

INSIGHT'S  
RECIPE  
BOOK  
AUTUMN



# INSIGHT'S RECIPE BOOK

Welcome to the Insight Early Learning Recipe Book! We are excited to share this collection of recipes with you, designed to provide nutritious and delicious meal options for children of all ages.

At Insight Early Learning, we believe that healthy eating habits are an essential part of a child's growth and development. That's why we have created this recipe book with a focus on whole, fresh ingredients, and simple, easy-to-follow recipes that can be made in any home kitchen or childcare facility.

Our recipes are designed to appeal to children's taste buds while also providing the essential nutrients they need to thrive. From breakfast to lunch, snacks, and dinner, we have included a variety of options to suit every taste and dietary preference.

We believe that healthy eating habits developed in childhood can have a lasting impact on a child's health and well-being, and we are proud to contribute to this important mission.

Thank you for providing healthy and delicious meals for the children at Insight Early Learning



## Gluten free

Modifying recipes to be gluten-free can seem daunting, but with a few simple substitutions, it's easy to transform your these dishes into gluten-free versions.

One of the most important things to keep in mind is to replace wheat flour with alternative flours such as chickpea, coconut, or rice flour.

When it comes to pasta, there are now many gluten-free pasta options available made from rice, quinoa, lentils, and chickpeas that can be used in place of traditional wheat-based pasta. It's also important to be mindful of the cooking time, as gluten-free pasta can become mushy if overcooked, and to rinse the pasta thoroughly after cooking to remove any excess starch.

As for couscous, it is typically made from semolina wheat, so it is not gluten-free. However, there are many gluten-free alternatives available such as quinoa or rice can be offered. These alternatives can be used in place of traditional couscous in any recipe. Keep in mind that the cooking time and liquid ratio may be different than what is called for in the recipe, so be sure to follow the instructions on the package.

Additionally, be sure to check the label of any pre-packaged seasonings or sauces to ensure that they are also gluten-free.

## MODIFYING FOR DIETARY REQUIREMENTS

## Dairy free

Modifying recipes to be dairy-free can be easily achieved.

One of the most important things to keep in mind is to replace dairy milk with alternative milks such as soy, oat, or coconut milk.

There are also many dairy-free options available for cheese and yogurt, made from soy or coconut.

In recipes that call for butter, you can use plant-based butter or even coconut oil as a substitute.

It's also important to be mindful of other ingredients that may contain dairy, such as cream or cream-based sauces, and to replace them with dairy-free alternatives, such as plant-based creams or vegetable broth.

When modifying recipes to be dairy-free, it's important to experiment with different ingredients to find what works best. With a little bit of creativity, you can create delicious and satisfying dairy-free meals that everyone can enjoy, without compromising on taste or nutrition.



# Seasonal Fruit and Vegetables

At Insight Early Learning, we believe in the importance of including seasonal fruits and vegetables in the diets of children. Seasonal produce is not only fresher, more flavorful, and more nutrient-dense, but it also has a lower carbon footprint than imported produce.

We are committed to serving at least two types of seasonal fruit and two types of seasonal vegetables alongside all morning and afternoon tea options. By doing so, we aim to encourage children to consume a variety of fruits and vegetables, which can help support their overall health and well-being.

By incorporating seasonal fruits and vegetables into our menu, we aim to provide children with the most nutritious and flavorful options available while also promoting sustainable food practices. We believe that this approach not only benefits the children we serve but also contributes to a healthier and more sustainable future for all.

what's in season for <i>Autumn</i>					
<b>March</b>					
<u>Fruit</u>	Limes	Peaches	<u>Vegetables</u>	Cucumber	Pumpkin
Apples	Mangos	Pears	Asian Greens	Eggplant	Spinach
Bananas	Melons	Plums	Avocados	Leek	Sweet corn
Berries	Nectarine	Pomegranate	Beans	Lettuce	Sweet potato
Grapes	Oranges	Rhubarb	Capsicum	Onions	Tomato
Kiwifruit	Papaya	Tamarillo	Celery	Peas	Zucchini
Lemons	Passionfruit		Chilli	Potato	
<b>April</b>					
<u>Fruit</u>	Mandarin	<u>Vegetables</u>	Carrots	Leeks	Spinach
Apples	Nashi	Asian greens	Cauliflower	Lettuce	Sweet potato
Bananas	Oranges	Avocados	Celery	Mushrooms	Tomato
Grapes	Passionfruit	Beetroot	Eggplant	Onions	Turnip
Kiwifruit	Pears	Broccoli	Fennel	Peas	Zucchini
Lemons	Plums	Brussels sprouts	Garlic	Potato	
Limes	Rhubarb	Cabbage	Ginger	Pumpkin	
<b>May</b>					
<u>Fruit</u>	Mandarin	<u>Vegetables</u>	Cauliflower	Mushrooms	Sweet potato
Apples	Pears	Asian greens	Celery	Onions	Tomato
Bananas	Rhubarb	Avocados	Eggplant	Parsnip	Turnip
Grapes		Beetroot	Fennel	Peas	Zucchini
Kiwifruit		Broccoli	Garlic	Potato	
Lemons		Brussels sprouts	Ginger	Pumpkin	
Limes		Cabbage	Leeks	Spinach	
		Carrots	Lettuce	Swede	

# Preparing Fruit and Vegetables to reduce choking

As a childcare cook, one of your most important responsibilities is ensuring that your food is safe and nutritious for the children in your care. One of the biggest concerns when feeding young children is the risk of choking. Fortunately, there are several strategies you can use to reduce this risk.

One of the most important factors to consider when preparing food for young children is the size of the pieces. Research has shown that the highest risk of choking occurs when food is placed in a child's mouth rather than allowing them to self-feed. Therefore, providing babies with large enough pieces of food to pick up and feed themselves is essential. Stick or spear-shaped foods are the easiest for babies to pick up, but any food that is the length and width of two adult fingers and large enough to stick out above and below their closed fist can work.

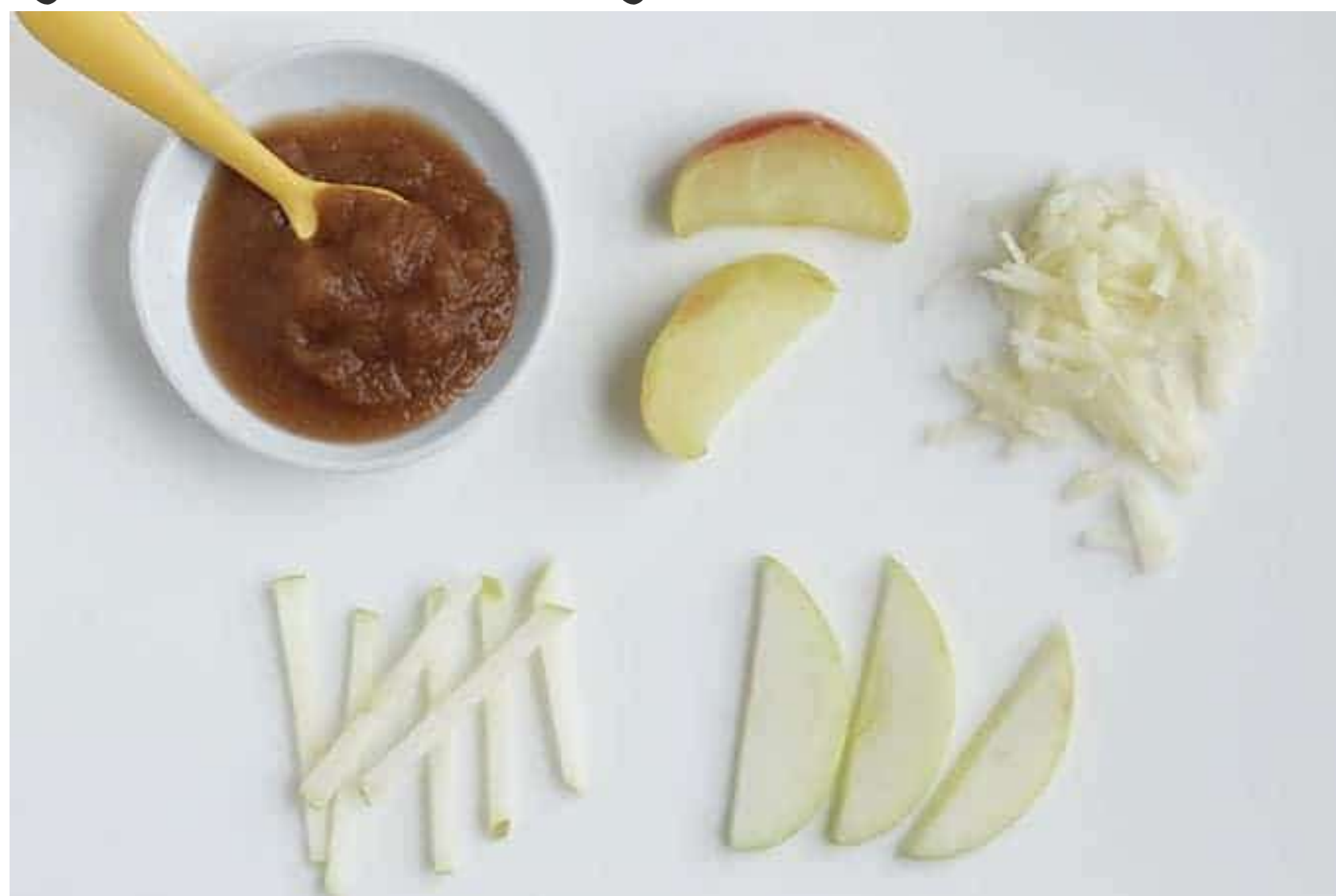
Around nine months of age, babies develop the pincer grasp, which allows them to pick up smaller pieces of food. Food can be cut into ruler-thin slices, shreds, or small bite-sized pieces at this stage. However, it's essential to ensure that bite-sized pieces are not so small that they can easily block the airway if accidentally swallowed. A "bite-sized piece" of food should resemble the size of a thumb knuckle, small enough for the baby to grasp with the pointer finger and thumb.

By 12 months old, toddlers can likely eat what adults eat with few modifications. However, cutting foods into small pieces and cooking them to a soft consistency is still important. Resistive foods should be cooked until soft or served in thin slices, shreds, or diced. Meat and fish should be well done, and stick or spear-shaped foods can be offered to help toddlers further develop their chewing strength. In addition to serving appropriately sized and textured foods, another way to reduce the risk of choking is by blanching certain fruits and vegetables. Blanching involves cooking vegetables in boiling water and immediately submerging them in ice water to stop cooking. This softens the texture of hard vegetables and makes them more accessible for young children to chew and swallow. Examples of hard vegetables that can benefit from blanching include carrots, broccoli, and green beans.

