

INSIGHT'S
RECIPE
BOOK
SPRING



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

Spring

September

<u>Fruit</u>		<u>Vegetables</u>			
Papaya	Papaya	Beans	Ginger	Silverbeet	
Apples	Pawpaw	Artichoke	Broccoli	Leek	Spinach
Grapefruit	Pineapples	Asian greens	Cabbage	Lettuce	Spring Onions
Lemons		Asparagus	Carrot	Peas	
Mandarins		Avocados	Cauliflower	Potato	
Oranges			Garlic	Pumpkin	

October

<u>Fruit</u>		<u>Vegetables</u>			
Papaya	Papaya	Avocados	Garlic	Spring Onions	
Grapefruit	Pawpaw	Artichoke	Beans	Lettuce	
Lemons	Pineapples	Asian greens	Broccoli	Peas	
Mangos	Strawberries	Asparagus	Choko	Silverbeet	
Oranges			Cucumber	Spinach	

November

<u>Fruit</u>		<u>Vegetables</u>			
Mangos	Mangos	Pineapples	Choko	Spinach	
Banana	Melons	Strawberries	Artichokes	Cucumbers	Spring Onions
Cherries	Oranges		Asparagus	Lettuce	Sweet corn
Grapefruit	Papaya		Avocados	Peas	Tomato
Lychees	Pawpaw		Beans	Snow peas	

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.

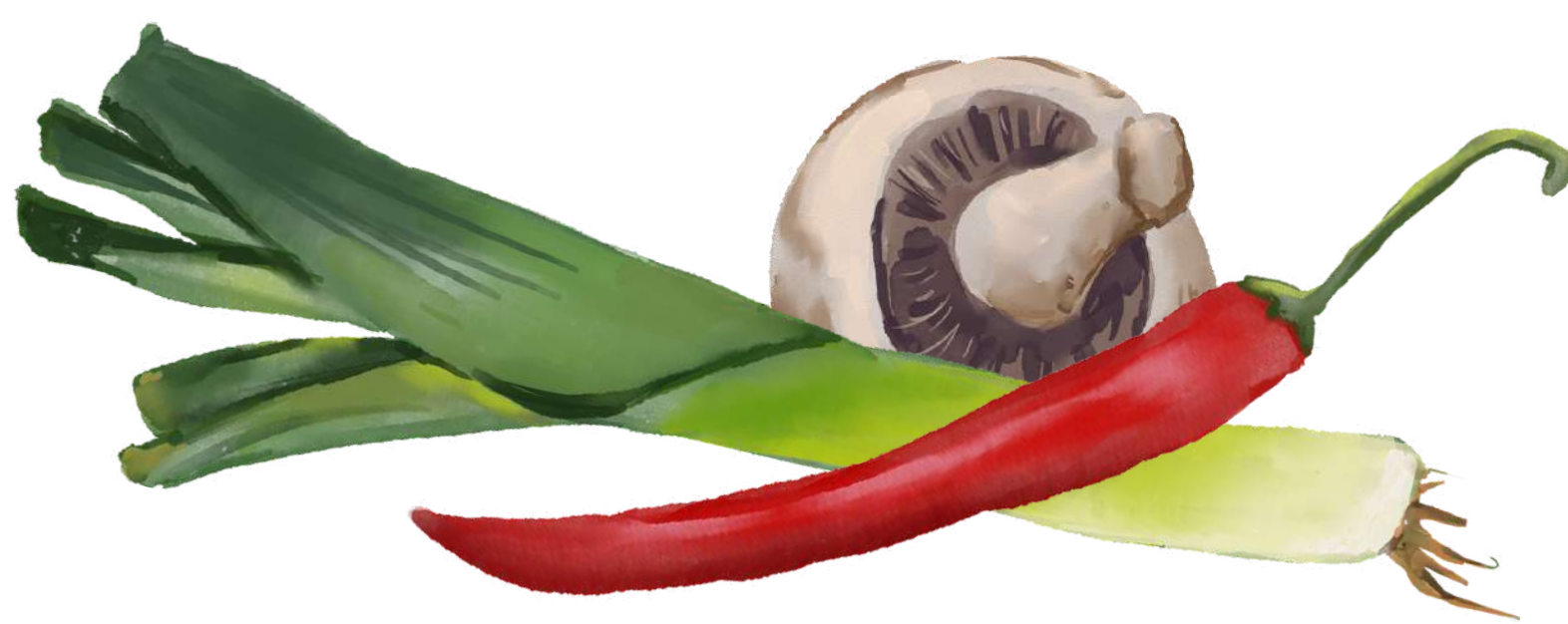
Round fruits and vegetables, such as grapes and cherry tomatoes, should always be cut into small pieces to prevent choking. Meatballs are another example of round foods that should be cut into small chunks before serving to young children. Slicing them in half or into quarters can help make them safer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



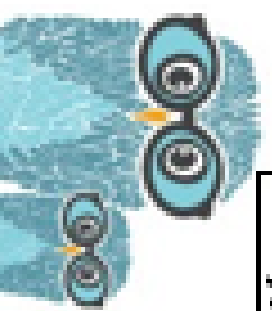
Scan the QR code to get a full list of how to prepare fruit and vegetables for the different age groups.




Week 1 - Spring

INSIGHT EARLY LEARNING MENU - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</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>Morning Tea</p> <p>(Offered to children between 9:00 -10:00)</p>	Cheese & crackers with sultanas and a variety of fresh seasonal fruit and vegetables	Crumpets with apricot chia seed jam served with fresh seasonal fruit	English muffins with cheese served with fresh seasonal fruit and vegetables	Greek yogurt with fresh seasonal fruit	Raisin toast served with fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Lunch</p> <p>(Offered to children between 11am -1:00pm- depending on age)</p>	Lamb and Spring vegetable risotto	Deconstructed beef tacos (lettuce, tomato, cheese, soft tacos and beef)	Creamy pesto pasta with zucchini, peas and spinach.	Indian butter chicken served with steamed jasmine rice	Spaghetti Bolognese with hidden vegetable and brown lentils, served with whole-meal pasta and grated cheese
<p>Drink</p>	Water	Water	Water	Water	Water
<p>Afternoon Tea</p> <p>(Offered to children between 2:30pm – 3:30pm)</p>	Banana and strawberry muffins with flaxseed served with fresh seasonal fruit and vegetables	Roast capsicum dip with brown rice crackers and vegetable sticks.	Blueberry and chai seed slice served with fresh seasonal fruit and vegetables	Hummus and Tzatziki dips with pita bread and vegetable sticks	Assorted sandwiches (vegemite, cheese, and vegemite and cheese) with a variety of fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Late Snack</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>Water</p>	Water is freely available throughout the day				
<p>Infants (eating solids)</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>Allergies / vegetarian /food intolerances</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



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

INGREDIENTS

- 1.5 kg tasty cheese (use dairy free cheese for DF), sliced and cut into triangles
- 6 packets of plain rice crackers
- 4 cups sultanas
- A variety of fresh seasonal fruit and vegetables

DIRECTIONS

1. Arrange the tasty cheese (use dairy free cheese for DF) slices and rice crackers on serving platters, one for each classroom.
2. make a bowl for each room of sultanas over the cheese (use dairy free cheese for DF) and rice crackers.
3. Serve with a variety of fresh seasonal fruit and vegetables. Enjoy!

