarin, cut-up grapes) \*
- Fruit bread/ raisin bread
- Frozen milk/yoghurt with fruit iceblocks
- Fruit crumbles

## **Vegetables**

- Vegie sticks (e.g. capsicum, snow peas, green beans, cucumber, cherry tomato halves) \* with dip (e.g. hommus, tzatziki)
- Vegetable based dips (e.g. salsa, beetroot, eggplant, avocado)
- Add grated vegetables to muffins and pikelets
- Sweet potato/pumpkin scones and scrolls
- Salad items in sandwiches and wraps
- Vegetable slice, frittata or quiche

## **Meat and Alternatives**

- Hummus, bean or tuna dips
- Slices of reduced fat and salt ham or hard boiled eggs on savoury platters
- Reduced fat and salt ham or legumes in muffins, scones or pikelets
- Savoury slices, frittata and quiches made with egg (e.g. zucchini slice)
- Tuna, lean meat, egg or legume fillings in wraps and sandwiches, bread cases, salads, scrolls/pinwheel
- Baked beans on toast or English muffins

\* these foods can be a choking risk for children under 4 years, please see the information below to ensure these foods are modified to make them safe

## A NOTE TO REMEMBER

To decrease the risk of choking:

- Children under 4 years of age are at increased risk of choking due to back grinding teeth not being developed until around the age of 2 ½- 3 years.
- To reduce the risk of choking:
  - Always supervise children whilst eating and make sure they are sitting quietly.
  - Never force a child to eat, and do not give a child food if they are laughing or crying.

| Type of food                            | Examples   | How to make food safer  |
|---|--|---|
| Foods with skins                        | Sausages, hotdogs, frankfurts.   | Remove skins, cut lengthwise, and then into small pieces.                             |
| Round foods                             | Grapes and cherry tomatoes.  | Cut in half.  |
| Food with seeds, pips and stones        | Cherries, stone fruit, olives.   | Remove seeds, pips and stones and cut into small pieces.                              |
| Foods that are hard, crunchy or stringy | Hard fruit and vegetables such as raw apple, carrot and celery.  | Grate, very finely slice, cook or mash.   |
|   | Corn chips, popcorn, nuts, and hard or sticky lollies.<br>Very hard crackers that don't dissolve or break up easily. | Don't serve these.  |
| Foods that are tough and chewy          | Meat with gristle and bone.<br><br>Tough meat.   | Remove fat, gristle and bone.<br>Cut into small pieces.<br>Mince, shred or slow cook. |
| Foods containing small bones            | Fish, chicken  | Remove bones and cut into small pieces.   |

Refer to "Preventing choking on food" resource, to download resource and order form from <http://www.healthpromotion.cywhs.sa.gov.au/Content.aspx?p=206>



## Sandwich and Sandwich Fillings

Adapted from: The Cook's Cookbook (1999)

1. Use all types of breads including:
  - Pita bread
  - Lebanese bread
  - Rolls
  - Wraps
  - English muffins
  - Sandwich loaves- white, wholemeal, multi-grain, rye
  
2. Try different serving ideas: toasted sandwiches, open sandwiches, tiger sandwiches and fingers
  
3. When serving sandwiches on the menu choose a protein rich ingredient (a) and section of other sandwich fillings (b):
  - a) Protein rich ingredient (include at least 1 per sandwich)
    - Cheese slices/ cream cheese
    - Baked beans
    - Egg
    - Lean cold meats (e.g. roast beef, ham)
    - Tinned tuna
    - Shredded chicken breast
    - Hummus
  - b) Other sandwich fillings to include
    - Vegetables e.g. cucumber, lettuce, tomato, capsicum, grated carrot, corn
    - Fruit e.g. sultanas, banana, pineapple

The following can be served as a snack or along with sandwiches including the above:

- Jam/ Fruit spread (limit frequency as these are higher in sugar)
- Vegemite/ marmite/ promite (limit frequency as these are higher in salt)