Round fruits and vegetables, such as grapes and cherry tomatoes, should always be cut into small pieces to prevent choking. Meatballs are another example of round foods that should be cut into small chunks before serving to young children. Slicing them in half or into quarters can help make them safer for children to eat. Other cylindrical foods, such as carrots or celery, should also be cut lengthwise into small pieces to reduce the risk of choking.

By following these guidelines and staying vigilant, you can help ensure that the food you serve is both safe and nutritious for the children in your care. It's important to remember that while choking is a risk, it shouldn't deter us from offering a variety of fruits, vegetables, and meats to children. These foods are important sources of nutrients and can help establish healthy eating habits from a young age. With a little extra effort and attention to detail, you can help ensure that mealtime is a safe and enjoyable experience for everyone.

# Preparing Fruit and Vegetables to reduce choking



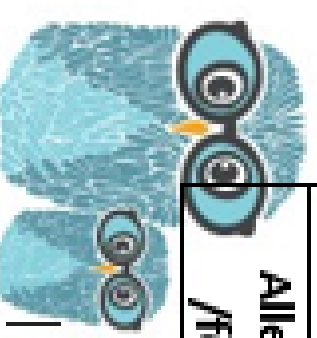
Scan the QR code to get a full list of how to prepare fruit and vegetables for the different age groups.



*Week 1 - Autumn*

# INSIGHT EARLY LEARNING MENU - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b></p> <p>(Offered to children at opening time between 7am - 8am)</p>	Wholegrain cereals (Weetabix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water				
<p><b>Morning Tea</b></p> <p>(Offered to children between 9:00 -10:00)</p>	Chickpea and coconut steamed cake served with fresh seasonal fruit and vegetables	Raisin toast served with fresh seasonal fruit and vegetables	Assorted sandwiches (vegemite, cheese, and vegemite and cheese) with variety of fresh seasonal fruit and vegetables	Porridge with stewed apples served with fresh seasonal fruit and vegetables	Avocado and cream cheese dip with brown rice crackers served with fresh seasonal fruit and vegetables
<p><b>Drink</b></p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p><b>Lunch</b></p> <p>(Offered to children between 11am -1:00pm- depending on age)</p>	Whole meal pita bread pizzas with beef and veggies served with a green salad.	Beef and vegetable stir-fry with hokkien noodles	Baked fish served with crispy sweet potato chips and a green salad	Mexican Beef and bean Nachos with sour cream, cheese, corn chips and rice)	Teriyaki Chicken served with steamed rice and mixed greens.
<p><b>Drink</b></p>	Water	Water	Water	Water	Water
<p><b>Afternoon Tea</b></p> <p>(Offered to children between 2:30pm – 3:30pm)</p>	Vegan Lemon and coconut slice served with fresh seasonal fruit and vegetables	Cheese and Vegemite scrolls served with fresh seasonal fruit and vegetables	Whole meal pear slice with cinnamon and vanilla served with fresh seasonal fruit and vegetables	Cheese & crackers with sultanas and a variety of fresh seasonal fruit and vegetables	Assorted sandwiches (vegemite, cheese, and vegemite and cheese) with variety of fresh seasonal fruit and vegetables
<p><b>Drink</b></p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p><b>Late Snack</b></p> <p>(Offered to children between 5pm – 5:30pm)</p>	Whole-meal or rice crackers with cheese, or assorted sandwiches, or fresh fruit and vegetables. Served with water.				
<p><b>Water</b></p>	Water is freely available throughout the day				
<p><b>Infants (eating solids)</b></p>	Foods with an appropriate texture for infants' age (e.g. Mashed, lumpy, chopped, blanched, finger foods) will be offered to those children that have started solids. Dairy or honey will not be served to children under 12 months.				
<p><b>Allergies / vegetarian /food intolerances</b></p>	Children with allergies, food intolerances, vegetarian or with cultural preferences are provided a tailored version of the regular menu to suit their individual needs.				



# Monday week 1 - Morning tea



## *Chickpea and Coconut Steamed Cake*

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### INGREDIENTS

- 3 cups chickpea flour
- 3 cups desiccated coconut
- 3 cups coconut milk
- 3 cups water
- 1 cup brown sugar
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- Fresh seasonal fruit and vegetables for serving

### DIRECTIONS

1. In a large mixing bowl, combine the chickpea flour, desiccated coconut, baking powder, and salt.
2. In a separate bowl, whisk together the coconut milk, water, brown sugar, and vanilla extract until the sugar is dissolved.
3. Pour the wet ingredients into the dry ingredients and stir until a thick batter forms.
4. Divide the batter evenly between 50 lightly greased ramekins or muffin cups.
5. Place the ramekins in a steamer basket and steam over boiling water for 20-25 minutes or until a toothpick inserted into the center of a cake comes out clean.
6. Serve each cake with a side of fresh seasonal fruit and vegetables.

# Monday week 1 - Lunch



## *Whole Meal Pita Bread Pizzas with Beef and Veggies*

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### INGREDIENTS

- 50 whole meal pita breads  
(substitutue for GF bases)
- 10 cups tomato sauce
- 10 cups shredded  
mozzarella cheese  
(substitute for DF cheese)
- 10 cups sliced beef (or  
substitute with tofu or  
other plant-based protein)
- 10 cups sliced bell peppers
- 10 cups sliced mushrooms
- 10 cups sliced red onions
- Salt and pepper to taste
- Green salad for serving

### DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Lay out the pita breads on baking sheets.
3. Spread a layer of tomato sauce on each pita bread, leaving a little bit of space around the edges.
4. Sprinkle a layer of shredded mozzarella cheese over the tomato sauce.
5. Top each pizza with equal amounts of sliced beef, bell peppers, mushrooms, and red onions.
6. Season with salt and pepper to taste.
7. Bake the pizzas in the preheated oven for 10-15 minutes or until the cheese is melted and bubbly.
8. Cut pizza into triangles.
9. Serve each pizza slice with a side of green salad.

# Monday week 1 - Afternoon tea

## Vegan Lemon and Coconut Slice

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### INGREDIENTS

- 4 cups plain flour
- 2 cups desiccated coconut
- 1 1/2 cups brown sugar
- 1 1/2 cups vegan margarine
- 1/4 cup lemon juice
- Zest of 2 lemons
- Fresh seasonal fruit and vegetables for serving

### DIRECTIONS

1. Preheat the oven to 350°F (180°C).
2. In a large mixing bowl, combine the plain flour, desiccated coconut, and brown sugar.
3. Add the vegan margarine and use your hands to mix until the mixture resembles coarse crumbs.
4. Press the mixture firmly into a large, greased baking pan.
5. Bake the crust in the preheated oven for 20-25 minutes or until golden brown.
6. In a separate bowl, whisk together the lemon juice and lemon zest.
7. Pour the lemon mixture over the hot crust and return the pan to the oven.
8. Bake for an additional 10-15 minutes or until the lemon topping is set.
9. Let the slice cool completely before slicing into equal pieces, minimum one per child.
10. Serve each slice with a side of fresh seasonal fruit and vegetables.

# Tuesday week 1 - Morning tea



*Raisin toast served with fresh seasonal fruit  
and vegetables*

## Ingredients

- 50 slices of Raisin toast (substitute for GF bread)
- 1/2 cup margarine
- Fresh seasonal fruit and vegetables for serving

## Directions

1. Preheat the oven to 350°F (180°C).
2. Spread a generous amount of the margarine mixture on each slice of bread.
3. Place the bread slices on baking sheets and bake in the preheated oven for 10-15 minutes or until the edges are crispy and the raisins are slightly caramelized.
4. Serve each slice side cut into triangles with a plate of fresh seasonal fruit and vegetables.

# Tuesday week 1 - Lunch



## Beef and Vegetable Stir-fry with Hokkien Noodles

### Ingredients

- 2.5 kg beef (or substitute with tofu or other plant-based protein)
- 5 cups sliced bell peppers
- 5 cups sliced carrots
- 5 cups sliced onions
- 5 cups sliced mushrooms
- 2.5 kg hokkien noodles (use rice noodles for GF)
- 1 cup soy sauce
- 1/2 cup brown sugar
- 1/4 cup vegetable oil
- Green salad for serving

### Directions

1. In a large wok or frying pan, heat the vegetable oil over high heat.
2. Add the sliced beef and stir-fry until browned on all sides.
3. Add the sliced bell peppers, carrots, onions, and mushrooms to the pan and continue to stir-fry for 5-7 minutes or until the vegetables are slightly softened.
4. In a separate bowl, whisk together the soy sauce and brown sugar.
5. Add the soy sauce mixture to the pan and stir until the vegetables and beef are evenly coated.
6. Add enough water to the pan to create a sauce and bring to a boil.
7. Reduce the heat and let the mixture simmer for 10-15 minutes or until the sauce has thickened and the vegetables are fully cooked.
8. Meanwhile, cook the hokkien noodles according to the package directions.
9. Once the noodles are cooked, drain them and add them to the stir-fry pan.
10. Stir everything together until the noodles are coated in the sauce and heated through.
11. Serve each portion with a side of green salad.

# Tuesday week 1 - Afternoon tea



## *Cheese and Vegemite Scrolls*

### Ingredients

- 5 cups plain flour (substitute for GF flour)
- 2 cups warm water
- 2 tablespoons instant yeast
- 1/2 cup margarine
- 1/4 cup brown sugar
- 1/2 cup Vegemite
- 1 1/2 cups shredded cheese (Substitute for DF)
- Fresh seasonal fruit and vegetables for serving

### Directions

1. In a large mixing bowl, combine the flour and instant yeast.
2. Add the vegan margarine, brown sugar, and warm water to the bowl and mix until a smooth dough forms.
3. Cover the bowl with a clean tea towel and let the dough rise in a warm place for 1-2 hours or until it has doubled in size.
4. Preheat the oven to 350°F (180°C).
5. Roll the dough out into a large rectangle on a floured surface.
6. Spread a layer of Vegemite over the dough, leaving a little bit of space around the edges.
7. Sprinkle a layer of shredded cheese over the Vegemite.
8. Roll the dough up tightly from the long edge to form a long cylinder.
8. Cut the cylinder into 50 equal pieces.
9. Place the scrolls on baking sheets lined with parchment paper and let them rise for an additional 15-20 minutes.
10. Bake the scrolls in the preheated oven for 15-20 minutes or until golden brown.
11. Serve each scroll with a side of fresh seasonal fruit and vegetables.