Monday week 1 - Lunch



Lamb and Spring Vegetable Risotto

INGREDIENTS

- 4 kg lamb shoulder, diced
- 20 cups Arborio rice
- 5 large onions, diced
- 20 cloves garlic, minced
- 5 bunches asparagus, trimmed and cut into bite-sized pieces
- 5 cups peas
- 5 bunches spring onions, sliced
- 10 litres chicken or vegetable stock
- Salt and pepper to taste
- Olive oil

DIRECTIONS

1. Heat several large pots or Dutch ovens over medium heat. Add enough olive oil to coat the bottom of each pot.
2. Divide the diced lamb evenly among the pots and cook until browned on all sides, stirring occasionally.
3. Remove the lamb from the pots and set aside.
4. Divide the diced onion and minced garlic evenly among the pots and cook until softened, stirring occasionally.
5. Divide the Arborio rice evenly among the pots and stir to coat with the onion and garlic mixture.
6. Add the chicken or vegetable stock to each pot, one ladleful at a time, stirring constantly until the liquid is absorbed before adding more.
7. After 20-25 minutes of cooking, divide the cooked lamb, asparagus, peas, and spring onions evenly among the pots and stir to combine.
8. Continue cooking for another 5-10 minutes, or until the rice is cooked to your liking and the vegetables are tender.
9. Season with salt and pepper to taste.
10. Serve and enjoy!

Monday week 1 - Afternoon tea



Banana and Strawberry Muffins with Flaxseed, Served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 7.5 cups self-raising flour
- 2.5 cups flaxseed meal
- 2.5 tsp ground cinnamon
- 15 ripe bananas, mashed
- 5 cups fresh strawberries, chopped
- 5 cups milk
- 2.5 cups olive oil
- Assorted fresh seasonal fruit and vegetables,

DIRECTIONS

1. Preheat the oven to 180°C and line 50 muffin cups with paper liners.
2. In a large bowl, combine the self-raising flour, flaxseed meal, and ground cinnamon.
3. In a separate bowl, whisk together the mashed bananas, chopped strawberries, milk, and olive oil.
4. Add the wet ingredients to the dry ingredients and stir until just combined.
5. Spoon the batter evenly into the muffin cups.
6. Bake for 20-25 minutes, or until a toothpick inserted into the centre of a muffin comes out clean.
7. Cool the muffins on a wire rack.
8. Serve the muffins with fresh seasonal fruit and vegetables on the side.

Tuesday week 1 - Morning tea



*Crumpets with Apricot chia seed Jam served
with Fresh Seasonal Fruit*

Ingredients

- 1 kg dried apricots, chopped
- 1 cups water
- 1 cups chia seeds
- 1/2 cup honey
- Juice of 1 lemons
- 50 crumpets
- Assorted fresh seasonal fruit

Directions

1. In a large pot, combine the chopped apricots and water. Bring to a boil, then reduce heat and simmer for 10-15 minutes, or until the apricots have broken down and become soft.
2. Remove the pot from the heat and stir in the chia seeds, honey, and lemon juice.
3. Let the jam sit for 10-15 minutes to thicken.
4. Transfer the jam to bowls and let cool before serving.
5. Toast the crumpets until golden brown on both sides.
6. Serve the toasted crumpets with a bowl of homemade apricot chia jam.
7. Arrange the fresh seasonal fruit on platters or in bowls.
8. Serve the fruit alongside the crumpets and jam.

Tuesday week 1 - Lunch



Deconstructed Beef Tacos

Ingredients

Ingredients for the Shredded Beef:

- 10 kg beef chuck roast
- 2 cups beef broth
- 2 tbsp chili powder
- 2 tbsp ground cumin
- 2 tbsp smoked paprika
- 2 tbsp garlic powder
- 2 tbsp onion powder
- Salt and pepper to taste
- Olive oil

Ingredients for Serving:

- 5 kg lettuce, washed and torn into bite-sized pieces
- 5 kg chopped tomatoes
- 2.5 kg shredded cheddar cheese
- 50 soft tacos
- Salt and pepper to taste
- Olive oil

Directions

1. Preheat the oven to 160°C.
2. In a small bowl, combine the chili powder, ground cumin, smoked paprika, garlic powder, onion powder, salt, and pepper.
3. Rub the spice mixture all over the beef chuck roast.
4. Heat a large skillet over medium-high heat. Add enough olive oil to coat the bottom of the skillet.
5. Add the beef chuck roast to the skillet and cook until browned on all sides, about 5-7 minutes per side.
6. Transfer the beef chuck roast to a large roasting pan and add the beef broth to the pan.
7. Cover the roasting pan with aluminum foil and roast in the oven for 4-5 hours, or until the beef is tender and falls apart easily.
8. Remove the beef from the roasting pan and shred the meat with two forks.
9. Return the shredded beef to the roasting pan with the juices and keep warm until ready to serve.
10. Instructions for Serving:
11. Arrange the lettuce, chopped tomatoes, shredded cheddar cheese, and soft tacos on platters or in bowls.
12. Serve the heated shredded beef in a separate bowl.
13. Allow children to assemble their own tacos by filling the soft tacos with lettuce, chopped tomatoes, shredded cheddar cheese, and shredded beef.

Tuesday week 1 - Afternoon tea



Roast Capsicum Dip with Brown Rice Crackers and Vegetable Sticks

Ingredients

- 20 large red capsicums
- 2 cups olive oil
- 2 cups tahini
- 2 cups lemon juice
- 4 cloves garlic, minced
- Salt and pepper to taste
- 6 packets brown rice crackers
- Assorted vegetable sticks

Directions

1. Preheat the oven to 220°C.
2. Cut the capsicums in half and remove the seeds and stems.
3. Place the capsicum halves on baking trays and brush with olive oil.
4. Roast the capsicum halves in the oven for 30-40 minutes, or until the skins are blistered and blackened.
5. Remove the capsicum halves from the oven and place in a large bowl. Cover the bowl with plastic wrap and allow the capsicum to steam for 10-15 minutes.
6. Remove the blackened skins from the capsicum halves and discard.
7. Add the capsicum flesh, tahini, lemon juice, minced garlic, salt, and pepper to a food processor or blender. Pulse until smooth and creamy.
8. Transfer the capsicum dip to a large bowl or several smaller bowls.
9. Arrange the brown rice crackers and vegetable sticks on platters or in bowls.
10. Serve the capsicum dip with the brown rice crackers and vegetable sticks for dipping.

Wednesday week 1 - Morning tea



English Muffins with Cheese served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 English muffins
- 1 kg sliced cheddar cheese
- Assorted fresh seasonal fruit and vegetables

DIRECTIONS

1. Toast the English muffins until golden brown on both sides.
2. Place a slice of cheddar cheese on each toasted English muffin.
3. Arrange the fresh seasonal fruit and vegetables on platters or in bowls.
4. Serve the English muffins with cheese alongside the fresh fruit and vegetables.

Wednesday week 1 - Lunch



Creamy Nut-Free Pesto Pasta with Zucchini, Peas, and Spinach

INGREDIENTS

- 5 kg pasta, such as penne or fusilli
- 2.5 kg zucchini, chopped into bite-sized pieces
- 1.5 kg frozen peas
- 2.5 kg fresh spinach, washed and chopped
- 1.5 kg sunflower seeds
- 4 cloves garlic
- 2 cups olive oil
- 2 cups lemon juice
- 4 cups fresh basil leaves
- 2 cups grated Parmesan cheese
- Salt and pepper to taste

DIRECTIONS

1. Cook the pasta according to package instructions. Drain and set aside.
2. In a large pot or Dutch oven, heat the olive oil over medium heat.
3. Add the chopped zucchini to the pot and cook until softened, stirring occasionally.
4. Add the frozen peas to the pot and cook until heated through.
5. In a food processor or blender, combine the sunflower seeds, garlic, lemon juice, fresh basil leaves, and grated Parmesan cheese. Pulse until the mixture is smooth and creamy.
6. Add the chopped spinach to the pot and stir until wilted.
7. Add the cooked pasta to the pot and stir to combine.
8. Pour the pesto sauce over the pasta and vegetables and stir until evenly coated.
9. Season with salt and pepper to taste.

