

Week Four Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit Kebabs	Plain ice cream cones filled with fruit	Rice Paper Rolls (<i>see week 2 menu</i>) with cheese cubes	Spinach & Feta Dip (<i>see week 2 menu</i>) with Veggie Sticks	Honey & Yoghurt Fruit Sauce (<i>see week 2 menu</i>) with Fruit Platter
LUNCH	Chicken, Veggie & Noodle Stir Fry	Wraps - Chicken & Salad - Ham & Cheese - Spread	Cottage Pie	Sandwiches - Egg & lettuce - Chicken & Lettuce - Spreads	Pizza
AFTERNOON TEA	Garlic Bread (<i>see week 2 menu</i>) with Veggie Platter & Cheese	Veggie Platter with cheese/glass of milk	Fruit platter	Raspberry & Bran Muffins	Rice Cakes or Crus kits (½ plain, ½ spread) Veggie Platter
ALTERNATIVES/ ALTERATIONS - Dairy Free Alt - Gluten Free Alt - Vegetarian Alt	Lunch: Veggie & Noodle Stir Fry Gluten Free Afternoon Tea: Gluten free bread is to be used instead No cheese	Morning Tea: Gluten free crackers Lunch: Gluten free bread or wraps are to be used instead Afternoon Tea: No cheese or milk	Lunch: Vegetarian Cottage Pie	Morning Tea: No dip Lunch: Gluten free bread is to be used instead Afternoon Tea: Gluten and Dairy Free	Morning Tea: Dairy Free Coconut Yoghurt Lunch: Vegetarian Pizza Use Gluten Free pizza base or slice of bread
PUREE	Morning Tea: Fruit Salad Puree Lunch: Beef, Broccoli & Potato puree Afternoon Tea: Zucchini, sweet potato & spinach puree	Morning Tea: Spinach & Apple Puree Lunch: Zucchini, sweet potato & spinach puree Afternoon Tea: Carrot, bean & Pumpkin puree	Morning Tea: Carrot, bean & Pumpkin puree Lunch: Beef, Broccoli & Potato puree Afternoon Tea: Fruit Salad Puree	Morning Tea: Zucchini, sweet potato & spinach puree Lunch: Carrot, bean & Pumpkin puree Afternoon Tea: Spinach & Apple Puree with oats	Morning Tea: Fruit Salad Puree with yoghurt Lunch: Beef, Broccoli & Potato puree Afternoon Tea: Carrot, bean & Pumpkin puree

* All butter used for cooking and sandwiches will be Nutelex, a dairy free alternative to butter.

Week Four Menu

MONDAY –

Chicken, Veggie & Noodle Stir Fry



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

- 340g rice noodles, gluten free
- 3 tbs vegetable oil
- 2 medium skinless boneless chicken breasts, sliced into bite-size strips
- Salt and black pepper to taste
- 1 red capsicum, sliced
- 1 cup broccoli chopped
- 1 tbs peeled and shredded fresh ginger
- ½ cup chicken broth
- 2 tbs soy sauce
- 2 tbs ketchup
- 1 tsp cornstarch
- few drizzles of sesame oil

Method:

1. Bring medium size pan of salted water to a boil. Add noodles and cook them on medium heat for about 2 to 4 minutes (depending

on thickness of noodles), or until barely tender. Drain and stir in 1 tablespoon of vegetable oil.

2. In a large wok or skillet, heat 2 tablespoons of vegetable oil over high heat. Season chicken lightly with salt and pepper then place it into the hot skillet and stir-fry about 3 minutes or until just cooked through. Remove from the skillet and set aside.
3. Add capsicum and broccoli and saute 1 minute then add ginger to the skillet and stir-fry for another 2 minutes.
4. In a mixing bowl combine chicken stock, soy sauce, ketchup and cornstarch.
5. Add chicken, noodles, and broth mixture to the skillet and stir-fry for 3 minutes or until chicken is hot and fully cooked through.
6. Right before serving drizzle sesame oil and season to taste with salt and pepper as desired. Grab a fork and enjoy!

For a vegetarian alternative, follow this recipe however not including the chicken, and changing the chicken broth to a vegetable broth.