# Wednesday week 1 - Morning tea



*Assorted Sandwiches (Vegemite, Cheese, and Vegemite and Cheese)*

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## INGREDIENTS

- 50 slices of bread (wholemeal or GF)
- 1/2 cup margarine
- 1/2 cup Vegemite
- 1 1/2 cups shredded cheese (substitute for DF)
- Fresh seasonal fruit and vegetables for serving

## DIRECTIONS

1. Lay out the slices of bread on a clean surface.
2. Spread a layer of vegan margarine on one side of each slice of bread.
3. Spread a layer of Vegemite on 25 of the slices of bread.
4. Sprinkle a layer of shredded cheese over the other 25 slices of bread.
5. To make Vegemite and Cheese sandwiches, simply layer a slice of Vegemite bread with a slice of cheese bread.
6. Cut each sandwich into quarters and serve with a variety of fresh seasonal fruit and vegetables.

# Wednesday week 1 - Lunch



## *Baked Fish with Crispy Sweet Potato Chips and a Green Salad*

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### INGREDIENTS

- 5 kg white fish fillets (such as cod or haddock)
- 2 kg sweet potatoes
- 1/2 cup olive oil
- Salt and pepper to taste
- Green salad mix
- Salad dressing of your choice

### DIRECTIONS

1. Preheat the oven to 400°F (200°C).
2. Cut the sweet potatoes into thin slices to make chips.
3. Toss the sweet potato slices in olive oil and season with salt and pepper.
4. Spread the sweet potato slices out on baking sheets and bake in the preheated oven for 20-25 minutes or until crispy and golden brown.
5. Meanwhile, season the fish fillets with salt and pepper.
6. Place the fish fillets in a greased baking dish and bake in the preheated oven for 10-15 minutes or until the fish is fully cooked.
7. Serve each fish fillet with a side of crispy sweet potato chips and a green salad dressed with your favorite salad dressing.

# Wednesday week 1 - Afternoon tea



## *Whole Meal Pear Slice with Cinnamon and Vanilla*

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### INGREDIENTS

- 4 cups whole meal flour or GF flour
- 2 cups brown sugar
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- 1/2 cup vegan margarine
- 2 cups water
- 4 ripe pears, thinly sliced
- 1 teaspoon vanilla extract
- Fresh seasonal fruit and vegetables for serving

### DIRECTIONS

1. Preheat the oven to 350°F (180°C).
2. In a large mixing bowl, combine the whole meal flour, brown sugar, baking powder, and ground cinnamon.
3. Cut the vegan margarine into the flour mixture using a pastry cutter or your fingers until the mixture resembles coarse crumbs.
4. Add the water and vanilla extract to the bowl and stir until a thick batter forms.
5. Spread the batter out in a large, greased baking pan.
6. Layer the thinly sliced pears over the batter.
7. Bake the pear slice in the preheated oven for 25-30 minutes or until golden brown and cooked through.
8. Let the pear slice cool slightly before slicing into equal pieces.
9. Serve each slice with a side of fresh seasonal fruit and vegetables.

# Thursday week 1 - Morning tea



## Porridge with Stewed Apples

### INGREDIENTS

- 12 cups water
- 6 cups rolled oats or GF oats.
- 1/2 cup vegan margarine
- 6 large apples, peeled and sliced
- 1 tablespoon ground cinnamon
- 1 tablespoon Vanilla essence
- Fresh seasonal fruit and vegetables for serving

### DIRECTIONS

1. In a large pot, bring the water to a boil.
2. Add the rolled oats to the pot and stir well.
3. Reduce the heat to medium-low and let the oats simmer for 15-20 minutes, stirring occasionally, until they are cooked through and the mixture has thickened.
4. Stir in the Vanilla and vegan margarine until they are fully incorporated.
5. In a separate pot, combine the sliced apples and ground cinnamon.
6. Add enough water to the pot to cover the apples.
7. Bring the pot to a boil, then reduce the heat and let the apples simmer for 10-15 minutes, or until they are tender and slightly caramelized.
8. Serve the porridge with a spoonful of stewed apples and a side of fresh seasonal fruit and vegetables.

# Thursday week 1 - Lunch



## Mexican Beef and Bean Nacho

### INGREDIENTS

- 2.5 kg ground beef
- 10 cups cooked black beans
- 5 cans diced tomatoes
- 5 cups diced bell peppers
- 5 cups diced onions
- 5 cups shredded cheese
- 6 cups sour cream (substitute for DF sour cream)
- 6 bags corn chips
- 10 cups rice
- Salt and pepper to taste

### DIRECTIONS

1. In a large skillet, cook the ground beef over medium-high heat until it is browned and cooked through.
2. Add the black beans, diced tomatoes, bell peppers, and onions to the skillet and stir well.
3. Season the mixture with salt and pepper to taste.
4. In a separate pot, cook the rice according to package directions.
5. Arrange the corn chips on baking sheets.
6. Top each corn chip with a spoonful of the beef and bean mixture.
7. Sprinkle a layer of shredded cheese over each chip.
8. Bake the nachos in a preheated oven at 350°F (180°C) for 10-15 minutes or until the cheese is melted and bubbly.
9. Serve each portion of nachos with a side of sour cream, and cooked rice

# Thursday week 1 - Afternoon tea



*Cheese and Crackers with Sultanas  
and a Variety of Fresh Seasonal  
Fruit and Vegetables*

## INGREDIENTS

- 6 cups cheese cubes
- 6 sleeves of crackers (such as whole wheat or rice crackers)
- 2 cups sultanas
- Fresh seasonal fruit and vegetables

## DIRECTIONS

1. Arrange the cheese cubes and crackers on platters.
2. Sprinkle the sultanas over the cheese cubes.
3. Serve the cheese and crackers with a variety of fresh seasonal fruit and vegetables on the side.

# Friday week 1 - Morning tea



## Avocado and Cream Cheese Dip with Brown Rice Crackers

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### INGREDIENTS

10 ripe avocados  
4 cups cream cheese  
1/2 cup fresh lime juice  
Salt and pepper to taste  
6 sleeves of brown rice crackers  
Fresh seasonal fruit and vegetables  
for serving

### DIRECTIONS

1. In a large mixing bowl, mash the ripe avocados until they are mostly smooth.
2. Add the cream cheese to the bowl and mix well.
3. Stir in the fresh lime juice and season the dip with salt and pepper to taste.
4. Arrange the brown rice crackers on platters.
5. Serve the avocado and cream cheese dip alongside the crackers and a variety of fresh seasonal fruit and vegetables.

# Friday week 1 - Lunch



## Teriyaki Chicken with Steamed Rice and Mixed Greens

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### INGREDIENTS

- 5 kg boneless, skinless chicken breasts
- 4 cups GF soy sauce
- 2 cups brown sugar
- 2 cups water
- 1/2 cup cornstarch
- 1/2 cup cold water
- 5 kg cooked white rice
- 5 kg mixed greens
- Salad dressing of your choice

### DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, whisk together the soy sauce, brown sugar, and water.
3. Place the chicken breasts in a greased baking dish and pour the soy sauce mixture over the top.
4. Bake the chicken in the preheated oven for 25-30 minutes or until fully cooked.
5. Meanwhile, cook the white rice according to package directions.
6. In a small bowl, whisk together the cornstarch and cold water until fully combined.
7. Transfer the cooked chicken to a large pot or wok.
8. Add the cornstarch mixture to the pot and stir until the sauce thickens and coats the chicken.
9. Serve each portion of teriyaki chicken with a side of steamed rice and mixed greens dressed with your favorite salad dressing.

# Friday week 1 - Afternoon tea



*Assorted Sandwiches (Vegemite, Cheese, and Vegemite and Cheese) with a Variety of Fresh Seasonal Fruit and Vegetables*

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## INGREDIENTS

50 slices of bread ( wholemeal or GF)  
1/2 cup margarine  
1/2 cup Vegemite  
1 1/2 cups shredded cheese  
(substitute for DF)  
Fresh seasonal fruit and vegetables  
for serving

## DIRECTIONS

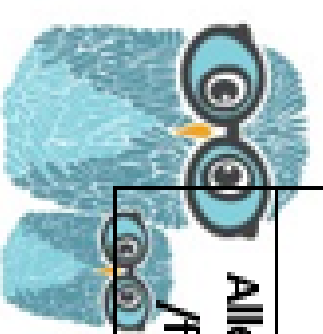
1. Lay out the slices of bread on a clean surface.
2. Spread a layer of vegan margarine on one side of each slice of bread.
3. Spread a layer of Vegemite on 25 of the slices of bread.
4. Sprinkle a layer of shredded cheese over the other 25 slices of bread.
5. To make Vegemite and Cheese sandwiches, simply layer a slice of Vegemite bread with a slice of cheese bread.
6. Cut each sandwich into quarters and serve with a variety of fresh seasonal fruit and vegetables.



*Week 2 - Autumn*

## INSIGHT EARLY LEARNING MENU - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b></p> <p>(Offered to children at opening time between 7am - 8am)</p>	Wholegrain cereals (Weetabix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water				
<p><b>Morning Tea</b></p> <p>(Offered to children between 9:00 -10:00)</p>	Homemade baked beans with toast served with fresh seasonal fruit and vegetables	Whole meal raisin toast served with fresh seasonal fruit and vegetables	Oats and raisin cookies served with fresh seasonal fruit and vegetables	Crumpets with honey served with fresh seasonal fruit	Porridge with stewed apples served with fresh seasonal fruit and vegetables
<p><b>Drink</b></p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p><b>Lunch</b></p> <p>(Offered to children between 11am -1:00pm- depending on age)</p>	Deconstructed chicken sushi (rice, avocado, chicken katsu, seaweed and cucumber)	Meatballs with Mac and cheese and baked vegetables	Baked Pumpkin risotto with grated cheese and broccoli	Mushroom and Beef braised stew served with crusty bread rolls and a green salad	Cumin spiced Beef meat balls with yogurt and Pickled Cucumber served with steamed rice
<p><b>Drink</b></p>	Water	Water	Water	Water	Water
<p><b>Afternoon Tea</b></p> <p>(Offered to children between 2:30pm – 3:30pm)</p>	Whole meal Turkish toast with tasty cheese served with fresh seasonal fruit and vegetables	Hummus and tzatziki dip with whole meal crackers and vegetable sticks	Assorted sandwiches (vegemite, cheese, and vegemite and cheese) with variety of fresh seasonal fruit and vegetables	Rice cakes with beetroot dip and a cherry tomatoes and cucumber salad	Raspberry and beetroot bliss bars served with fresh seasonal fruit and vegetables
<p><b>Drink</b></p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p><b>Late Snack</b></p> <p>(Offered to children between 5pm – 5:30pm)</p>	<b>Choose from Daily:</b> Whole-meal crackers and cheese, fresh fruit and vegetables, served with water				
<p><b>Water</b></p>	Water is freely available throughout the day				
<p><b>Infants (eating solids)</b></p>	Foods with an appropriate texture for infants' age (e.g. Mashed, lumpy, chopped, blanched, finger foods) will be offered to those children that have started solids. Dairy or honey will not be served to children under 12 months.				
<p><b>Allergies / vegetarian / Food intolerances</b></p>	Children with allergies, food intolerances, vegetarian or with cultural preferences are provided a tailored version of the regular menu to suit their individual needs.				