Wednesday week 1 - Afternoon tea



Blueberry and Chia Seed Slice served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 5 cups rolled oats
- 3 cups pitted dates
- 1.5 cups frozen blueberries
- 1.5 cups chia seeds
- 1.5 cups unsweetened applesauce
- 1.5 cups milk
- 3 tsp vanilla extract
- Assorted fresh seasonal fruit and vegetables,

DIRECTIONS

1. Preheat the oven to 180°C and line a large baking dish with parchment paper.
2. In a food processor, pulse the rolled oats until they are finely ground.
3. Add the pitted dates, blueberries, and chia seeds to the food processor and pulse until the mixture is well combined and sticky.
4. Add the unsweetened applesauce, milk, and vanilla extract to the food processor and pulse until the mixture is well combined.
5. Transfer the mixture to the prepared baking dish and press down firmly with a spatula to create an even layer.
6. Bake for 25-30 minutes, or until the edges are golden brown and the slice is firm to the touch.
7. Let the slice cool completely in the baking dish before slicing into 50 pieces.
8. Arrange the blueberry and chia seed slices on platters or in bowls.
9. Serve the slices alongside the fresh seasonal fruit and vegetables.

Thursday week 1 - Morning tea



Greek Yogurt with Fresh Seasonal Fruit

INGREDIENTS

- 5 kg plain Greek yogurt
- 5 Tbsp vanilla essence
- Assorted fresh seasonal fruit

DIRECTIONS

1. Divide the Greek yogurt evenly among bowls or cups. one for each classroom.
2. Stir through vanilla essence.
3. Serve with a platter of fresh seasonal fruit.
4. Serve and enjoy!

Thursday week 1 - Lunch



Indian Butter Chicken served with Steamed Jasmine Rice

INGREDIENTS

- 10 kg boneless, skinless chicken thighs, cut into bite-sized pieces
- 2.5 kg diced tomatoes
- 2.5 kg plain Greek yogurt
- 2.5 kg unsweetened coconut milk
- 1.5 kg diced onions
- 1.5 kg minced garlic
- 1.5 kg minced ginger
- 1.5 cups ghee
- 2.5 cups tandoori paste
- 5 kg cooked jasmine rice

DIRECTIONS

1. Heat the ghee in a large pot or Dutch oven over medium heat.
2. Add the diced onions, minced garlic, and minced ginger to the pot and cook until softened and fragrant.
3. Add the tandoori paste to the pot and stir to combine with the onions, garlic, and ginger.
4. Add the chicken pieces to the pot and stir to coat in the tandoori paste mixture.
5. Add the diced tomatoes, plain Greek yogurt, and unsweetened coconut milk to the pot and stir to combine.
6. Bring the mixture to a simmer and cook for 30-40 minutes, or until the chicken is cooked through and the sauce has thickened.
7. Season with salt and pepper to taste.
8. Keep the butter chicken warm until ready to serve.

Thursday week 1 - Afternoon tea



Hummus and Tzatziki Dips with Pita Bread and Vegetable Sticks

INGREDIENTS

- 2.5 kg canned chickpeas, drained and rinsed
- 2 cups tahini
- 2 cups olive oil
- 2 cups lemon juice
- 4 cloves garlic, minced
- Salt and pepper to taste
- 2.5 kg plain Greek yogurt
- 2.5 kg grated cucumber, squeezed dry
- 4 cloves garlic, minced
- 2 cups chopped fresh dill
- 2 cups lemon juice
- 50 pita bread rounds cut into triangles
- Assorted vegetables sticks

DIRECTIONS

Instructions for the Hummus:

1. In a food processor or blender, combine the drained and rinsed chickpeas, tahini, olive oil, lemon juice, minced garlic, salt, and pepper.
2. Pulse until the mixture is smooth and creamy.
3. Taste and adjust the seasoning as necessary.
4. Transfer the hummus to a bowl or container and refrigerate until ready to serve.

Instructions for the Tzatziki:

1. In a large bowl, combine the plain Greek yogurt, grated cucumber, minced garlic, chopped fresh dill, lemon juice, salt, and pepper.
2. Stir until the mixture is well combined.
3. Taste and adjust the seasoning as necessary.
4. Transfer the tzatziki to a bowl or container and refrigerate until ready to serve.

5. Instructions for Serving:

6. Toast the pita bread rounds and cut into wedges.
7. Arrange the hummus and tzatziki dips on in bowls, one for each room.
8. Serve the dips alongside a platter of toasted pita bread triangles, and a platter of assorted vegetable sticks.

Friday week 1 - Morning tea



Raisin Toast served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

50 slices of raisin bread
500g unsalted butter
Fresh seasonal fruit and
vegetables

DIRECTIONS

1. Place the raising bread slices under the grill or in the toaster and cook until lightly toasted and the raisins are slightly caramelized.
2. Serve the raisin toast cut into triangles alongside a platter of fresh seasonal fruit and vegetables.

Friday week 1 - Lunch



Spaghetti Bolognese with Hidden Vegetable and Brown Lentils

INGREDIENTS

- 5 kg wholemeal spaghetti
- 4.5 kg lean ground beef
- 2.5 kg diced tomatoes
- 2.5 kg tomato passata
- 1.5 kg brown lentils, cooked and drained
- 2.5 kg grated carrots
- 2.5 kg grated zucchini
- 1.5 kg diced onions
- 1.5 kg minced garlic
- 1.5 cups olive oil
- Salt and pepper to taste
- 2.5 kg grated Parmesan cheese

DIRECTIONS

1. Cook the wholemeal spaghetti according to package instructions. Drain and set aside.
2. In a large pot or Dutch oven, heat the olive oil over medium heat.
3. Add the diced onions and minced garlic to the pot and cook until softened and fragrant.
4. Add the ground beef to the pot and cook until browned, stirring occasionally.
5. Add the grated carrots and zucchini to the pot and stir to combine.
6. Add the diced tomatoes and tomato passata to the pot and stir to combine.
7. Add the cooked and drained brown lentils to the pot and stir to combine.
8. Simmer the sauce for 30-40 minutes, stirring occasionally, or until the vegetables are tender and the sauce has thickened.
9. Season with salt and pepper to taste.
10. Serve the spaghetti bolognese in a bowl with the wholemeal pasta on the side in a bowl and grated Parmesan cheese in a bowl.
11. Allow children to self-serve the sauce, pasta and cheese.