Week Four Menu

WEDNESDAY –

Cottage Pie

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

- 800g potato, chopped & peeled
- 25g butter
- 1/3 cup milk
- ½ cup tasty cheese, grated
- 2tsp vegetable oil
- 600g beef mince
- 1 brown onion, diced
- 2 garlic cloves, minced
- ¾ cup carrot, diced
- ½ cup celery stick, finely chopped
- 2tbs Worcestershire sauce
- 1tsp dried oregano
- 2 bay leaves
- 2 ½ tbs Gravox Traditional Instant Gravy Mix, Gluten free
- 1 ½ cup lukewarm water
- salt and pepper (to taste)

Method:

1. Preheat oven to 200°C and butter a 23cm pie dish.
2. To prepare the potatoes, place them in a large saucepan of cold water and bring to the boil, cook until the potatoes are soft.
3. Strain water out; add butter and milk then mash until smooth. Add cheese and fold through. Place to the side until needed.
4. To prepare the meat, heat a large frying pan on high heat until very hot.

5. Add oil, crumble in mince, season with salt and pepper and stir to brown meat. Cook until all meat juice has evaporated, stirring occasionally.
6. Add onions and garlic, sauté for 1-2 minutes. Add vegetables and cook for a further 5 minutes, stirring occasionally.
7. Add Worcestershire sauce, oregano and bay leaves stirring to combine.
8. Combine Gravox gravy powder and warm water together in a jug, stir out lumps then pour into beef mince mixture.
9. Stir to combine thoroughly. Reduce heat and simmer for 5 minutes, stirring occasionally.
10. Remove from heat, check seasoning, remove bay leaves then put mixture into the greased pie dish.
11. Pipe or spoon on mashed potato, making sure to cover the meat mixture entirely, then place into the oven for 30 minutes.
12. Remove and rest for 5 minutes before serving.

Using frozen mixed vegetables are a great way incorporate more vegetables into this recipe. Sweet potato mixed with or as a replacement for white potatoes is also a great alternative.

For dairy free alternative for the mash potato, remove the milk and cheese and use just the potato

Week Four Menu

Vegetarian Cottage Pie



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

- 2 tbs olive oil
- 3 shallots, minced
- 6 carrots, peeled and chopped (about 2 cups)
- fresh herbs to taste (1 sprig of rosemary, thyme, and a bay leaf)
- 2 tbs tomato paste
- 2 tbs gluten free flour
- 2 cups veggie broth
- 1 teaspoon salt (more or less to taste)
- 2 cups frozen peas
- 6 potatoes
- 1/2 cup full fat Greek yogurt
- 1/4 cup butter or olive oil
- salt to taste

Method:

1. Make the mashed potatoes: Peel the potatoes. Boil them until fork tender (you want them to mash easily). Drain, mash, and mix

in yogurt and butter. Season to taste. (You can also use the Instant Pot method which is quick and easy! That's what I do.)

2. Make the veggies: In a large oven-safe pot, heat the oil over medium heat. Add shallots and sauté until fragrant. Add mushrooms, carrots, and whole herbs (you will pull the herbs out later). Sauté until carrots are softened.
3. Make the gravy: Add tomato paste and flour to the pot and stir. Pour in the red wine (sizzzzle) and scrape all the browned bits off the bottom of the pan. Let the wine cook out for a minute or two. Slowly add the broth, stirring it in until a gravy starts to form. Season with salt. Simmer over low heat to get it thickened even further.
4. Bake: Remove the herbs. Stir in the peas, spread the mashed potatoes on top (brush with butter to be extra awesome), and bake for 15 minutes at 350. I finished mine on the broil setting for a few minutes to get it nice and brown on top.

Week Four Menu

THURSDAY –

Raspberry & Bran Muffins



4. Spoon batter into the cupcake liners and bake in the oven for 20-30 minutes at 160 degrees fan forced

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

- ¼ cup sugar
- 1 -2 cups raspberries, fresh or frozen
- 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, 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. Stir raspberries into the batter

Week Four Menu

FRIDAY –

Pizza



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

- 1 (30cm) pre-baked pizza base, gluten free
- ½ cup barbecue sauce
- ½ cup diced grilled chicken or ham
- ¼ cup diced red capsicum
- ¼ cup spinach leaves, chopped finely
- ¼ cup diced red onion
- 1 cup grated tasty cheese

Method:

1. Preheat oven to 230 degrees C.
2. Place pizza base on baking tray. Spread with barbecue sauce. Scatter chicken over top. Sprinkle evenly with red capsicum, spinach leaves and onion. Cover with cheese.
3. Bake in preheated oven for 10 to 12 minutes or until cheese is melted.

For a dairy free alternative, use a dairy free base and remove cheese from the recipe.

For a vegetarian alternative, remove the chicken or ham from the recipe.