# Monday week 2 - Morning tea



## Homemade Baked Beans with Toast

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### INGREDIENTS

- 5 kg canned Mixed beans
- 5 cups diced onions
- 5 cups diced bell peppers
- 5 cups diced tomatoes
- 5 cups tomato sauce
- 1/2 cup margarine
- Salt and pepper to taste
- 50 slices of bread (white or wholemeal)
- Fresh seasonal fruit and vegetables for serving

### DIRECTIONS

1. In a large pot, combine the mixed beans, onions, bell peppers, tomatoes, and tomato sauce.
2. Cook the mixture over medium-high heat for 20-30 minutes, stirring occasionally, until the sauce has thickened and the vegetables are tender.
3. Stir in the margarine and season the beans with salt and pepper to taste.
4. Toast the slices of bread until golden brown.
5. Serve the baked beans with a side of toast and a variety of fresh seasonal fruit and vegetables.

# Monday week 2 - Lunch



## Deconstructed Chicken Sushi

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### INGREDIENTS

- 5 kg cooked white rice
- 5 kg boneless, skinless chicken breasts
- 6 cups all-purpose flour
- 6 cups panko breadcrumbs
- 10 eggs, beaten
- Salt and pepper to taste
- Vegetable oil for frying
- 10 ripe avocados, sliced
- 50 sheets of dried seaweed, cut into small pieces
- 10 cucumbers, sliced into thin strips
- Fresh seasonal fruit and vegetables for serving

### DIRECTIONS

1. Preheat the oven to 350°F (180°C).
2. Cut the chicken breasts into thin, even slices.
3. Season the chicken slices with salt and pepper to taste.
4. Set up three separate bowls for the flour, beaten eggs, and panko breadcrumbs.
5. Dredge each chicken slice in the flour, shaking off any excess.
6. Dip the floured chicken slice in the beaten eggs, coating it completely.
7. Roll the egg-coated chicken slice in the panko breadcrumbs, pressing the breadcrumbs onto the chicken to ensure they stick.
8. Heat a large skillet over medium-high heat and add enough vegetable oil to coat the bottom of the skillet.
9. Fry the breaded chicken slices in batches, cooking for 2-3 minutes on each side or until golden brown and fully cooked.
10. Transfer the cooked chicken slices to a baking sheet and bake in the preheated oven for 5-10 minutes to ensure they are fully cooked and crispy.
11. Let the chicken cool slightly before dicing it into small pieces and adding it to the deconstructed chicken sushi bowl.
12. Arrange the cooked white rice in a large serving bowl.
13. Add the diced chicken katsu, sliced avocados, and seaweed to the bowl, each in its own section.
14. Arrange the sliced cucumbers around the edges of the bowl.

# Monday week 2 - Afternoon tea



## *Whole Meal Turkish Toast with Tasty Cheese*

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### INGREDIENTS

- 50 slices of whole meal Turkish toast
- 2 cups margarine
- 5 cups shredded tasty cheese
- Fresh seasonal fruit and vegetables for serving

### DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Spread a layer of margarine over each slice of toast.
3. Sprinkle a layer of shredded tasty cheese over each slice of toast.
4. Place the slices of toast on baking sheets and bake in the preheated oven for 10-15 minutes or until the cheese is melted and bubbly.
5. Serve each slice of toast with a side of fresh seasonal fruit and vegetables.

# Tuesday week 2 - Morning tea



## *Whole Meal Raisin Toast with Fresh Seasonal Fruit and Vegetables*


### Ingredients

- 50 slices of Raisan toast
- 1/2 cup margarine
- Fresh seasonal fruit and vegetables for serving

### Directions

1. Preheat the oven to 350°F (180°C).
2. Spread a generous amount of the margarine mixture on each slice of bread.
3. Place the bread slices on baking sheets and bake in the preheated oven for 10-15 minutes or until the edges are crispy and the raisins are slightly caramelized.
4. Serve each slice with a side of fresh seasonal fruit and vegetables.
- 5.

# Tuesday week 2 - Lunch



## Meatballs with Mac and Cheese and Baked Vegetables

### Ingredients

#### Meatballs:

- 10 pounds ground beef
- 2 cups breadcrumbs
- 4 cups chopped fresh parsley
- 4 teaspoons garlic
- 4 flaxseeds soaked
- 1 cup pureed mixed vegetables (e.g. carrots, zucchini, onion)
- Olive oil, for cooking
- season with salt and peper

#### Mac and Cheese:

- 5 pounds elbow macaroni
- 3 cups margarine
- 3 cups all-purpose flour
- 15 cups milk
- 15 cups grated cheddar cheese
- 1 cup pureed cauliflower

#### Baked Vegetables:

- 10 pounds mixed vegetables (e.g. zucchini, eggplant, bell peppers, carrots, broccoli)
- Olive oil

### Directions

1. Preheat the oven to 400°F (200°C).
2. In a large bowl, mix together the ground beef, breadcrumbs, parsley, salt, black pepper, garlic, flaxseeds, and pureed mixed vegetables. Form the mixture into 2-inch meatballs.
3. Heat olive oil in a large skillet over medium-high heat. Cook the meatballs in batches until browned on all sides. Transfer the meatballs to a large baking dish.
4. Cook the elbow macaroni according to package instructions. Drain and set aside.
5. In a large pot, melt the butter over medium heat. Add the flour and whisk until smooth. Gradually add the milk, whisking constantly, until the mixture thickens.
6. Add the grated cheddar cheese, salt, black pepper, and pureed cauliflower. Stir until the cheese has melted.
7. Pour the cheese sauce over the cooked macaroni and mix well. Transfer the mac and cheese to a separate baking dish.
8. Cut the mixed vegetables into bite-sized pieces and place them on a large baking sheet. Drizzle with olive oil and season with salt and black pepper.
9. Bake the meatballs, mac and cheese, and vegetables for 25-30 minutes or until cooked through and golden brown.

# Tuesday week 2 - Afternoon tea



## *Hummus and Tzatziki Dip with Whole Meal Crackers and Vegetable Sticks*

### Ingredients

#### Hummus:

- 10 cans chickpeas, drained and rinsed
- 2 cups tahini
- 2 cups lemon juice
- 2 cups olive oil
- 4 teaspoons garlic
- season with salt and pepper

#### Tzatziki:

- 4 cups Greek yogurt
- 4 cups grated cucumber
- 2 tablespoons minced garlic
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- Salt and black pepper to taste

Whole meal crackers and vegetable sticks (e.g. carrot sticks, cucumber slices, cherry tomatoes, bell pepper strips)

### Directions

1. In a blender or food processor, blend the chickpeas, tahini, lemon juice, olive oil, garlic, salt and black pepper, until smooth. If the mixture is too thick, add a little water to thin it out.
2. Transfer the hummus to a bowl and refrigerate until ready to serve.
3. In another bowl, mix together the Greek yogurt, grated cucumber, minced garlic, lemon juice, chopped fresh dill, salt, and black pepper. Refrigerate until ready to serve.
4. Arrange the whole meal crackers and vegetable sticks on a large platter.
5. Serve the hummus and tzatziki dips with the whole meal crackers and vegetable sticks.

# Wednesday week 2 - Morning tea



## Oats and Raisin Cookies with Fresh Seasonal Fruit and Vegetables

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### INGREDIENTS

- 4 cups all-purpose flour
- 4 cups rolled oats
- 2 cups unsweetened applesauce
- 2 cups raisins
- 4 teaspoons baking powder
- 4 teaspoons baking soda
- 4 teaspoons ground cinnamon
- 2 cups vegetable oil
- Fresh seasonal fruits  
vegetables

### DIRECTIONS

1. Preheat the oven to 350°F (180°C).
2. In a large bowl, mix together the flour, rolled oats, baking powder, baking soda, and ground cinnamon.
3. Add the unsweetened applesauce and vegetable oil, and mix until well combined.
4. Stir in the raisins.
5. Roll the cookie dough into small balls and place them on baking sheets lined with parchment paper.
6. Bake for 10-12 minutes, or until lightly golden brown.
7. Let the cookies cool on the baking sheets for 5 minutes before transferring them to a wire rack to cool completely.
8. Serve the sugar-free oat and raisin cookies with fresh seasonal fruits and vegetables

# Wednesday week 2 - Lunch



## *Baked Pumpkin Risotto with Grated Cheese and Broccoli*

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### INGREDIENTS

- 10 cups vegetable broth
- 8 cups arborio rice
- 6 cups pumpkin puree
- 4 cups grated Parmesan cheese
- 4 cups chopped broccoli florets
- 2 cups chopped onion
- 2 cups chopped celery
- 2 cups chopped carrots
- 1 cup olive oil
- Salt and black pepper to taste

### DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. In a large pot, bring the vegetable broth to a simmer.
3. In a separate pot, sauté the chopped onion, celery, and carrots in the olive oil until softened.
4. Add the arborio rice to the pot and stir until coated with the oil.
5. Gradually add the simmering vegetable broth to the rice, stirring constantly, until the rice is cooked and the liquid has been absorbed.
6. Stir in the pumpkin puree and grated Parmesan cheese.
7. Add salt and black pepper to taste.
8. Transfer the risotto to a large baking dish.
9. Cook broccoli florets in boiling water
10. Cover the dish with foil and bake for 25-30 minutes.
11. Remove the foil and bake for an additional 5-10 minutes, or until the cheese is melted and bubbly.
12. Serve the baked pumpkin risotto with grated cheese and broccoli.

# Wednesday week 2 - Afternoon tea



## Assorted Sandwiches with Fresh Seasonal Fruit and Vegetables

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### INGREDIENTS

- 50 slices of bread ( wholemeal)
- 1/2 cup margarine
- 1/2 cup Vegemite
- 1 1/2 cups shredded cheese
- Fresh seasonal fruit and vegetables for serving

### DIRECTIONS

1. Lay out the slices of bread on a clean surface.
2. Spread a layer of margarine on one side of each slice of bread.
3. Spread a layer of Vegemite on 25 of the slices of bread.
4. Sprinkle a layer of shredded cheese over the other 25 slices of bread.
5. To make Vegemite and Cheese sandwiches, simply layer a slice of Vegemite bread with a slice of cheese bread.
6. Cut each sandwich into quarters and serve with a variety of fresh seasonal fruit and vegetables.