Friday week 1 - Afternoon tea



Assorted Sandwiches with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 100 slices of bread, such as wholemeal or sourdough
- 500 g Vegemite spread
- 1kg sliced cheddar cheese
- Fresh seasonal fruit and vegetables

DIRECTIONS

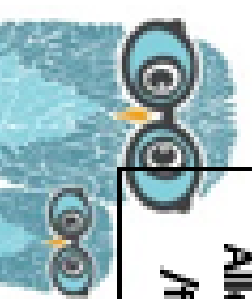
1. Lay out the bread slices on a clean work surface.
2. Spread a quarter of the bread slices with Vegemite and top with cheddar cheese.
3. Spread the other quarter of the bread slices with cheddar cheese.
4. Top the bread slices with the remaining bread slices to form sandwiches.
5. Cut the sandwiches into halves or quarters, depending on age range.
6. Arrange the sandwiches on platters and serve alongside a platter of fresh seasonal fruit and vegetables.



Week 2 - Spring

INSIGHT EARLY LEARNING MENU - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast (Offered to children at opening time between 7am - 8am)</p>	Wholegrain cereals (Weatabix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water				
<p>Morning Tea (Offered to children between 9:00 -10:00)</p>	A variety of yogurt with fresh seasonal fruit	Wholemeal Crumpets with honey served with fresh seasonal fruit and vegetables	Whole meal Turkish toast with tasty cheese served with fresh seasonal fruit and vegetables	Wholegrain crackers with tasty cheese and sultanas served with fresh seasonal fruit and vegetables	Whole meal raisin toast served with fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Lunch (Offered to children between 11am -1:00pm- depending on age)</p>	Pan-fried fish, mashed potatoes with green beans	Children's Choice	Homemade pizza with <u>BBQ</u> beef, mushroom, tomato, corn and cheese.	Apricot chicken with hidden vegetables served with steamed rice	Homemade beef mince rolls served with a green salad
<p>Drink</p>	Water	Water	Water	Water	Water
<p>Afternoon Tea (Offered to children between 2:30pm – 3:30pm)</p>	Chai seed coconut pudding with fresh seasonal fruit	Sugar-free date and banana muffins served with fresh seasonal fruit and vegetables	Rice thins with avocado, vegemite or cheese. served with fresh seasonal fruit and vegetables	Cauliflower cheese quinoa bites served with fresh seasonal fruit and vegetables	Apple, carrot and Greek yogurt muffins served with fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Late Snack (Offered to children between 5pm – 5:30pm)</p>	Choose from Daily: Whole-meal crackers and cheese, fresh fruit and vegetables, served with water				
<p>Water</p>	Water is freely available throughout the day				
<p>Infants (eating solids)</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>Allergies / vegetarian / Food intolerances</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



*A variety of yogurt with fresh
seasonal fruit*

INGREDIENTS

- 5 kg Vanilla yogurt
- 5 kg Berry yogurt
- Fresh seasonal fruit

DIRECTIONS

1. Arrange small bowls for serving the yogurt. one bowl of each flavour per classroom.
2. Arrange a platter of fresh seasonal fruit.
3. Serve the yogurt immediately or chill until ready to serve.

Monday week 2 - Lunch



Steamed Fish with Mashed Potatoes and Green Beans

INGREDIENTS

- 25 kg white fish fillets, such as Base cut into small pieces
- 10 kg potatoes, peeled and diced
- 5 kg green beans, washed and trimmed
- 3 kg broccoli, washed
- 2.5 cups olive oil
- 1.5 cups butter
- 2 cups of milk
- Salt and pepper to taste
- Fresh lemon wedges, for serving

DIRECTIONS

1. Boil the diced potatoes in a large pot of salted water until tender, then drain and mash until smooth with the butter and milk.
2. In a separate pot, blanch the green beans in boiling salted water for 3-4 minutes, then drain and set aside.
3. In separate pot, cook the broccoli boiling water until soft, drain and set aside.
4. Season the fish fillets with salt and pepper on both sides, with some butter. layer on baking paper and cover with another sheet of baking paper. roll up the ends to enclose the fish and place in the oven. Cook for 15min or until cooked through.
5. In a small pot, heat the milk over low heat until warmed through.
6. Serve the pan-fried fish alongside the mashed potatoes in a bowl, blanched green beans, and broccoli in a bowl.

Monday week 2 - Afternoon tea



Chia Seed Coconut Pudding with Fresh Seasonal Fruit

INGREDIENTS

- 2.5 kg chia seeds
- 10 cans (800ml each) coconut milk
- 2.5 cups maple syrup
- Fresh seasonal fruit

DIRECTIONS

1. In a large bowl, combine the chia seeds, coconut milk, and maple syrup.
2. Stir until the mixture is well combined and the chia seeds are evenly distributed.
3. Cover the bowl and refrigerate for at least 4 hours or overnight, until the mixture has thickened and the chia seeds have absorbed the liquid.
4. Spoon the chia seed coconut pudding into small bowls. one for each room.
5. Arrange a platter of fresh seasonal fruit.
6. Serve the pudding cups immediately or chill until ready to serve.

Tuesday week 2 - Morning tea



*Wholemeal Crumpets with Honey served with
Fresh Seasonal Fruit and Vegetables*

Ingredients

- 50 wholemeal crumpets
- 500g honey
- 500g unsalted butter
- Fresh seasonal fruit and vegetable

Directions

1. Preheat a grill or toaster to medium heat.
2. Toast the wholemeal crumpets until lightly browned on both sides.
3. Spread with butter and Drizzle each crumpet with honey.
4. Serve the crumpets cut into triangles alongside a platter of fresh seasonal fruit and vegetables.

Tuesday week 2 - Lunch



Children's choice

Tuesday week 2 - Afternoon tea



Sugar-free Date and Banana Muffins served with Fresh Seasonal Fruit and Vegetables

Ingredients

- 500g pitted dates, chopped
- 10 ripe bananas, mashed
- 4 cups wholemeal flour
- 2 cups milk
- 2 cups unsweetened applesauce
- 1 cup canola oil
- 1 cup rolled oats
- 5 tsp baking powder
- 5 tsp baking soda
- 2.5 tsp ground cinnamon
- Fresh seasonal fruit and vegetables

Directions

1. Preheat the oven to 180°C (350°F). Line 50 muffin cups with paper liners.
2. In a large mixing bowl, combine the chopped dates, mashed bananas, wholemeal flour, milk, unsweetened applesauce, canola oil, rolled oats, baking powder, baking soda, and ground cinnamon.
3. Stir the mixture until well combined and the ingredients are evenly distributed.
4. Spoon the muffin batter into the prepared muffin cups, filling each about three-quarters full.
5. Bake the muffins for 25-30 minutes, or until a toothpick inserted in the center comes out clean.
6. Remove the muffins from the oven and let cool in the muffin cups for 5-10 minutes before removing and transferring to a wire rack to cool completely.
7. Serve the sugar-free date and banana muffins cut in half alongside a platter of fresh seasonal fruit and vegetables.

Wednesday week 2 - Morning tea



Wholemeal Turkish Toast with Tasty Cheese served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 slices of wholemeal Turkish toast sliced into pieces
- 1 kg grated tasty cheese
- 500g unsalted butter
- Fresh seasonal fruit and vegetables

DIRECTIONS

1. Preheat a grill or toaster to medium heat.
2. Toast the wholemeal Turkish toast until lightly browned on both sides.
3. Sprinkle half of the slice of toast with grated tasty cheese.
4. Place the toast under the grill or in the toaster and cook until the cheese is melted and bubbly.
5. Spread on the other half of the slice of toast with butter.
6. Serve the cheese toast and butted toast on a platter alongside a platter of fresh seasonal fruit and vegetables.

