

Week One Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Yoghurt with mixed berry puree and muesli	Rice Cakes or Cruskits (½ plain, ½ spread) Cheese Slices Vegie Sticks	Sweet orange ricotta dip with a fruit platter	Fruit Kebabs	Oats & Banana Pancakes Watermelon and/or Orange
LUNCH	Sandwiches: - Vegemite - Jam - Cheese - Egg & Lettuce	Asian Beef Stir Fry (No Pasta or Rice) Glass of Milk	Wraps: - Salad - Chicken & Salad - Ham & Cheese - Spreads	Tuna Mornay with Mixed Veggies	Beef Burgers - Lettuce - Tomato - Cheese
AFTERNOON TEA	Chicken Meatballs Cherry Tomato Vegie Sticks	Banana Bran Bread with Apple and Pear slices	Spinach, Cheese, Ham & Chickpea scrolls/pinwheels	Rice Cakes or Cruskits (½ plain, ½ spread) Vegie Platter	Beetroot Dip Celery Sticks Carrot Sticks Cucumber Sticks
ALTERNATIVES/ ALTERATIONS - Dairy Free Alt - Gluten Free Alt - Vegetarian Alt	Morning Tea: Dairy Free Coconut Yoghurt Lunch: Gluten free bread to be used instead of normal. Afternoon Tea: Falafel Balls Cherry Tomato Cucumber Sticks Carrot Sticks	Morning Tea: No cheese Lunch: Vegetarian Stir Fry No glass of Milk Afternoon Tea: Gluten and Dairy Free	Morning Tea: No dip Lunch: Gluten free wraps or bread to be used instead of normal. Vegetarian and Dairy free Afternoon Tea: No cheese No ham	Lunch: Mac & Cheese Muffins Tuna Meatballs with pasta & veggies Tuna Meatballs with veggies Afternoon Tea: Gluten and Dairy free alternatives provided	Morning Tea: Dairy and Gluten free Lunch: Falafel Balls for Pattie (see Monday recipes) Gluten free bun or bread Afternoon Tea: No Dip
PUREE	Morning Tea: Blueberry & Peach puree with yoghurt Lunch: Mixed Veggies & Rice Puree Afternoon Tea: Pumpkin & Spinach Puree	Morning Tea: Pumpkin & Spinach Puree Lunch: Pea, Potato & Sweet Potato Puree Afternoon Tea: Apple, Pear & Banana Puree with Oats	Morning Tea: Blueberry & Peach puree Lunch: Mixed Veggies & Rice Puree Afternoon Tea: Pea, Potato & Sweet Potato Puree	Morning Tea: Apple, Pear, Banana Puree Lunch: Pea, Potato & Sweet Potato Puree Afternoon Tea: Pumpkin & Spinach Puree	Morning Tea: Blueberry & Peach Puree with oats Lunch: Mixed Veggies & Rice Puree Afternoon Tea: Pea, Potato & Sweet Potato Puree

Week One Menu

MONDAY –

Chicken Meatballs



Ingredients (will need to be adjusted according to occupancy):

- 1kg Chicken Mince
- 1 Cup dried breadcrumbs
- 2 eggs lightly beaten
- 2tsp ground cumin
- 2tbs chicken stock powder
- 2 garlic cloves crushed

Method:

1. Combine mince, breadcrumbs, eggs, cumin, stock powder and garlic into a large bowl, mixing well
2. Roll no more than a table spoon of mixture into a ball
3. Fry meatballs over a medium heat (using oil or spray and cook). Should take no more than 3-5 minutes to cook.

Vegetarian Meatballs

Ingredients (will need to be adjusted according to occupancy):

- 1 cup fresh flat leaved parsley leaves
- 1 cup fresh coriander leaves
- 3 cloves garlic, peeled
- ½ cup fresh dill sprigs
- 500g frozen peas, thawed
- 400g canned chickpeas, drained & rinsed
- ¼ cup plain flour
- 1 tsp ground cumin
- 1/3 cup dried breadcrumbs
- ¼ tsp bicarbonate of soda
- Pinch of Salt (to season)
- Pinch of Pepper (to season)



Method:

1. Combine parsley, coriander, garlic, dill, peas, chickpeas, flour and cuman in a food processor. Process until smooth.
2. Transfer into a bowl. Stir in breadcrumbs
3. Sprinkle bicarbonate of soda, salt & pepper. Stir to combine
4. Roll no more than a table spoon of mixture into a ball
5. Fry vegieballs over a medium heat (using oil or spray and cook). Should take no more than 3-5 minutes to cook.