# Thursday week 2 - Morning tea



## *Crumpets with Honey and Seasonal Fruit*

### INGREDIENTS

- 50 crumpets
- 1/2 cup margarine
- 1 cup honey ( over 12 months only)
- 5 cups mixed seasonal fruits, sliced

### DIRECTIONS

- Toast the crumpets until golden brown on both sides and set aside.
- spread a layer of margarine on one side of each crumpet
- Spread a layer of honey on half of the crumpets
- Cut each crumpet into quarters and serve with a variety of fresh seasonal fruit and vegetables.

# Thursday week 2 - Lunch



## *Mushroom and Beef Braised Stew with Crusty Bread Rolls and Green Salad*

### INGREDIENTS

- 10 lbs beef chuck roast, cut into 2-inch cubes
- 2 lbs white mushrooms, sliced
- 4 large onions, diced
- 4 garlic cloves, minced
- 4 cups beef broth
- 4 cups water
- 2 tbsp tomato paste
- 2 tbsp Worcestershire sauce
- 2 tbsp dried thyme
- 2 tbsp dried rosemary
- 1 tbsp salt
- 1 tsp black pepper
- 50 crusty bread rolls
- 4 lbs mixed greens, washed and torn into bite-sized pieces
- 2 cups vinaigrette dressing

### DIRECTIONS

1. Preheat the oven to 325°F.
2. In a large Dutch oven or heavy-bottomed pot, brown the beef cubes in batches over medium-high heat and set aside.
3. In the same pot, sauté the mushrooms, onions, and garlic until softened and fragrant.
4. Add the beef broth, water, tomato paste, Worcestershire sauce, thyme, rosemary, salt, and pepper to the pot, and stir well to combine.
5. Return the browned beef cubes to the pot, cover with a tight-fitting lid, and transfer to the preheated oven.
6. Bake for 3 hours or until the beef is tender and the sauce has thickened.
7. Serve the stew hot alongside crusty bread rolls and a green salad dressed with vinaigrette.

# Thursday week 2 - Afternoon tea



*Rice Cakes with Beetroot dip and Cherry Tomatoes, and Cucumber salad*

## INGREDIENTS

- 10 cups rice cakes
- 5 cups halved cherry tomatoes
- 5 cups diced cucumber

### For the Beetroot Dip:

- 20 medium-sized cooked beetroots
- 5 cups plain Greek yogurt
- 5 cups tahini
- Juice of 10 lemons
- Salt and pepper to taste

## DIRECTIONS

1. In a large mixing bowl, combine the diced cherry tomatoes, and diced cucumber. Season with salt and pepper to taste.
2. Meanwhile, prepare the beetroot dip. In a blender or food processor, blend together the cooked beetroots, Greek yogurt, tahini, lemon juice, and salt and pepper to taste until smooth.
3. Serve the rice cakes alongside the beetroot dip, and the diced cherry tomatoes and cucumber salad

# Friday week 2 - Morning tea



## Porridge with Stewed Apples, Fresh Seasonal Fruit, and Vegetables

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### INGREDIENTS

- 20 cups rolled oats
- 10 cups water
- 10 cups milk
- 5 cups chopped apples
- 1 tablespoon ground cinnamon
- mixed fresh seasonal fruit and seasonal vegetables, chopped

### DIRECTIONS

1. In a large pot, bring the water and milk to a boil.
2. Add the rolled oats to the pot and stir well.
3. Reduce the heat to medium-low and let the oats simmer for 15-20 minutes, stirring occasionally, until they are cooked through and the mixture has thickened.
4. In a separate pot, combine the sliced apples and ground cinnamon.
5. Add enough water to the pot to cover the apples.
6. Bring the pot to a boil, then reduce the heat and let the apples simmer for 10-15 minutes, or until they are tender and slightly caramelized.
7. Serve the porridge with a spoonful of stewed apples on top and a side of fresh seasonal fruit and vegetables.

# Friday week 2 - Lunch



## *Cumin-Spiced Beef Meatballs with Yogurt and Pickled Cucumber, and Steamed Rice*

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### INGREDIENTS

For the Meatballs:

- 10 lbs ground beef
- 4 cups breadcrumbs
- 4 cups chopped fresh parsley
- 2 cups chopped fresh mint
- 2 cups chopped onion
- 4 tbsp ground cumin
- 4 tbsp ground coriander
- Salt and pepper to taste
- Oil for frying

For the Yogurt and Pickled Cucumber:

- 10 cups plain Greek yogurt
- 5 cups sliced pickled cucumber
- Salt and pepper to taste

For the Steamed Rice:

- 20 cups white rice
- 40 cups water
- Salt to taste

### DIRECTIONS

1. Directions:

2. Preheat the oven to 375°F.

3. In a large mixing bowl, combine the ground beef, breadcrumbs, chopped parsley and mint, chopped onion, ground cumin and coriander, and salt and pepper to taste. Mix well to combine.

4. Using your hands, form the meat mixture into small balls or patties, and set aside.

5. Heat some oil in a large skillet over medium-high heat, and brown the meatballs in batches until golden brown on all sides. Transfer the browned meatballs to a baking sheet and bake in the preheated oven for 10-15 minutes or until cooked through.

6. Meanwhile, prepare the yogurt and pickled cucumber by mixing together the plain Greek yogurt, sliced pickled cucumber, salt, and pepper to taste.

7. Cook the white rice in a rice cooker or large pot according to package instructions, and season with salt to taste.

# Friday week 2 - Afternoon tea



## Raspberry and Beetroot Bliss Bars, Fresh Seasonal Fruit, and Vegetables

### INGREDIENTS

- 10 cups frozen raspberries
  - 10 cups cooked and pureed beetroot
  - 4 cups self-raising wholemeal flour
  - 4 cups rolled oats
  - 2 cups Maple syrup
  - 2 cups coconut oil, melted
  - 1 tsp vanilla extract
  - Salt to taste
- Fresh seasonal fruit and vegetables for serving

### DIRECTIONS

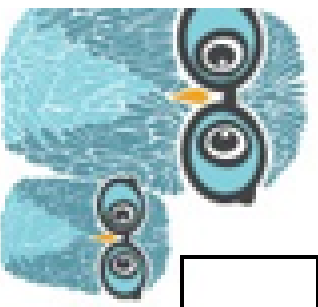
1. Preheat the oven to 350°F.
2. In a large mixing bowl, combine the raspberries and pureed beetroot, and mix well to combine.
3. Add in the self raising flour, rolled oats, maple syrup, melted coconut oil, vanilla extract, and salt to taste, and mix well to combine.
4. Spread the mixture evenly into a large baking dish lined with parchment paper, and bake in the preheated oven for 25-30 minutes or until golden brown and firm to the touch.
5. Let the bliss bars cool completely before cutting into small squares.
6. Serve the bliss bars alongside a platter of fresh seasonal fruit and vegetables of your choice. Enjoy!



*Week 3 - Autumn*

## INSIGHT EARLY LEARNING MENU - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b> (Offered to children at opening time between 7am - 8am)</p>	Wholegrain cereals (Weetabix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water				
<p><b>Morning Tea</b> (Offered to children between 9:00 -10:00)</p>	Vegemite and cheese twisted pastries served with fresh seasonal fruit and vegetables	Bircher Muesli served with fresh seasonal fruit and vegetables	Homemade baked beans with toast served with fresh seasonal fruit and vegetables	Assorted sandwiches (vegemite, cheese, and vegemite and cheese) with variety of fresh seasonal fruit and vegetables	Whole meal toast with cheese served with fresh seasonal fruit and vegetables
<p><b>Drink</b></p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p><b>Lunch</b> (Offered to children between 11am -1:00pm- depending on age)</p>	Nut-free beef pad Thai	Indian dahl with steamed rice and roti	Beef Meatballs served with mashed potato and steamed vegetables.	Pan-seared fish with steamed rice and mashed green peas.	Ginger meatballs served with couscous and steamed greens.
<p><b>Drink</b></p>	Water	Water	Water	Water	Water
<p><b>Afternoon Tea</b> (Offered to children between 2:30pm – 3:30pm)</p>	Semi dried tomato dip with crackers and cheese served with fresh seasonal fruit and vegetables	Baked open sandwiches with ricotta cheese and tomato served with fresh seasonal fruit and vegetables	Zucchini and banana bread served with fresh seasonal fruit and vegetables	No sugar Anzac biscuits served with fresh seasonal fruit and vegetables	Coconut and Weetabix apple and pear crumble. served with fresh seasonal fruit and vegetables
<p><b>Drink</b></p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p><b>Late Snack</b> (Offered to children between 5pm – 5:30pm)</p>	<b>Choose from Daily:</b> Whole-meal crackers and cheese, fresh fruit and vegetables, served with water				
<p><b>Water</b></p>	Water is freely available throughout the day				
<p><b>Infants (eating solids)</b></p>	Foods with an appropriate texture for infants' age (e.g. Mashed, lumpy, chopped, blanched, finger foods) will be offered to those children that have started solids. Dairy or honey will not be served to children under 12 months.				
<p><b>Allergies / vegetarian / Food intolerances</b></p>	Children with allergies, food intolerances, vegetarian or with cultural preferences are provided a tailored version of the regular menu to suit their individual needs.				



# Monday week 3 - Morning tea



## *Vegemite and Cheese Twisted Pastries with Fresh Seasonal Fruit and Vegetables*

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### INGREDIENTS

- 5 packets of frozen puff pastry
- 500g Vegemite
- 500g shredded cheese
- Fresh seasonal fruits and vegetables, for serving

### DIRECTIONS

1. Preheat the oven to 180°C.
2. Lay out the puff pastry sheets on a clean surface.
3. Spread Vegemite evenly over each sheet of puff pastry.
4. Sprinkle shredded cheese over the Vegemite.
5. Roll up the puff pastry sheet tightly, starting at one end and rolling to the other end.
6. Cut each roll into 2-inch pieces.
7. Place the twisted pastries on a baking sheet and bake for 15-20 minutes, until golden brown.
8. Serve the pastries with the chopped fresh seasonal vegetables and fruit on the side.

# Monday week 3 - Lunch



## Nut-Free Beef Pad Thai

### INGREDIENTS

- 5kg rice noodles
- 2.5kg beef, sliced into thin strips
- 2 cups of chopped fresh seasonal vegetables (such as bean sprouts, carrots, and bell peppers)
- 1 cup of chopped scallions
- 1 cup of chopped fresh coriander
- 2 cups of soy sauce
- 2 cups of brown sugar
- 2 cups of vegetable oil
- 1 cup of lime juice

### DIRECTIONS

1. Cook the rice noodles according to the package instructions, then drain and set aside.
2. In a large wok or frying pan, heat the vegetable oil over medium-high heat.
3. Add the beef strips and cook until browned on all sides, about 5-7 minutes.
4. Add the chopped vegetables and cook for another 5 minutes.
5. In a separate bowl, whisk together the soy sauce, brown sugar, lime juice, and water.
6. Pour the sauce over the beef and vegetables in the wok and stir until everything is coated.
7. Add the cooked rice noodles to the wok and stir until everything is well combined.
8. Serve the beef pad thai with chopped scallions and coriander on the side.

