

INSIGHT'S  
RECIPE  
BOOK  
SUMMER



# 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 wholemeal flour with alternative wholemeal flour such as chickpea, coconut, or rice wholemeal 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

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 unsalted butter, you can use plant-based unsalted butter such as Nuttelex 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.

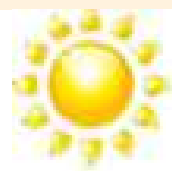


# Seasonal Fruit and Vegetables

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 *Summer*

### December

| <u>Fruit</u> |              | <u>Vegetables</u> |                |            |
|--------------|--------------|-------------------|----------------|------------|
| Lychees      |              | Cucumbers         |                | Sweetcorn  |
| Apricots     | Mangoes      | Asparagus         | Eggplant       | Tomatoes   |
| Bananas      | Melons       | Avocados          | Lettuce        | Watercress |
| Berries      | Oranges      | Beans             | Onions (salad) | Zucchini   |
| Cherries     | Passionfruit | Capsicum          | Peas           |            |
| Currents     | Pineapples   | Celery            | Radish         |            |
| Lemons       | Starfruit    | Choko             | Squash         |            |

### January

| <u>Fruit</u> |              |            | <u>Vegetables</u> |                |           |
|--------------|--------------|------------|-------------------|----------------|-----------|
| Lemons       |              | Peaches    | Choko             |                | Peas      |
| Apricots     | Lychees      | Pineapples | Asparagus         | Cucumbers      | Radish    |
| Bananas      | Mangos       | Starfruit  | Avocados          | Eggplant       | Squash    |
| Berries      | Melons       | Tamarillo  | Beans             | Lettuce        | Sweetcorn |
| Cherries     | Nectarines   |            | Capsicum          | Okra           | Tomatoes  |
| Currants     | Passionfruit |            | Celery            | Onions (salad) | Zucchini  |

### February

| <u>Fruit</u> |              |           | <u>Vegetables</u> |          |           |
|--------------|--------------|-----------|-------------------|----------|-----------|
| Lemons       |              | Peaches   | Cucumbers         |          | Peas      |
| Bananas      | Lychees      | Pears     | Avocados          | Daikon   | Radish    |
| Berries      | Mangos       | Plums     | Beans             | Eggplant | Squash    |
| Figs         | Melons       | Rhubarb   | Capsicum          | Leeks    | Sweetcorn |
| Grapes       | Nectarines   | Starfruit | Celery            | Lettuce  | Tomatoes  |
| Guava        | Oranges      | Tamarillo | Chillies          | Okra     | Zucchini  |
| Kiwifruit    | Passionfruit |           | Choko             | Onions   |           |