Wednesday week 2 - Lunch



*Homemade Pizza with BBQ Beef,
Mushroom, Tomato, Corn, and Cheese*

INGREDIENTS

- 25 ready made pizza bases
- 10 kg diced beef cooked
- 5 kg sliced mushrooms
- 5 kg tomatoes sliced
- 5 kg sweet corn kernels
- 5 kg grated mozzarella cheese
- 2.5 cups BBQ sauce
- Salt and pepper to taste

DIRECTIONS

1. Preheat the oven to 220°C (425°F).
2. Place the pizza bases on baking sheets lined with parchment paper.
3. Spread a thin layer of BBQ sauce over each pizza base.
4. Top the pizzas with the diced beef, sliced mushrooms, diced tomatoes, and sweet corn kernels.
5. Sprinkle the grated mozzarella cheese evenly over the pizzas.
6. Bake the pizzas in the preheated oven for 12-15 minutes, or until the crust is golden brown and the cheese is melted and bubbly.
7. Season the pizzas with salt and pepper to taste.
8. Slice the pizzas into wedges and serve immediately.

Wednesday week 2 - Afternoon tea



Rice Thins with Avocado, Vegemite or Cheese served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 100 rice thins
- 5 ripe avocados, mashed
- 500g Vegemite spread
- 2.5 kg sliced cheddar cheese
- Fresh seasonal fruit and vegetables

DIRECTIONS

1. Arrange the rice thins on a platter
2. Mash the avocado and place in a bowl, one for each room.
3. Arrange the sliced cheddar cheese on a plate
4. Separate the vegemite into bowls for self-serving.
5. Serve alongside the fresh seasonal fruit and vegetables.

Thursday week 2 - Morning tea



*Wholegrain Crackers with Tasty Cheese
and Sultanas served with Fresh
Seasonal Fruit and Vegetables*

INGREDIENTS

- 6 packets of wholegrain rice crackers
- 2.5 kg sliced tasty cheese
- 500g sultanas
- Fresh seasonal fruit, and vegetables

DIRECTIONS

1. Arrange the wholegrain crackers on a platter or serving tray.
2. Arrange sliced tasty cheese cut into triangles on a platter.
3. Pour the sultanas into a bowl for each room.
4. Serve alongside a platter of fresh seasonal fruit and vegetables.

Thursday week 2 - Lunch



*Apricot Chicken with Hidden Vegetables
served with Steamed Rice*

INGREDIENTS

- 10 kg chicken thighs, boneless and skinless, cut into bite-sized pieces
- 2.5 kg apricot jam
- 2.5 kg canned diced tomatoes
- 2.5 kg diced carrots
- 2.5 kg diced zucchini
- 2.5 kg diced capsicum
- 5 cups chicken broth
- 2.5 cups soy sauce
- 5 tbsp garlic powder
- 5 tbsp onion powder
- 5 tsp ground ginger
- 5kg of cooked white rice
- Salt and pepper to taste

DIRECTIONS

1. In a large pot or Dutch oven, sauté the chicken pieces over medium-high heat until browned on all sides.
2. Add the diced carrots, zucchini, and capsicum to the pot and stir to combine.
3. Add the canned diced tomatoes, apricot jam, chicken broth, soy sauce, garlic powder, onion powder, and ground ginger to the pot.
4. Stir the mixture until well combined and the chicken and vegetables are coated in the sauce.
5. Bring the mixture to a simmer and cook for 25-30 minutes, or until the chicken is cooked through and the vegetables are tender.
6. While the chicken is cooking, prepare the white rice according to package instructions.
7. Season the apricot chicken with salt and pepper to taste.
8. Serve the apricot chicken alongside the steamed white rice

Thursday week 2 - Afternoon tea



Cauliflower Cheese Quinoa Bites served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 4 kg cauliflower florets, chopped into small pieces
- 5 cups cooked quinoa
- 5 cups wholemeal breadcrumbs
- 5 cups grated cheddar cheese
- 2.5 cups milk
- 2.5 cups unsweetened applesauce
- 5 tsp baking powder
- 5 tsp baking soda
- 2.5 tsp ground turmeric
- Fresh seasonal fruit and vegetables

DIRECTIONS

1. Preheat the oven to 180°C (350°F). Line baking sheets with parchment paper.
2. In a large mixing bowl, combine the chopped cauliflower, cooked quinoa, wholemeal breadcrumbs, grated cheddar cheese, milk, unsweetened applesauce, baking powder, baking soda, and ground turmeric.
3. Stir the mixture until well combined and the ingredients are evenly distributed.
4. Using a cookie scoop or tablespoon, form the mixture into small balls and place them on the prepared baking sheets
5. Bake the cauliflower cheese quinoa bites in the preheated oven for 20-25 minutes, or until golden brown and crispy on the outside.
6. Remove the bites from the oven and let cool for a few minutes before serving.
7. Serve the cauliflower cheese quinoa bites alongside a platter of fresh seasonal fruit and vegetables.

Friday week 2 - Morning tea



Whole Meal Raisin Toast served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 slices of raisin bread
- 500g unsalted butter
- Fresh seasonal fruit and vegetables

DIRECTIONS

1. Place the raising bread slices under the grill or in the toaster and cook until lightly toasted and the raisins are slightly caramelized.
2. Serve the raisin toast cut into triangles alongside a platter of fresh seasonal fruit and vegetables.

Friday week 2 - Lunch



Homemade Beef Mince Rolls served with a Green Salad

INGREDIENTS

- 5 kg beef mince
- 2.5 kg grated zucchini
- 2.5 kg grated carrots
- 2.5 kg diced onions
- 2.5 cups breadcrumbs
- 2.5 cups milk
- 2.5 cups unsweetened applesauce
- 5 tbsp garlic powder
- 5 tbsp onion powder
- Salt and pepper to taste
- 10 kg shortcrust pastry
- 1 kg mixed greens

DIRECTIONS

1. In a large mixing bowl, combine the beef mince, grated zucchini, grated carrots, diced onions, breadcrumbs, milk, unsweetened applesauce, garlic powder, and onion powder.
2. Stir the mixture until well combined and the ingredients are evenly distributed.
3. Season the mixture with salt and pepper to taste.
4. Preheat the oven to 180°C (350°F).
5. Roll out the shortcrust pastry on a floured surface into a rectangle shape.
6. Spread the beef mixture evenly over the pastry.
7. Roll the pastry up into a tight roll
8. Place the roll onto lined baking trays.
9. Bake the beef rolls for 25-30 minutes, or until cooked through and golden brown.
10. Serve the beef rolls sliced into portions alongside a green salad made with mixed greens.

Friday week 2 - Afternoon tea



Apple, Carrot and Greek Yogurt Muffins served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 500g grated apples
- 500g grated carrots
- 4 cups wholemeal flour
- 2 cups milk
- 2 cups unsweetened applesauce
- 2 cups plain Greek yogurt
- 1 cup canola oil
- 1 cup rolled oats
- 5 tsp baking powder
- 5 tsp baking soda
- 2.5 tsp ground cinnamon
- Fresh seasonal fruit and vegetables

DIRECTIONS

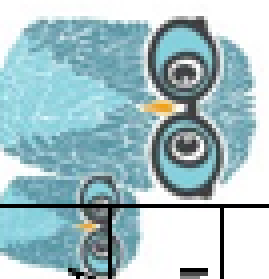
1. Preheat the oven to 180°C (350°F). Line 50 muffin cups with paper liners.
2. In a large mixing bowl, combine the grated apples, grated carrots, wholemeal flour, milk, unsweetened applesauce, plain Greek yogurt, canola oil, rolled oats, baking powder, baking soda, and ground cinnamon.
3. Stir the mixture until well combined and the ingredients are evenly distributed.
4. Spoon the muffin batter into the prepared muffin cups, filling each about three-quarters full.
5. Bake the muffins for 25-30 minutes, or until a toothpick inserted in the center comes out clean.
6. Remove the muffins from the oven and let cool in the muffin cups for 5-10 minutes before removing and transferring to a wire rack to cool completely.
7. Serve the apple, carrot and Greek yogurt muffins cut in half alongside a platter of fresh seasonal fruit and vegetables.