Week One Menu

TUESDAY –

Asian Beef Stir Fry



Ingredients (will need to be adjusted according to occupancy):

- 500g thinly slice beef (beef strips)
- 1 tbs olive oil
- 2 cloves garlic, crushed
- 375g mixed stir fry vegies (combination of cabbage, carrot, broccoli, zucchini, capsicum & onion thinly sliced)
- 2 tbs teriyaki marinade

Method:

1. In large non-stick frying pan/wok, heat half the oil over high heat. Brown beef strips cover and put aside.
2. Reduce the heat to medium-high heat rest of olive oil, cook garlic for 30 seconds. Add vegetable for 3-5 minutes or until vegetables tender
3. Add beef to vegetables, add teriyaki marinade and stir through.

The vegetarian alternative is the same recipe above however without the use of the beef.

Banana Bran Muffins (makes 10)



Ingredients (will need to be adjusted according to occupancy):

- ¼ cup sugar
- 2-3 ripe bananas, mashed
- ¼ canola or vegetable oil
- 1tsp gluten free vanilla
- 1 large egg
- ½ cup rice bran
- 1 cup gluten free flour blend
- 1tsp gluten free baking powder
- 1tsp baking soda
- ¼ tsp salt

Method:

1. In a stand mixer beat the white sugar, mashed bananas, oil, egg and vanilla.
2. In a small bowl whisk the gluten free flour, rice bran, baking soda, baking powder and salt. Add dry ingredients to wet and mix on medium speed until batter is quite light.
3. Spoon batter into the cupcake liners and bake in the oven for 20-30 minutes at 160 degrees fan forced

Week One Menu

WEDNESDAY –

Sweet Orange Ricotta Dip (serves 1 fruit platter)



Ingredients (will need to be adjusted according to occupancy):

- 275g reduced fat fresh ricotta cheese
- 2 tsp orange rind
- ¼ cup of orange juice
- ¼ cup honey

Method:

1. Place ricotta, orange rind, orange juice and honey in a bowl. Beat until smooth
2. Best served with oranges, strawberries and grapes

Spinach, Cheese, Ham & Chickpea Scrolls (makes 32)

Ingredients (will need to be adjusted according to occupancy):

- 120g baby spinach
- 250g ham, finely diced
- 1 2/3 cup of cheese, grated
- 1 tbs thyme leaves, finely chopped
- 200g canned chickpeas, finely chopped
- 2tbs Dijon mustard
- 4 sheets of puff pastry, gluten free



Method

1. Preheat oven to 200°C. Line 2 large baking trays with baking paper. Place spinach into a large bowl and cover with boiling water. Drain and rinse under cold water. Drain. Squeeze as much liquid as possible from spinach and chop. Place in a bowl. Add ham, 1 cup tasty cheese, thyme and chickpeas. Stir until combined.
2. Place a sheet of pastry onto a flat surface. Spread with one-quarter of the mustard and sprinkle with one-quarter of the ham mixture. Roll pastry, enclosing filling. Cut pastry log into 2cm thick pieces and place onto prepared trays, cut-side up. Repeat with remaining pastry and filling. Brush scrolls with egg and sprinkle with remaining tasty cheese. Bake for 20 minutes or until golden and cooked through.

For dairy free/vegetarian alternative, make smaller amount without, cheese or ham combined.

Week One Menu

THURSDAY –

Tuna Mornay



Ingredients (will need to be adjusted according to occupancy):

- 250g macaroni pasta
- 80g butter
- ¼ cup plain
- 1 ½ cups pure cream
- 1 cup milk
- 1 cup cheese, grated
- 1 brown onion, finely chopped
- 425g canned tuna, drained, flaked
- 1 cup bread crumbs
- 1/3 cup grated parmesan cheese.

Method:

1. Preheat oven to 200°C/180°C fan-forced. Grease an 8-cup capacity ovenproof dish. Cook pasta in a saucepan of boiling, salted water, following packet directions. Drain.

2. Melt 30g butter in a saucepan over medium heat. Add flour. Cook, stirring, for 1 minute or until bubbling. Remove from heat. Gradually stir in combined cream and milk. Return to heat. Cook, stirring constantly, for 3 minutes or until sauce boils and thickens. Remove from heat. Stir in tasty cheese. Season.
3. Meanwhile, melt 20g butter in a small frying pan over medium heat. Add onion. Cook, stirring, for 5 minutes or until softened. Transfer to a bowl. Add tuna, pasta and cheese sauce. Mix well. Spoon mixture into prepared dish. Combine breadcrumbs and parmesan in a bowl. Sprinkle over tuna mixture. Dot with butter. Bake for 30 minutes or until cheese is melted and golden. Serve.