Different sandwich combinations to try include:

- Grated cheese and grated carrot mixed together
- Cream cheese and sultanas/ grated carrot
- Baked beans (mashed) and cheese
- Chicken, diced dried apricot and cream cheese
- Egg, lettuce and tomato
- Cheese, pineapple, lean ham and lettuce
- Lean ham, tomato and cucumber
- Shaved roast beef, tomato, relish and lettuce
- Hummus and salad
- Sweet corn, relish, cream cheese and lettuce

## Scones

Adapted from: The Cook's Cookbook (1999)

Makes 25

90g polyunsaturated margarine

800g self raising flour

60g skim milk powder

575ml water

1. Cut or rub the margarine into the sifted dry ingredients
2. Add the water; mix rapidly until the dough is just moist enough to leave the sides of the bowl
3. Roll out onto a floured board to about 2cm thickness. Place on oven trays
4. Cut into 5cm squares with a floured knife. Bake in oven at 180°C for 12-15 minutes
5. Allow to cool and serve with margarine & jam.

### ***Variations***

- Date and Sultana scones: add 250g chopped and pitted date OR 250g sultanas + 20g sugar
- Wholemeal Cheese scones: use wholemeal flour instead of plain flour + add 200g grated cheese

## **Pineapple and Ricotta Dip**

Adapted from Caring For Children (1993)

Serves 40

1kg smooth ricotta (or cottage) cheese

2 x 800g tins crushed pineapple, well drained

1. Combine ingredients thoroughly
2. Serve with crackers, fruit & cucumber sticks

## **White Bean Dip**

Adapted from Lifestyle Food

Serves 40

3 x 400g can cannelloni beans, drained and rinsed

1 tablespoons crushed garlic

¼ cup lemon juice

¼ cup olive oil

½ cup fresh parsley leaves

Ground black pepper, to taste

1. Combine all ingredients in a blender and process until smooth. Add pepper to taste.
2. Serve with grainy crackers and green bean, capsicum and cucumber sticks

## **Yoghurt and Rice Snack**

Adapted from: Caring For Children (1993)

Serves 40

2 cups short grain rice

2kg yoghurt

3 cups fruit salad, well drained

1. Cook and drain rice. Allow to cool, then chill
2. Combine all ingredients and spoon into large bowl
3. Cover and chill for 1 hour in the fridge

## The Kindy Room Favourite Muffin

Kura Yerlo Child Care Centre

Makes 24 mini-muffins

1 cup white self raising flour  
1 cup wholemeal self raising flour  
½ cup brown sugar  
2 eggs, lightly beaten  
300g mixed berry yoghurt  
½ punnet strawberries  
½ cup vegetable oil  
A pinch of cinnamon

1. Preheat oven to 180°C
2. In a large bowl mix all ingredients together until just combined
3. Pour mixed into greased muffin tins
4. Bake in pre-heated oven for 20 minutes or until a skewer inserted into the centre comes out clean
5. Allow muffins to stand for 10 minutes and remove from tin

### ***Other Great Fruit & Yoghurt combo:***

- 1 mashed banana with honey yoghurt
- ½ cup tinned peaches with mango yoghurt
- 1 cup tinned apple with vanilla yoghurt, and add an extra pinch of cinnamon

## Scrolls

Adapted from: 'Kids in the Kitchen' (2008)

Makes 12 large scrolls or 24 small scrolls

### Ingredients:

1 ½ cups wholemeal self raising flour

1 ½ cups white self raising flour

45g margarine

1 cup milk (plus a little extra milk for brushing)