Week 3 - Spring

INSIGHT EARLY LEARNING MENU - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</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>Morning Tea</p> <p>(Offered to children between 9:00 -10:00)</p>	Chickpea and coconut steamed cake	Beetroot hummus With pita and carrot and cucumber sticks	Vegemite and cheese twisted pastries served with fresh seasonal fruit and vegetables	Greek yogurt with fresh seasonal fruit	Whole meal Crumpets with honey served with fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Lunch</p> <p>(Offered to children between 11am -1:00pm- depending on age)</p>	Deconstructed beef <u>burgers</u> (tomato, lettuce, meatballs, cheese, mini bread rolls)	Oven roasted Tomato, ricotta and tuna, Whole meal pasta bake.	Beef, pearl barley and vegetable casserole served with broccoli	Slow cooked Beef and mushroom stew with steamed rice	Oven roasted Vegetables (capsicum, zucchini, eggplant) in a tomato sauce served with wholegrain Spaghetti and grated cheese.
<p>Drink</p>	Water	Water	Water	Water	Water
<p>Afternoon Tea</p> <p>(Offered to children between 2:30pm – 3:30pm)</p>	Assorted sandwiched (cheese, vegemite, vegemite and cheese) served with fresh seasonal fruit and vegetables	Chocolate chai seed pudding with fresh seasonal fruit and vegetables.	Strawberry, chia and banana bars	Quesadillas (cheese with beans or veggie salsa) served with fresh seasonal fruit and vegetables	Carrot and cream cheese Finger Sandwiches
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Late Snack</p> <p>(Offered to children between 5pm – 5:30pm)</p>	Choose from Daily: Whole-meal crackers and cheese, fresh fruit and vegetables, served with water				
<p>Water</p>	Water is freely available throughout the day				
<p>Infants (eating solids)</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>Allergies / vegetarian / Food intolerances</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



Chickpea and Coconut Steamed Cake

INGREDIENTS

- 20 cups chickpea flour
- 10 cups desiccated coconut
- 10 cups coconut milk
- 10 cups water
- 2 cups vegetable oil
- 10 tsp baking powder
- Salt, to taste
- Fresh seasonal fruits 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 platter of fresh seasonal fruit and vegetables.

Monday week 3 - Lunch



Deconstructed Beef Burgers

INGREDIENTS

- 5 kg lean beef mince
- 5 onions
- 100 mini bread rolls
- 2.5 kg sliced tomatoes
- 2.5 kg shredded lettuce
- 2:0 kg sliced cheese
- Salt and pepper to taste

DIRECTIONS

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
2. Donec dictum lectus in ex accumsan sodales. Pellentesque habitant morbi tristique.
3. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo. Donec dictum lectus in ex. lentesque habitant morbi tristique. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo. Donec dictum lectus in ex.
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Monday week 3 - Afternoon tea



Chickpea and Coconut Steamed Cake

INGREDIENTS

- 20 cups chickpea flour
- 10 cups desiccated coconut
- 10 cups coconut milk
- 10 cups water
- 2 cups vegetable oil
- 10 tsp baking powder
- Salt, to taste
- Fresh seasonal fruits and vegetables, for serving

DIRECTIONS

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Tuesday week 3 - Morning tea



Carrot soup with leek

Ingredients

100 ml milk

50 g butter

3 eggs

1 tbs cocoa

2 tsp baking soda

100 ml milk

50 g butter

3 eggs

1 tbs cocoa

2 tsp baking soda

Directions

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
2. Donec dictum lectus in ex accumsan sodales. Pellentesque habitant morbi tristique.
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Tuesday week 3 - Lunch



Carrot soup with leek

Ingredients

100 ml milk

50 g butter

3 eggs

1 tbs cocoa

2 tsp baking soda

100 ml milk

50 g butter

3 eggs

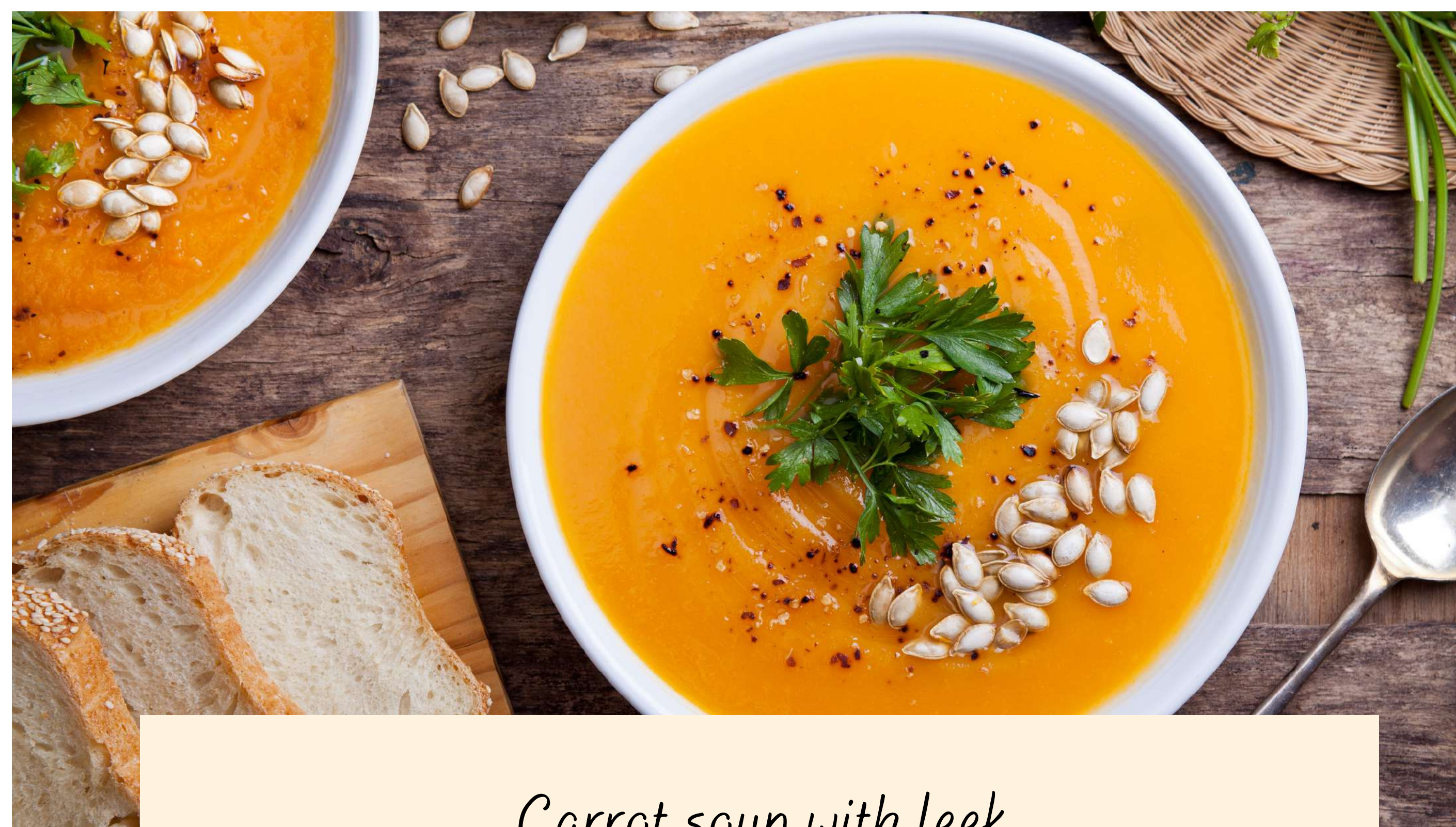
1 tbs cocoa

2 tsp baking soda

Directions

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Tuesday week 3 - Afternoon tea