# Monday week 3 - Afternoon tea



## *Semi-Dried Tomato Dip with Crackers and Cheese served with Fresh Seasonal Fruit and Vegetables*

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### INGREDIENTS

- 2kg semi-dried tomatoes
- 2 cups of plain Greek yogurt
- 2 cups of cream cheese
- 1/4 cup of olive oil
- 2 tablespoons of dried basil
- Salt and pepper to taste
- 2kg of crackers
- 2kg of cheese (such as cheddar or gouda)

### DIRECTIONS

1. In a food processor, blend the semi-dried tomatoes, Greek yogurt, cream cheese, olive oil, dried basil, salt, and pepper until smooth.
2. Transfer the dip to a serving bowl and chill in the fridge for at least 30 minutes.
3. Arrange the crackers and cheese on a large platter, and serve alongside the chilled dip.
4. Place the chopped fresh seasonal vegetables and fruit on a separate platter and serve alongside the crackers, cheese, and dip.

# Tuesday week 3 - Morning tea



## *Bircher Muesli with Fresh Seasonal Fruit and Vegetables*

### Ingredients

- 5kg rolled oats
- 5 liters of unsweetened rice milk
- 2.5 liters of apple juice
- 2.5kg of plain Greek yogurt
- 2 cups of chia seeds
- 2 cups of flaxseed meal
- 2 cups of raisins
- chopped fresh seasonal fruit and seasonal vegetables

### Directions

1. In a large mixing bowl, combine the rolled oats, rice milk, apple juice, Greek yogurt, chia seeds, flaxseed meal, and raisins.
2. Mix well and refrigerate overnight.
3. In the morning, stir the mixture and divide it into serving bowls.
4. Top each bowl with chopped fresh seasonal fruit and vegetables.

# Tuesday week 3 - Lunch

A close-up photograph of a bowl of Indian Dahl. The dahl is a thick, yellowish-brown lentil soup, garnished with a dollop of green chutney in the center. It is served with a portion of white steamed rice on the right side of the bowl. The bowl is white and sits on a dark surface.

## *Indian Dahl with Steamed Rice and Roti*

### Ingredients

- 2.5kg dried lentils
- 2.5 liters of water
- 2.5 liters of vegetable broth
- 2 cups of chopped onion
- 2 cups of chopped tomatoes
- 2 cups of chopped carrots
- 2 cups of chopped celery
- 2 tablespoons of olive oil
- 2 tablespoons of ground cumin
- 2 tablespoons of ground coriander
- 2 tablespoons of turmeric
- Salt and pepper to taste
- 5kg of steamed cooked rice
- 5kg of ready made roti

### Directions

1. Rinse the lentils and place them in a large pot with the water and vegetable broth.
2. Bring to a boil, then reduce the heat and simmer for 30 minutes.
3. In a separate pan, heat the olive oil over medium-high heat.
4. Add the chopped onion, tomatoes, carrots, and celery and sauté for 5-7 minutes, until softened.
5. Add the ground cumin, coriander, turmeric, salt, and pepper to the pan and stir to combine.
6. Add the sautéed vegetables to the pot of lentils and continue to simmer for another 15-20 minutes.
7. Cook rice as per the packet instructions
8. Serve the dahl with steamed rice and roti.

# Tuesday week 3 - Afternoon tea



## *Baked Open Sandwiches with Ricotta Cheese and Tomato with Fresh Seasonal Fruit and Vegetables*

### Ingredients

- 50 slices of whole-grain bread
- 2kg of ricotta cheese
- 2kg of sliced tomatoes
- 2 cups of chopped fresh basil
- 2 tablespoons of olive oil
- Salt and pepper to taste
- chopped fresh seasonal fruit and seasonal vegetables

### Directions

1. Preheat the oven to 180°C.
2. Lay the slices of bread on a baking sheet.
3. Spread ricotta cheese evenly over each slice of bread.
4. Top each slice with sliced tomatoes and chopped fresh basil.
5. Drizzle with olive oil and sprinkle with salt and pepper.
6. Bake for 10-15 minutes, until the cheese is melted and the bread is toasted.
7. Serve the baked open sandwiches with chopped fresh seasonal fruit and vegetables on the side.

# Wednesday week 3 - Morning tea



*Homemade Baked Beans with Toast and Fresh Seasonal Fruit and Vegetables*

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## INGREDIENTS

- 5kg of canned Kidney beans, drained and rinsed
- 2.5 liters of tomato sauce
- 2 cups of diced onion
- 2 cups of diced capsicum
- 2 cups of diced celery
- 2 tablespoons of olive oil
- Salt and pepper to taste
- 50 slices of whole-grain toast
- Chopped seasonal fruit and vegetable.

## DIRECTIONS

1. Preheat the oven to 180°C.
2. In a large baking dish, mix together the canned beans, tomato sauce, diced onion, diced bell pepper, and diced celery.
3. Drizzle with olive oil and sprinkle with salt and pepper.
4. Bake for 30-35 minutes, until the sauce is bubbly and the vegetables are tender.
5. Serve the baked beans with slices of whole-grain toast and chopped fresh seasonal fruit and vegetables on the side.

# Wednesday week 3 - Lunch



## *Beef Meatballs with Mashed Potato and Steamed Vegetables*

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### INGREDIENTS

- 5kg of ground beef
- 2 cups of grated zucchini
- 2 cups of grated carrot
- 2 cups of breadcrumbs
- 2 cups of finely chopped onion
- 2 cups of milk
- 2 tablespoons of olive oil
- Salt and pepper to taste
- 5kg of mashed potato
- 5kg of steamed vegetables (such as broccoli, carrots, and green beans)

### DIRECTIONS

1. Preheat the oven to 180°C.
2. In a large mixing bowl, combine the ground beef, grated zucchini, grated carrot, breadcrumbs, finely chopped onion, milk, olive oil, salt, and pepper.
3. Mix well and shape into meatballs, about 2 inches in diameter.
4. Place the meatballs on a baking sheet and bake for 20-25 minutes, until cooked through.
5. Serve the meatballs with mashed potato and steamed vegetables on the side.

# Wednesday week 3 - Afternoon tea



## *Zucchini and Banana Bread with Fresh Seasonal Fruit and Vegetables*

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### INGREDIENTS

- 2 cups of grated zucchini
- 2 cups of mashed ripe bananas
- 2/3 cup of unsweetened applesauce
- 2/3 cup of maple syrup
- 1/2 cup of vegetable oil
- 3 cups of all-purpose flour
- 2 teaspoons of baking powder
- 2 teaspoons of ground cinnamon
- 1/2 teaspoon of baking soda
- 1/2 teaspoon of salt
- Seasonal fruit and vegetable

### DIRECTIONS

1. Preheat the oven to 180°C.
2. In a large mixing bowl, combine the grated zucchini, mashed ripe bananas, unsweetened applesauce, maple syrup, and vegetable oil.
3. In a separate mixing bowl, whisk together the all-purpose flour, baking powder, ground cinnamon, baking soda, and salt.
4. Add the dry ingredients to the wet ingredients and mix until just combined.
5. Fold in 1 cup of the chopped fresh seasonal fruit and vegetables.
6. Pour the batter into a greased loaf pan and smooth out the top.
7. Sprinkle the remaining chopped fresh seasonal fruit and vegetables on top of the batter.
8. Bake for 60-70 minutes, until a toothpick inserted into the center comes out clean.
9. Allow to cool for 10 minutes before removing from the pan and slicing.
10. Serve the zucchini and banana bread with additional fresh seasonal fruit and vegetables on the side.

# Thursday week 3 - Morning tea



## *Assorted Sandwiches with Fresh Seasonal Fruit and Vegetables*

### INGREDIENTS

- 50 slices of bread (wholemeal)
- 1/2 cup margarine
- 1/2 cup Vegemite
- 1 1/2 cups shredded cheese
- Fresh seasonal fruit and vegetables for serving

### DIRECTIONS

1. Lay out the slices of bread on a clean surface.
2. Spread Vegemite on half of the slices, and sprinkle shredded cheese on the other half.
3. For the third type of sandwich, spread Vegemite on one slice and shredded cheese on the other slice, then sandwich them together.
4. Cut each sandwich into quarters.
5. Arrange the sandwich quarters on a large platter and serve with sliced fresh vegetables and chopped fresh seasonal fruit on the side.

# Thursday week 3 - Lunch



## *Pan-Seared Fish with Steamed Rice and Mashed Green Peas*

### INGREDIENTS

- 25kg of white fish fillets
- 2 cups of all-purpose flour
- 2 tablespoons of olive oil
- Salt and pepper to taste
- 5kg of steamed rice
- 5kg of frozen green peas

### DIRECTIONS

1. Season the fish fillets with salt and pepper.
2. Coat each fillet in all-purpose flour.
3. Heat the olive oil in a large pan over medium-high heat.
4. Add the fish fillets to the pan and cook for 2-3 minutes on each side, until golden brown and cooked through.
5. Cook rice as per packet instructions
6. Boil green peas until soft and mash
7. Serve the pan-seared fish with steamed rice and mashed green peas.

# Thursday week 3 - Afternoon tea



## No Sugar Anzac Biscuits with Fresh Seasonal Fruit and Vegetables

### INGREDIENTS

- 2kg of rolled oats
- 2 cups of all-purpose flour
- 2 cups of shredded coconut
- 2 cups of coconut oil
- 1/2 cup of golden syrup
- 1 tablespoon of baking soda
- 2 tablespoons of hot water
- Seasonal fruit and vegetable

### DIRECTIONS

1. Preheat the oven to 160°C.
2. In a large mixing bowl, combine the rolled oats, all-purpose flour, and shredded coconut.
3. In a separate mixing bowl, whisk together the coconut oil and golden syrup until smooth.
4. Mix the wet ingredients into the dry ingredients until well combined.
5. In a small bowl, dissolve the baking soda in hot water, then mix into the dough.
6. Form the dough into small balls and place them on a greased baking sheet.
7. Bake for 15-20 minutes, until golden brown.
8. Serve the no sugar Anzac biscuits with chopped fresh seasonal fruit and vegetables on the side.

# Friday week 3 - Morning tea



## Whole Meal Toast with Cheese and Fresh Seasonal Fruit and Vegetables

### INGREDIENTS

- 50 slices of bread ( wholemeal)
- 1/2 cup margarine
- 1 1/2 cups shredded cheese
- Fresh seasonal fruit and  
vegetables for serving

### DIRECTIONS

1. Lay out the slices of wholemeal bread on a clean surface.
2. Sprinkle shredded cheese on half of the slices.
3. Place the other half of the slices on top of the cheese to form sandwiches.
4. Cut each sandwich into quarters.
5. Arrange the sandwich quarters on a large platter and serve with sliced fresh vegetables and chopped fresh seasonal fruit on the side.