Filling of your choice

### Method:

1. Preheat oven to 190°C
2. Sift flours in a large bowl
3. Rub margarine into flour until it looks like bread crumbs
4. Add milk gradually and milk into a soft dough
5. Roll dough, on a floured bench, into a rectangle about 30cm x 23cm
6. Spread/sprinkle with mixture – examples include tomato paste, ham, cheese and pineapple; spinach and cheese; tomato and cheese; tinned fruit with sultanas and a sprinkle of mixed spice
7. Roll up lengthwise and seal the join with a little water. Brush the roll with extra milk
8. Cut into circles and lay on a non-stick baking tray.
9. Bake for approximately 25-30 minutes (may need less time if making small scrolls)

## Cheesy Spinach Mini Rice Cakes

Adapted from: Kids' Lunches, Australian Women's Weekly (2009)

### Ingredients

1 cup grated cheddar cheese

250g frozen spinach, thawed (could use any grated or finely chopped vegies)

250g pre-cooked rice\*

3 eggs, lightly beaten

250g cottage cheese

1 onion, finely chopped

### Method

1. Preheat oven to 160°C fan forced.
2. Squeeze excess water from spinach. Mix all ingredients together in a large bowl until well combined.
3. Spoon mixture into prepared mini muffin pan holes.
4. Bake for about 20 minutes or until lightly browned and just set.
5. Stand rice cakes for 5 minutes before turning onto a wire rack to cool.

### Tips:

Try adding a few herbs from your centres garden or a pinch of curry powder for an extra flavour punch.

We used mini muffin trays, just make sure you grease the pan holes well. Try using a canola oil spray or use silicone patty pans and they will never stick!

\* You can use leftover plain rice, if you ensure it has been cooled and stored appropriately; or just cook up a bit of extra rice at lunch time.



## Savoury Vegetable Pikelets

Caring for Children: Food, Nutrition and Fun Activities (2005)

Makes 40 serves

### Ingredients

8 eggs, separated  
2 tablespoons brown sugar  
4 cups milk, warmed  
4 ½ cups wholemeal self raising flour  
2 cups corn kernels  
2 large carrots, grated  
3 sticks celery, finely chopped  
4 onions, finely chopped  
4 tablespoons parsley, chopped

### Method

1. Place flour in a bowl and make a well in the centre. Add combined egg yolks, sugar and milk. Mix to a smooth batter.
2. Fold through vegetables and parsley.
3. Beat egg whites until stiff and fold through batter.
4. Drop spoonfuls of pikelet mix onto a lightly greased or non stick pan (moderately hot).
5. Brown pikelets on both sides.

### Tips

A combination of any vegetables is suitable.

## Pear and Raspberry Bread

Goodstart Early Learning Oakbank

Makes 50 serves

### Ingredients

1.125kg self raising flour  
3 teaspoons bicarb soda  
900ml milk  
20 pears, cored and diced  
250g brown sugar  
170g frozen raspberries, defrosted  
210ml natural yoghurt

### Method

1. Preheat oven to 180 °C. Process raspberries to make a puree.
2. Place the rest of the ingredients in a food processor and process for about 20 seconds.
3. Add half the mixture into a greased loaf pan and then half the raspberry puree, fold in gently, then add the rest of the mixture and puree, ribbon it through the mixture.
4. Bake for 1 hour, cool on a rack and then slice into 50 pieces.

## Cheesy Pumpkin Scones

Goodstart Early Learning Oakbank

Makes 50 serves

### Ingredients

1.8kg wholemeal self raising flour

1 ½ cups pumpkin, mashed

800ml natural yoghurt

200ml cheese

### Method

1. Preheat oven to 190 °C.
2. Place flour into a large bowl. Add ½ the natural yoghurt and combine.
3. Add the pumpkin and cheese and mix together. Add the remaining yoghurt and using a knife mix ingredients. The dough will be slightly tacky but should be coming away from the sides of the bowl.
4. Flour a chopping board and knead the dough into a ball.
5. Flatten out the dough so it is about 3-4 cm high and using a cutter, cut out the scones.
6. Bake in a hot oven for 15 minutes or until scones make a dull sound when tapped with your fingers.
7. Serve with a thin spread of margarine or cream cheese.