Carrot soup with leek

Ingredients

100 ml milk	100 ml milk
50 g butter	50 g butter
3 eggs	3 eggs
1 tbs cocoa	1 tbs cocoa
2 tsp baking soda	2 tsp baking soda

Directions

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
2. Donec dictum lectus in ex accumsan sodales. Pellentesque habitant morbi tristique.
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Wednesday week 3 - Morning tea



vegetable Pirogue

Perfect as a starter or tapas!

INGREDIENTS

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

DIRECTIONS

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
2. Donec dictum lectus in ex accumsan sodales. Pellentesque habitant morbi tristique.
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Wednesday week 3 - Lunch



vegetable Pirogue

Perfect as a starter or tapas!

INGREDIENTS

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

DIRECTIONS

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
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Wednesday week 3 - Afternoon tea



vegetable Pirogue

Perfect as a starter or tapas!

INGREDIENTS

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

DIRECTIONS

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
2. Donec dictum lectus in ex accumsan sodales. Pellentesque habitant morbi tristique.
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Thursday week 3 - Morning tea



Vanilla cake

With strawberry jam

INGREDIENTS

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

DIRECTIONS

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
2. Donec dictum lectus in ex accumsan sodales. Pellentesque habitant morbi tristique.
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Thursday week 3 - Lunch



Vanilla cake

With strawberry jam

INGREDIENTS

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

DIRECTIONS

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
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6. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo. Donec dictum lectus in ex. lobortis porta leo. Donec dictum lectus in ex.

Thursday week 3 - Afternoon tea



Vanilla cake

With strawberry jam

INGREDIENTS

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

DIRECTIONS

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
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Friday week 3 - Morning tea



Mini apple pie

INGREDIENTS

100 ml milk

50 g butter

3 eggs

1 tbs cocoa

2 tsp baking soda

a pinch of salt

3 eggs

DIRECTIONS

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
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Friday week 3 - Lunch



Mini apple pie

INGREDIENTS

100 ml milk

50 g butter

3 eggs

1 tbs cocoa

2 tsp baking soda

a pinch of salt

3 eggs

DIRECTIONS

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Friday week 3 - Afternoon tea



Mini apple pie

INGREDIENTS

100 ml milk

50 g butter

3 eggs

1 tbs cocoa

2 tsp baking soda

a pinch of salt

3 eggs

DIRECTIONS

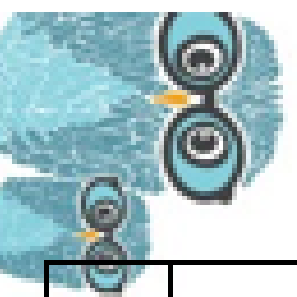
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Week 4 - Spring

INSIGHT EARLY LEARNING MENU - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p>(Offered to children at opening time between 7am - 8am)</p>	Wholegrain cereals (Weatabix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water				
<p>Morning Tea</p> <p>(Offered to children between 9:00 -10:00)</p>	Tomato, ricotta and spinach open sandwiches served with fresh seasonal fruit and vegetables	Apple sauce and cinnamon muffins served with fresh seasonal fruit and vegetables	Greek yogurt with fresh seasonal fruit	Whole meal raisin toast served with fresh seasonal fruit and vegetables	English muffins with cheese served with fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Lunch</p> <p>(Offered to children between 11am -1:00pm- depending on age)</p>	Japanese Chicken and apple meatballs with brown rice, broccoli and teriyaki sauce.	Moroccan spiced lamb tagine with carrot cous cous	Baked Mediterranean white fish with a green pea, zucchini and tomato sauce served with steamed mixed vegetables.	Beef, mushroom and tomato ragu served with whole meal pasta	Beef koftas with hummus and tzatziki dips, mixed grain tabbouleh and pita pockets
<p>Drink</p>	Water	Water	Water	Water	Water
<p>Afternoon Tea</p> <p>(Offered to children between 2:30pm – 3:30pm)</p>	Avocado and cream cheese dip with brown rice crackers served with fresh seasonal fruit and vegetables	Baba Ghannoush and tahini, with vegetable sticks and brown rice crackers	Apricot and coconut slice served with fresh seasonal fruit and vegetables	Pumpkin and zucchini muffin served with fresh seasonal fruit and vegetables	Whole meal toast with cheese and vegemite served with fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Late Snack</p> <p>(Offered to children between 5pm – 5:30pm)</p>	Choose from Daily: Whole-meal crackers and cheese, fresh fruit and vegetables, served with water				
<p>Water</p>	Water is freely available throughout the day				
<p>Infants (eating solids)</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>Allergies / vegetarian / Food intolerances</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



Chickpea and Coconut Steamed Cake

INGREDIENTS

- 20 cups chickpea flour
- 10 cups desiccated coconut
- 10 cups coconut milk
- 10 cups water
- 2 cups vegetable oil
- 10 tsp baking powder
- Salt, to taste
- Fresh seasonal fruits and vegetables, for serving

DIRECTIONS

1. Nunc nulla velit, feugiat vitae ex quis, lobortis porta leo.
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Monday week 4 - Lunch



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Monday week 4 - Afternoon tea



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Tuesday week 4 - Morning tea