# Friday week 3 - Lunch



## Ginger Meatballs with Couscous and Steamed Greens

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### INGREDIENTS

- 5kg of ground beef
- 2 cups of grated carrot
- 2 cups of grated zucchini
- 2 tablespoons of grated ginger
- 2 cups of breadcrumbs
- 2 cups of finely chopped onion
- 2 tablespoons of olive oil
- Salt and pepper to taste
- 5kg of cooked couscous
- 5kg of steamed greens

### DIRECTIONS

1. Preheat the oven to 180°C.
2. In a large mixing bowl, combine the ground beef, grated carrot, grated zucchini, grated ginger, breadcrumbs, finely chopped onion, olive oil, salt, and pepper.
3. Mix well and shape into meatballs, about 2 inches in diameter.
4. Place the meatballs on a baking sheet and bake for 20-25 minutes, until cooked through.
5. Serve the ginger meatballs with cooked couscous and steamed greens on the side.

# Friday week 3 - Afternoon tea



## Coconut and Weetabix Apple and Pear Crumble with Fresh Seasonal Fruit and Vegetables

### INGREDIENTS

- 3 cups of Weetabix cereal
- 2 cups of all-purpose flour
- 3 cup of shredded coconut
- 2 cups of coconut oil
- 1/2 cup of maple syrup
- 2 cups of chopped apples
- 2 cups of chopped pears
- 2 tablespoons of cinnamon
- Fresh seasonal fruit and vegetables

### DIRECTIONS

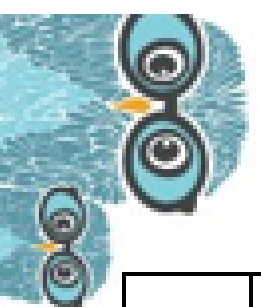
1. Preheat the oven to 180°C.
2. In a large mixing bowl, crush the Weetabix cereal into small pieces.
3. Add the all-purpose flour, coconut oil, coconut and maple syrup to the bowl and mix until well combined.
4. In a separate mixing bowl, combine the chopped apples and pears, and cinnamon.
5. Spread the apple and pear mixture evenly in the bottom of a large baking dish.
6. Top with the Weetabix mixture.
7. Bake for 25-30 minutes, until the top is golden brown.
8. Serve the coconut and Weetabix apple and pear crumble with chopped fresh seasonal fruit and vegetables on the side.



*Week 4 - Autumn*

## INSIGHT EARLY LEARNING MENU - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Breakfast</b></p> <p>(Offered to children at opening time between 7am - 8am)</p>	Wholegrain cereals (Weetabix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water				
<p><b>Morning Tea</b></p> <p>(Offered to children between 9:00 -10:00)</p>	Assorted sandwiches (cheese, and tomato and cheese)	Avocado and cream cheese dip with brown rice crackers served with fresh seasonal fruit and vegetables	Porridge with stewed apples and pears served with fresh seasonal fruit and vegetables	Crumpets with honey served with fresh seasonal fruit and vegetables	English muffins with cheese served with fresh seasonal fruit and vegetables
<p><b>Drink</b></p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p><b>Lunch</b></p> <p>(Offered to children between 11am -1:00pm- depending on age)</p>	Beef koftas served with a Roast vegetable and Pearl couscous salad	Broccoli and chicken pesto pasta with grated cheese.	Baked beef and green beans rice noodle stirfry.	Cauliflower and chickpea curry with steamed rice	Gluten-free beef Korma with steamed rice and broccoli
<p><b>Drink</b></p>	Water	Water	Water	Water	Water
<p><b>Afternoon Tea</b></p> <p>(Offered to children between 2:30pm – 3:30pm)</p>	Beetroot hummus with pita and carrot and cucumber sticks	Tomato, ricotta and spinach open sandwiches served with fresh seasonal fruit and vegetables	Fluffy cheese scones served with fresh seasonal fruit and vegetables	Healthy strawberry cheesecake slice served with fresh seasonal fruit and vegetables	Cheese & crackers with sultanas and a variety of fresh seasonal fruit and vegetables
<p><b>Drink</b></p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p><b>Late Snack</b></p> <p>(Offered to children between 5pm – 5:30pm)</p>	<b>Choose from Daily:</b> Whole-meal crackers and cheese, fresh fruit and vegetables, served with water				
<p><b>Water</b></p>	Water is freely available throughout the day				
<p><b>Infants (eating solids)</b></p>	Foods with an appropriate texture for infants’ age (e.g. Mashed, lumpy, chopped, blanched, finger foods) will be offered to those children that have started solids. Dairy or honey will not be served to children under 12 months.				
<p><b>Allergies / vegetarian /Food intolerances</b></p>	Children with allergies, food intolerances, vegetarian or with cultural preferences are provided a tailored version of the regular menu to suit their individual needs.				



# Monday week 4 - Morning tea



## Assorted Sandwiches with Fresh Seasonal Fruit and Vegetables

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### INGREDIENTS

- 100 slices of bread  
( wholemeal)
- 1/2 cup margarine
- 1/2 cup sliced tomato's
- 1 1/2 cups shredded  
cheese
- Fresh seasonal fruit and  
vegetables for serving

### DIRECTIONS

1. Lay out the slices of bread on a clean surface.
2. Sprinkle shredded cheese on half of the slices.
3. Add sliced tomatoes on top of the cheese for the second type of sandwich.
4. Place the other half of the slices on top to form sandwiches.
5. Cut each sandwich into quarters.
6. Arrange the sandwich quarters on a large platter and serve with sliced fresh vegetables and chopped fresh seasonal fruit on the side.

# Monday week 4 - Lunch



## *Beef Koftas with Roast Vegetable and Pearl Couscous Salad*

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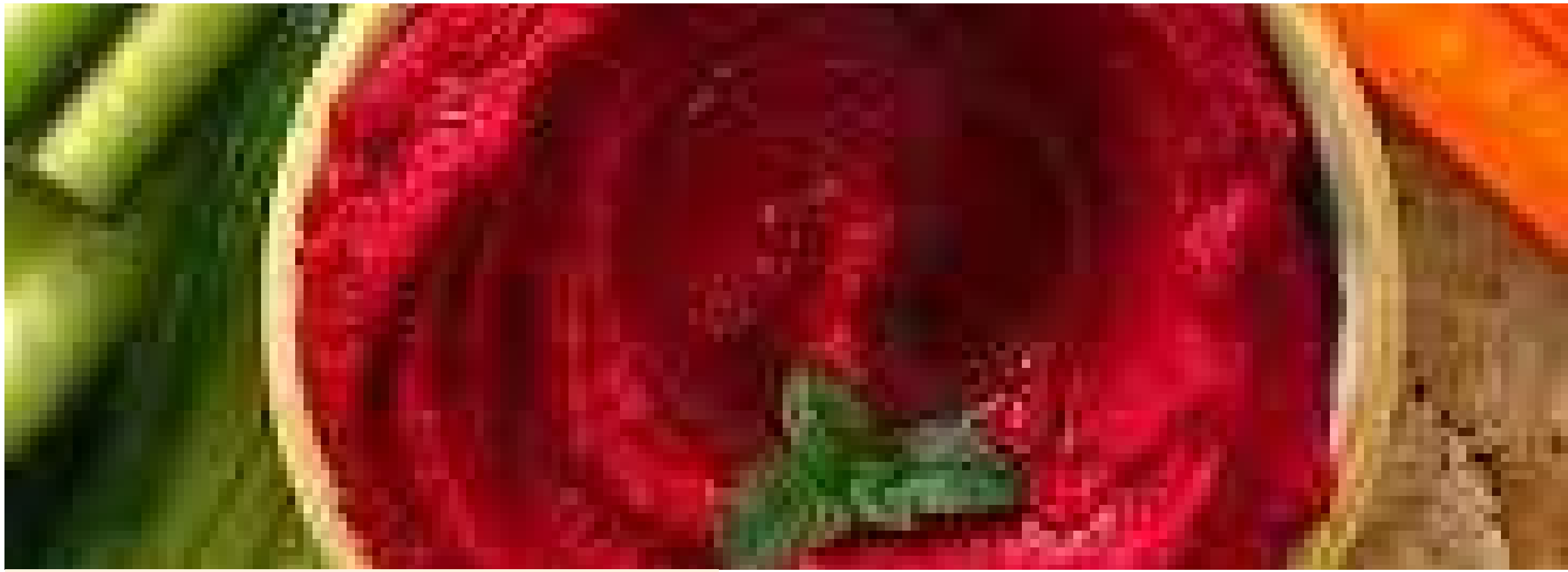
### INGREDIENTS

- 5kg of ground beef
- 2 cups of finely chopped onion
- 2 cups of finely chopped fresh parsley
- 2 cups of finely chopped fresh mint
- 2 tablespoons of ground cumin
- 2 tablespoons of ground coriander
- 2 tablespoons of olive oil
- Salt and pepper to taste
- 5kg of roast vegetables (such as eggplant, zucchini, and bell pepper)
- 5kg of cooked pearl couscous

### DIRECTIONS

1. Preheat the oven to 180°C.
2. In a large mixing bowl, combine the ground beef, chopped onion, chopped parsley, chopped mint, ground cumin, ground coriander, olive oil, salt, and pepper.
3. Mix well and shape into koftas, about 2 inches in diameter.
4. Place the koftas on a baking sheet and bake for 20-25 minutes, until cooked through.
5. Serve the beef koftas with roast vegetables and cooked pearl couscous on the side.

# Monday week 4 - Afternoon tea



## *Beetroot Hummus with Pita and Carrot and Cucumber Sticks*

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### INGREDIENTS

- 2kg of cooked chickpeas
- 2 cups of chopped cooked beetroot
- 2 cloves of garlic, minced
- 1/2 cup of tahini
- 1/2 cup of lemon juice
- 2 tablespoons of olive oil
- Salt and pepper to taste
- 50 whole wheat pita pockets, cut into quarters
- 5 cups of carrot sticks
- 5 cups of cucumber sticks

### DIRECTIONS

1. In a food processor, combine the cooked chickpeas, chopped cooked beetroot, minced garlic, tahini, lemon juice, olive oil, salt, and pepper.
2. Process until smooth and creamy.
3. Serve the beetroot hummus with pita quarters, carrot sticks, and cucumber sticks on the side.