Week One Menu

Tuna Rissoles (makes 10)



Ingredients (will need to be adjusted according to occupancy):

- 425g can tuna, drained, flaked
- 1 ½ cups cooked rice
- 1 zucchini, trimmed, grated
- 125g can corn kernels
- ¼ cup cheese, grated
- ½ cup breadcrumbs
- 1 egg, lightly beaten
- ¼ cup tomato sauce
- 1tbs sweet chili sauce
- 1tbs soy sauce
- 1tsp fish sauce
- 1tbs sour cream
- 1/3 cup pain flour

Method:

1. Combine tuna, cooked rice, zucchini, corn, cheese and breadcrumbs in a large bowl. Add egg, tomato sauce, sweet chilli

sauce, soy sauce, fish sauce and sour cream. Stir until well combined.

2. Using 1/4 cup of tuna mixture at a time, shape mixture into 10 balls. Place on a tray and flatten slightly. Cover and refrigerate for 10 minutes.
3. Place flour in a shallow dish. Lightly coat rissoles in flour.
4. Heat oil in a non-stick frying pan over medium heat until hot. Cook rissoles, in batches, for 3 to 4 minutes each side or until golden and cooked through. Serve.

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Mac 'n' Cheese Muffins (makes 24)



6. Drain pasta and return to pan. Pour cheese sauce over pasta, add ham and spinach and stir until coated. Season, sprinkle with chives and pour into standard muffin tray, bake for 10 minutes.

Ingredients (will need to be adjusted according to occupancy):

- 200g macaroni pasta
- 50g butter
- 50g plain flour
- 50ml milk
- 250g cheese, grated
- 200g baby spinach leaves, finely chopped
- ¼ bunch chives, finely chopped

Method:

1. Preheat oven to 180C° fan forced or 200C° convection.
2. Cook macaroni in a large pot of salted water according to packet instructions.
3. Meanwhile melt butter in a medium sauce pan and add the flour.
4. Cook, stirring for 1 minute over medium low heat.
5. Gradually add the milk, whisking until smooth. Stir gently until mixture comes just to the boil, then reduce heat and simmer for 2 minutes. Remove from heat and add grated cheese and stir until melted and smooth.

Week One Menu

FRIDAY –

Banana & Oat Pancakes (makes 8 large pancakes)



Ingredients (will need to be adjusted according to occupancy):

- 1 ¼ cup mashed banana
- 2 tbs coconut oil or butter melted
- 1tbs lemon juice
- 1tsp honey
- 2 eggs
- 1 cup oat flour (which is oats made into a powder/flour using food processor)
- ½ tsp baking soda
- ½ tsp salt
- ½ tsp ground cinnamon
- ¼tsp ground nutmeg

Method:

1. In a small mixing bowl, stir together the mashed bananas, coconut oil (or butter), lemon juice and honey (or maple syrup).
2. Beat in the eggs. (If your coconut oil goes back to its solid state like mine did at this point, just warm the mixture for short 20 second bursts in the microwave, stirring between each, until it is melted again.)
3. In a medium bowl, whisk together the oat flour, baking soda, salt and spices.
4. Form a well in the center of the dry ingredients and pour in the wet ingredients. With a big spoon, stir just until the dry ingredients are thoroughly moistened. Do not overmix!
5. Let the batter sit for 10 minutes. You may want to thin out the batter a bit with a touch of milk or water.
6. Heat a heavy cast iron skillet/non-stick pan over medium-low heat, or heat an electric griddle to 350 degrees Fahrenheit. Lightly oil the surface with coconut oil, butter or cooking spray. (If you're using a non-stick electric griddle, you might not need any oil at all.)
7. Once the surface of the pan is hot enough that a drop of water sizzles on it, pour ¼ cup of batter onto the pan. Let the pancake cook for about 3 minutes, until bubbles begin to form around the edges of the cake.
8. Once the underside of the pancake is lightly golden, flip it with a spatula and cook for another 90 seconds or so, until golden brown on both sides. You may need to adjust the heat up or down at this point.
9. Serve the pancakes immediately or keep warm in an oven

Week One Menu

Beef Patties



Ingredients (will need to be adjusted according to occupancy):

- 500g beef mince
- 3 green onions, chopped finely
- 2 garlic cloves, crushed
- 1 small carrot, peeled, grated
- 1 egg yolk
- ¼ cup BBQ sauce
- Lettuce
- Tomato, sliced
- Cheese, sliced

Method:

1. Combine mince, onion, garlic, carrot, egg yolk and sauce in a large bowl.
2. Shape mixture into four 2cm-thick patties. Place on a plate. Cover with plastic wrap. Refrigerate for 30 minutes.
3. Heat oil in a large frying pan over medium-high heat. Add patties. Cook for 4 to 5 minutes each side or until cooked through.

4. Place lettuce, tomato and cheese on roll bases. Top with patties, sauce and roll tops. Serve.

Beetroot Dip (serves 1 veggie platter)



Ingredients (will need to be adjusted according to occupancy):

- 440g baby canned beetroot
- 250g cream cheese
- ½ cup fresh mint

Method:

1. Drain beetroot.
2. In a food processor, blend beetroot with cream cheese and mint until smooth. Season well.