Carrot soup with leek

Ingredients

100 ml milk

50 g butter

3 eggs

1 tbs cocoa

2 tsp baking soda

100 ml milk

50 g butter

3 eggs

1 tbs cocoa

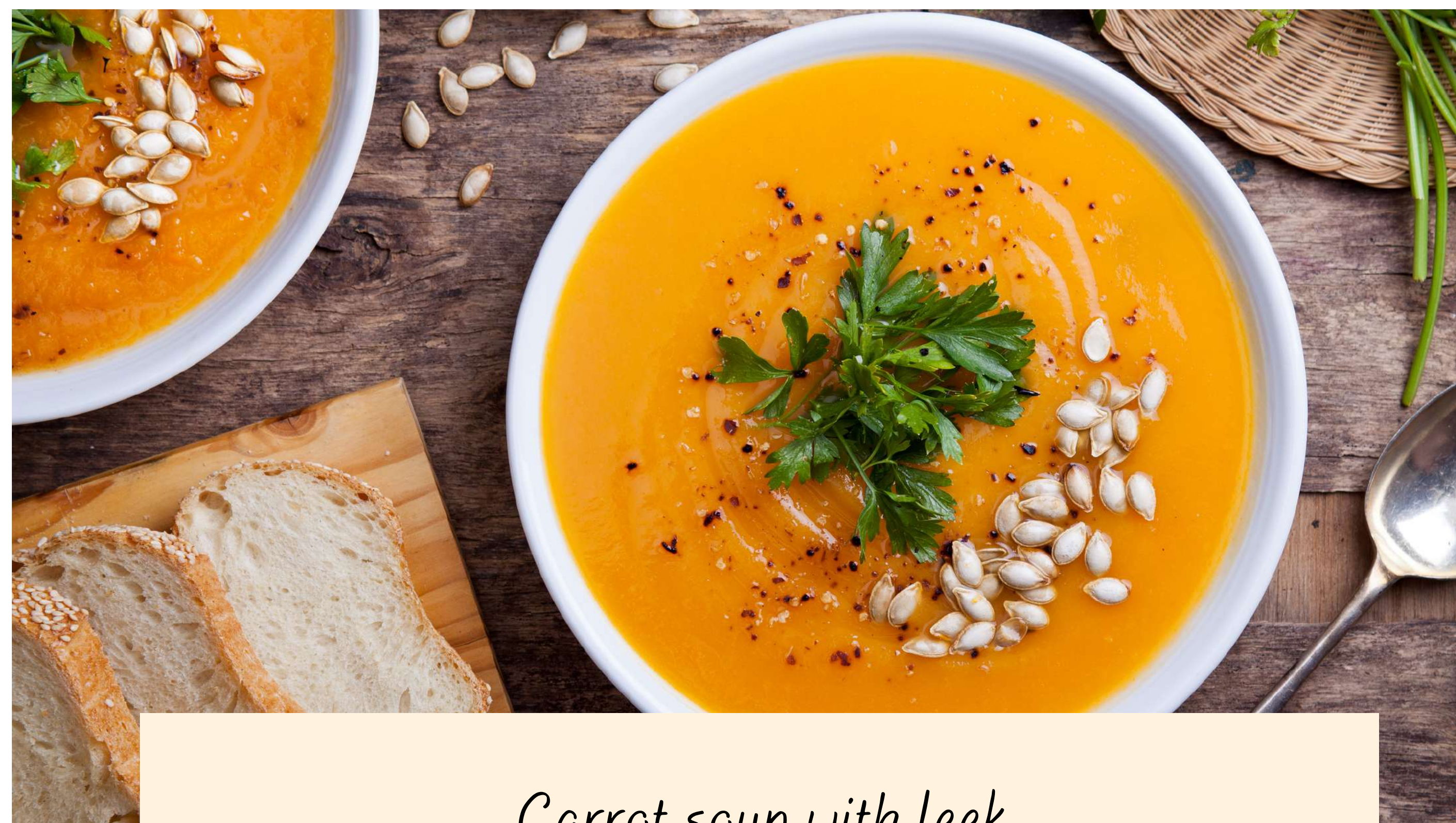
2 tsp baking soda



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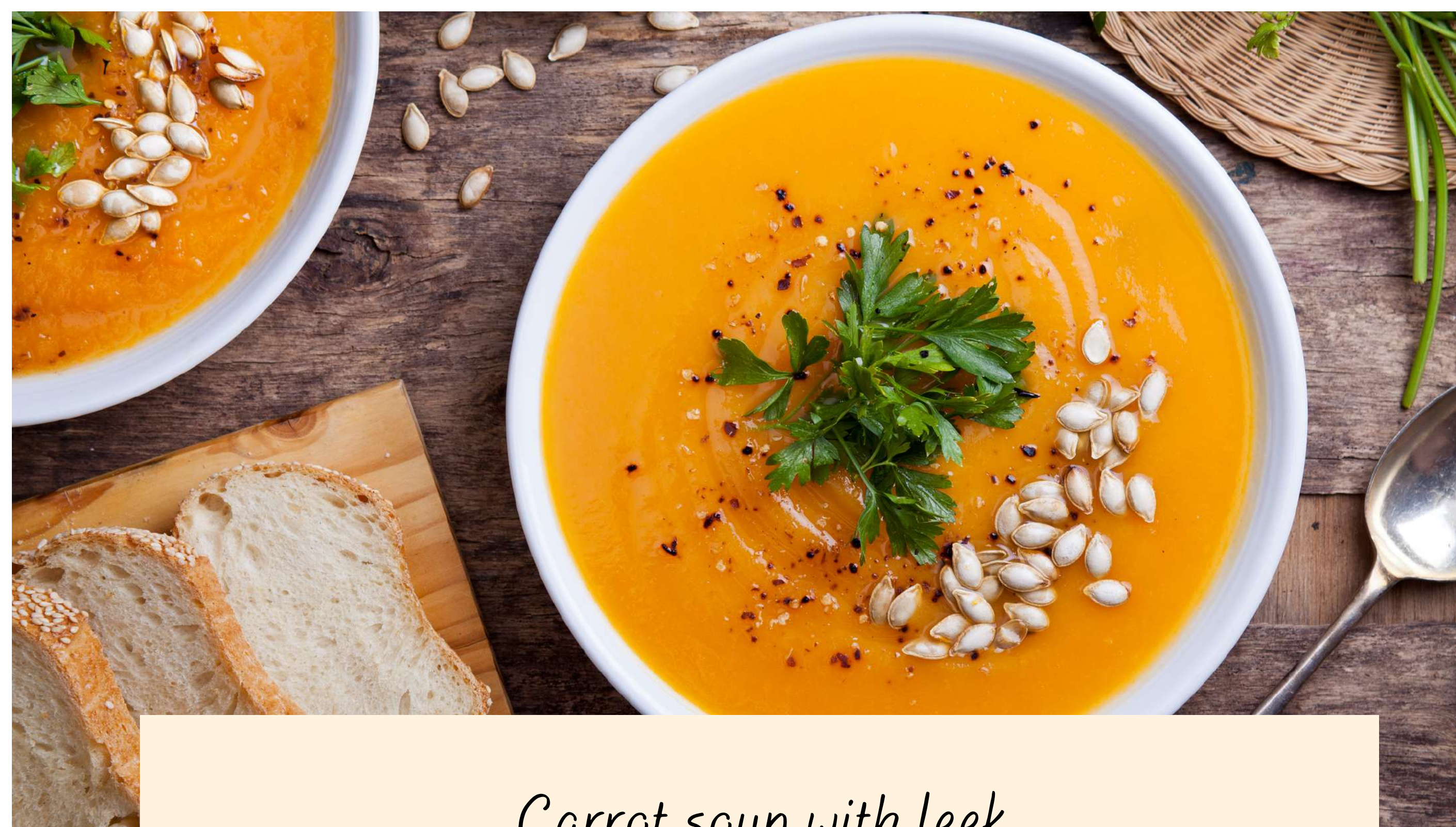
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Wednesday week 4 - Morning tea



vegetable Pirogue

Perfect as a starter or tapas!

INGREDIENTS

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

DIRECTIONS

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Wednesday week 4 - Lunch



vegetable Pirogue

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Wednesday week 4 - Afternoon tea



vegetable Pirogue

Perfect as a starter or tapas!

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Thursday week 4 - Morning tea



Vanilla cake

With strawberry jam

INGREDIENTS

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

DIRECTIONS

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Thursday week 4 - Lunch



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INGREDIENTS

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Thursday week 4 - Afternoon tea



Vanilla cake

With strawberry jam

INGREDIENTS

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2 tsp baking soda
a pinch of salt
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Friday week 4 - Morning tea



Mini apple pie

INGREDIENTS

100 ml milk

50 g butter

3 eggs

1 tbs cocoa

2 tsp baking soda

a pinch of salt

3 eggs

DIRECTIONS

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