# Tuesday week 4 - Morning tea



## *Avocado and Cream Cheese Dip with Brown Rice Crackers with Fresh Seasonal Fruit and Vegetables*

### Ingredients

- 8 ripe avocados, pitted and mashed
- 2 cups of cream cheese
- 1/2 cup of lemon juice
- 1/2 cup of olive oil
- Salt and pepper to taste
- 5 boxes of brown rice crackers
- Seasonal fruit and vegetable

### Directions

1. In a large mixing bowl, combine the mashed avocados, cream cheese, lemon juice, olive oil, salt, and pepper.
2. Mix well until smooth and creamy.
3. Serve the avocado and cream cheese dip with brown rice crackers, chopped fresh seasonal fruit, and sliced fresh vegetables on the side.

# Tuesday week 4 - Lunch



## *Broccoli and Chicken Pesto Pasta with Grated Cheese*

### Ingredients

- 5kg of pasta
- 5kg of broccoli florets
- 5kg of cooked and shredded chicken breast
- 2 cups of fresh basil leaves
- 1 cup of spinach leaves
- 1 cup of grated parmesan cheese
- 2 cups of olive oil
- 1 cup of unsalted sunflower seeds
- 4 cloves of garlic, minced
- Salt and pepper to taste

### Directions

1. Cook the pasta according to package instructions.
2. Add the broccoli florets to the pasta during the last 5 minutes of cooking.
3. Drain the pasta and broccoli, then return to the pot.
4. In a food processor, combine the fresh basil leaves, Broccoli spinach leaves, grated parmesan cheese, olive oil, sunflower seeds, minced garlic, salt, and pepper.
5. Process until the pesto is smooth and creamy.
6. Add the cooked and shredded chicken breast and nut-free pesto to the pot with the pasta.
7. Mix well until the pasta, and chicken are coated in pesto sauce.
8. Serve the Pesto chicken pasta with grated parmesan cheese on top.

# Tuesday week 4 - Afternoon tea



## *Tomato, Ricotta, and Spinach Open Sandwiches with Fresh Seasonal Fruit and Vegetables*

### Ingredients

- 100 slices of whole-grain bread
- 2kg of ricotta cheese
- 2 cups of chopped fresh spinach
- 2 cups of chopped fresh tomatoes
- 2 tablespoons of olive oil
- Salt and pepper to taste
- Seasonal fruit and veg.

### Directions

1. Lay out the slices of bread on a clean surface.
2. Spread ricotta cheese on each slice.
3. Top with chopped fresh spinach and chopped fresh tomatoes.
4. Drizzle with olive oil and sprinkle with salt and pepper to taste.
5. Cut each slice into quarters.
6. Arrange the open sandwiches on a large platter and serve with chopped fresh seasonal fruit and sliced fresh vegetables on the side.

# Wednesday week 4 - Morning tea



*Porridge with Stewed Apples and Pears with Fresh Seasonal Fruit and Vegetables*

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## INGREDIENTS

- 5kg of rolled oats
- 10L of water
- 1kg of fresh apples, peeled and chopped
- 1kg of fresh pears, peeled and chopped
- 2 tablespoons of cinnamon
- Seasonal fruit and vegetable

## DIRECTIONS

1. In a large pot, bring the water to a boil.
2. Add the rolled oats and stir well.
3. Reduce the heat to low and simmer for 10-15 minutes, stirring occasionally, until the porridge is thick and creamy.
4. In a separate pot, combine the chopped apples, chopped pears, and cinnamon.
5. Cook over low heat for 10-15 minutes, until the fruit is soft and tender.
6. Serve the porridge with stewed apples and pears, and fresh seasonal fruit and vegetables on the side.

# Wednesday week 4 - Lunch



## Baked Beef and Green Beans Rice Noodle Stir Fry

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### INGREDIENTS

- 5kg of rice noodles
- 5kg of lean beef, sliced into thin strips
- 2kg of green beans, trimmed and cut into 2-inch pieces
- 2 cups of low-sodium soy sauce
- 2 cups of vegetable broth
- 2 tablespoons of cornstarch
- 2 tablespoons of olive oil
- Salt and pepper to taste

### DIRECTIONS

1. Preheat the oven to 180°C.
2. Cook the rice noodles according to package instructions.
3. In a large mixing bowl, combine the sliced beef, green beans, low-sodium soy sauce, vegetable broth, cornstarch, olive oil, salt, and pepper.
4. Mix well until the beef and green beans are coated in the sauce.
5. Transfer the beef and green bean mixture to a large baking dish and bake for 20-25 minutes, until the beef is cooked through and the green beans are tender.
6. Serve the baked beef and green beans over cooked rice noodles.

# Wednesday week 4 - Afternoon tea



## *Fluffy Cheese Scones with Fresh Seasonal Fruit and Vegetables*

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### INGREDIENTS

100 ml milk  
50 g butter  
3 eggs  
1 tbs cocoa  
2 tsp baking soda  
a pinch of salt  
3 eggs

### DIRECTIONS

1. Preheat the oven to 200°C.
2. In a large mixing bowl, combine the all-purpose flour, baking powder, and salt.
3. Add the chilled and diced butter to the bowl and use a pastry cutter or fork to cut the butter into the flour mixture until the mixture resembles coarse crumbs.
4. Add the shredded cheese and milk to the bowl and stir until the dough comes together.
5. Turn the dough out onto a floured surface and knead lightly.
6. Roll out the dough to a thickness of 2cm and cut into circles using a biscuit cutter or glass.
7. Place the scones on a baking sheet lined with parchment paper.
8. Bake for 15-20 minutes, until the scones are golden brown.
9. Serve the fluffy cheese scones with chopped fresh seasonal fruit and sliced fresh vegetables on the side.

# Thursday week 4 - Morning tea



## *Crumpets with Honey with Fresh Seasonal Fruit and Vegetables*

### INGREDIENTS

50 crumpets  
1/2 cup margarine  
1 cup honey ( over 12 months only)  
seasonal fruits, and vegetables

### DIRECTIONS

1. Toast the crumpets until golden brown on both sides and set aside.
2. spread a layer of margarine on one side of each crumpet
3. Spread a layer of honey on half of the crumpets
4. Cut each crumpet into quarters and serve with a variety of fresh seasonal fruit and vegetables.

# Thursday week 4 - Lunch



## Cauliflower and Chickpea Curry with Steamed Rice

### INGREDIENTS

- 5kg of cauliflower florets
- 5 cans of chickpeas, drained and rinsed
- 2kg of diced tomatoes
- 2 cups of tomato sauce
- 2 cups of vegetable broth
- 4 tablespoons of ground cumin
- 4 tablespoons of ground coriander
- 2 tablespoons of turmeric
- 2 tablespoons of paprika
- 2 tablespoons of olive oil
- Salt and pepper to taste
- 5kg of steamed rice

### DIRECTIONS

1. In a large pot, heat the olive oil over medium heat.
2. Add the cauliflower florets, ground cumin, ground coriander, turmeric, and paprika to the pot and cook for 5-7 minutes, until the cauliflower is slightly browned.
3. Add the diced tomatoes, tomato sauce, vegetable broth, chickpeas, salt, and pepper to the pot.
4. Bring the mixture to a boil, then reduce the heat to low and simmer for 20-25 minutes, until the cauliflower is tender and the sauce has thickened.
5. Serve the cauliflower and chickpea curry over steamed rice.

# Thursday week 4 - Afternoon tea



## *Healthy Strawberry Cheesecake Slice with Fresh Seasonal Fruit and Vegetables*

### INGREDIENTS

- 2kg of cream cheese
- 2 cups of plain Greek yogurt
- 1 cup of golden syrup
- 1 tablespoon of vanilla extract
- 1kg of fresh strawberries, sliced
- 1/2kg of rolled oats
- 1/2kg of unsalted butter, melted
- Seasonal Fruit and Vegetables

### DIRECTIONS

1. Preheat the oven to 180°C.
2. In a large mixing bowl, combine the cream cheese, Greek yogurt, golden syrup, and vanilla extract.
3. Mix well until the mixture is smooth and creamy.
4. In a separate mixing bowl, combine the rolled oats and melted butter.
5. Press the oat mixture into the bottom of a large baking dish.
6. Bake the oat crust for 10-12 minutes, until golden brown.
7. Let the crust cool, then spread the cream cheese mixture on top.
8. Top the cream cheese mixture with sliced fresh strawberries.
9. Chill the cheesecake slice in the refrigerator for at least 2 hours.
10. Cut the cheesecake slice into squares and serve with chopped fresh seasonal fruit and sliced fresh vegetables on the side.

# Friday week 4 - Morning tea



## English muffins with cheese

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### INGREDIENTS

100 ready-made  
English muffins  
1/2 cup margarine  
2kg of shredded  
cheese  
Seasonal fruit and  
Vegetables

### DIRECTIONS

1. Preheat the oven to 180°C.
2. Cut the English muffins in half and place them on a baking sheet.
3. Sprinkle the shredded cheese on top of each muffin half.
4. Bake the muffins in the oven for 5-7 minutes, until the cheese is melted and bubbly.
5. Serve the English muffins with melted cheese and fresh seasonal fruit and vegetables on the side.

# Friday week 4 - Lunch



## Gluten-Free Beef Korma with Steamed Rice and Broccoli

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### INGREDIENTS

- 5kg of lean beef, cubed
- 2kg of chopped onions
- 2kg of chopped tomatoes
- 2 cans of coconut milk
- 2 cups of vegetable broth
- 4 tablespoons of curry powder
- 2 tablespoons of ground ginger
- 2 tablespoons of garlic powder
- 2 tablespoons of olive oil
- Salt and pepper to taste
- 5kg of steamed rice
- 5kg of steamed broccoli florets

### DIRECTIONS

1. In a large pot, heat the olive oil over medium heat.
2. Add the chopped onions, curry powder, ground ginger, and garlic powder to the pot and cook for 5-7 minutes, until the onions are soft and translucent.
3. Add the cubed beef to the pot and cook for 5-7 minutes, until the beef is browned on all sides.
4. Add the chopped tomatoes, coconut milk, vegetable broth, salt, and pepper to the pot.
5. Bring the mixture to a boil, then reduce the heat to low and simmer for 45-60 minutes, until the beef is tender and the sauce has thickened.
6. Serve the beef korma over steamed rice and broccoli.

# Friday week 4 - Afternoon tea



## *Cheese & Crackers with Sultanas with Fresh Seasonal Fruit and Vegetables*

### INGREDIENTS

- 2kg of sliced cheese
- 2kg of whole-grain crackers
- 1kg of sultanas
- chopped fresh seasonal fruit
- sliced fresh vegetables

### DIRECTIONS

1. Arrange the sliced cheese, whole-grain crackers, and sultanas on a large platter.
2. Serve the cheese and crackers with sultanas and fresh seasonal fruit and vegetables on the side.