# 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.

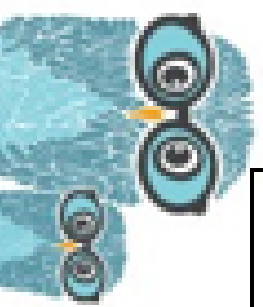




*Week 1 - Summer*

## INSIGHT EARLY LEARNING MENU - Week 1

|                                                                                        | Monday                                                                                                                                                                                                                              | Tuesday                                                                              | Wednesday                                                                                    | Thursday                                                                     | Friday                                                                                                                |
|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <p><b>Breakfast</b><br/>(Offered to children at opening time between 7 am – 8 am)</p>  | Wholegrain cereals (Weetabix and sultana bran) or wholemeal bread with vegemite or fresh seasonal fruit served with Milk and Water                                                                                                  |                                                                                      |                                                                                              |                                                                              |                                                                                                                       |
| <p><b>Morning Tea</b><br/>(Offered to children between 9:00 -10:00)</p>                | Roast capsicum dip with brown rice crackers and vegetable sticks.                                                                                                                                                                   | Cheese & crackers with sultanas and a variety of fresh seasonal fruit and vegetables | Greek yogurt with fresh seasonal fruit                                                       | Raisin toast served with fresh seasonal fruit and vegetables                 | Chia seed pudding with seasonal fruit                                                                                 |
| <p><b>Drink</b></p>                                                                    | Water and Milk                                                                                                                                                                                                                      | Water and Milk                                                                       | Water and Milk                                                                               | Water and Milk                                                               | Water and Milk                                                                                                        |
| <p><b>Lunch</b><br/>(Offered to children between 11 am -1:00 pm- depending on age)</p> | Chickpea and Summer vegetable Couscous salad                                                                                                                                                                                        | Chicken cacciatore with Brown rice                                                   | Corn and bean salad with Mexican beef and brown rice                                         | Pasta salad with chicken                                                     | Deconstructed Fish tacos (tomatoes, avocado, lettuce, rice, fish, cheese)                                             |
| <p><b>Drink</b></p>                                                                    | Water                                                                                                                                                                                                                               | Water                                                                                | Water                                                                                        | Water                                                                        | Water                                                                                                                 |
| <p><b>Afternoon Tea</b><br/>(Offered to children between 2:30 pm – 3:30 pm)</p>        | Ricotta and Spinach pinwheels served with fresh seasonal fruit and vegetables                                                                                                                                                       | Avocado hummus and Tzatziki dips with pita bread and vegetable sticks                | English muffin pizzas with cheese and tomato served with fresh seasonal fruit and vegetables | Blueberry and banana muffins filled with fresh seasonal fruit and vegetables | Assorted sandwiches (vegemite, cheese, and vegemite and cheese) with 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><br/>(Offered to children between 5 pm – 5:30 pm)</p>              | Whole-meal or rice crackers with cheese, assorted sandwiches, or fresh fruit and vegetables. It was 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 cultural preferences are provided with a tailored version of the regular menu to suit their needs.                                                                        |                                                                                      |                                                                                              |                                                                              |                                                                                                                       |



# Monday week 1 - Morning tea

*Roast capsicum dip with brown rice crackers and vegetable sticks.*

---

## INGREDIENTS

- 10 large red capsicums
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp paprika
- Salt and pepper, to taste
- 6 packets of Brown rice crackers
- a variety of vegetable sticks, to serve

## DIRECTIONS

1. Preheat oven to 220°C (430°F).
2. Cut capsicums in half and remove the seeds and stems.
3. Place capsicum halves on a baking tray, skin side up, and drizzle with olive oil.
4. Roast capsicums in the oven for 20-25 minutes or until the skin is charred and the flesh is soft.
5. Remove from oven and let cool for a few minutes before peeling off the charred skin.
6. Place the roasted capsicum flesh into a food processor or blender, along with the lemon juice, garlic, cumin, and paprika. Blend until smooth.
7. Season with salt and pepper to taste.
8. Serve the dip in bowls with a spoon for self-serve, alongside a platter of brown rice crackers and vegetable sticks with tongs to self-serve.

# Monday week 1 - Lunch

## Summer Vegetable and Lamb couscous Salad Recipe

### INGREDIENTS

- 3 kg lamb shoulder, boneless, cut into 2-inch pieces
- 4 onions, diced
- 10 garlic cloves, minced
- 4 carrots, sliced
- 4 celery stalks, sliced
- 8 red capsicums diced
- 8 yellow capsicums diced
- 8 zucchinis, diced
- 4 cups diced tomatoes (canned or fresh)
- 4 cups vegetable broth
- 1.5 kg pearly couscous (use rice for GF)
- 6 cups water
- 1/2 cup olive oil
- 4 bay leaves
- 4 tsp dried thyme
- 1 cup chopped fresh parsley
- 1 cup chopped fresh mint
- Salt and pepper, to taste

### DIRECTIONS

1. Heat the olive oil in a large pot over medium-high heat.
2. Add the lamb pieces and brown on all sides, about 8-10 minutes.
3. Add the onions and garlic, and sauté for 2-3 minutes or until the onions are soft.
4. Add the carrots, celery, red and yellow capsicums, and zucchinis to the pot. Stir well and cook for another 5 minutes.
5. Pour in the diced tomatoes, vegetable broth, bay leaves, and thyme. Stir everything together.
6. Bring the stew to a boil, then reduce the heat to low and let simmer for 2-3 hours or until the lamb is tender.
7. In two separate pots, bring 6 cups of water in each to a boil. Add the pearly couscous in one and rice in another and stir. Reduce heat to low, cover, and cook for 8-10 minutes or until the couscous and rice is tender and has absorbed all the water.
8. Add the chopped parsley and mint to the pot of lamb, and season with salt and pepper to taste.
9. Serve the lamb in a large bowl alongside a bowl of pearly couscous or rice for GF Enjoy!

# Monday week 1 - Afternoon tea



## *Ricotta and Spinach Pinwheels with seasonal fruit and vegetables*

---

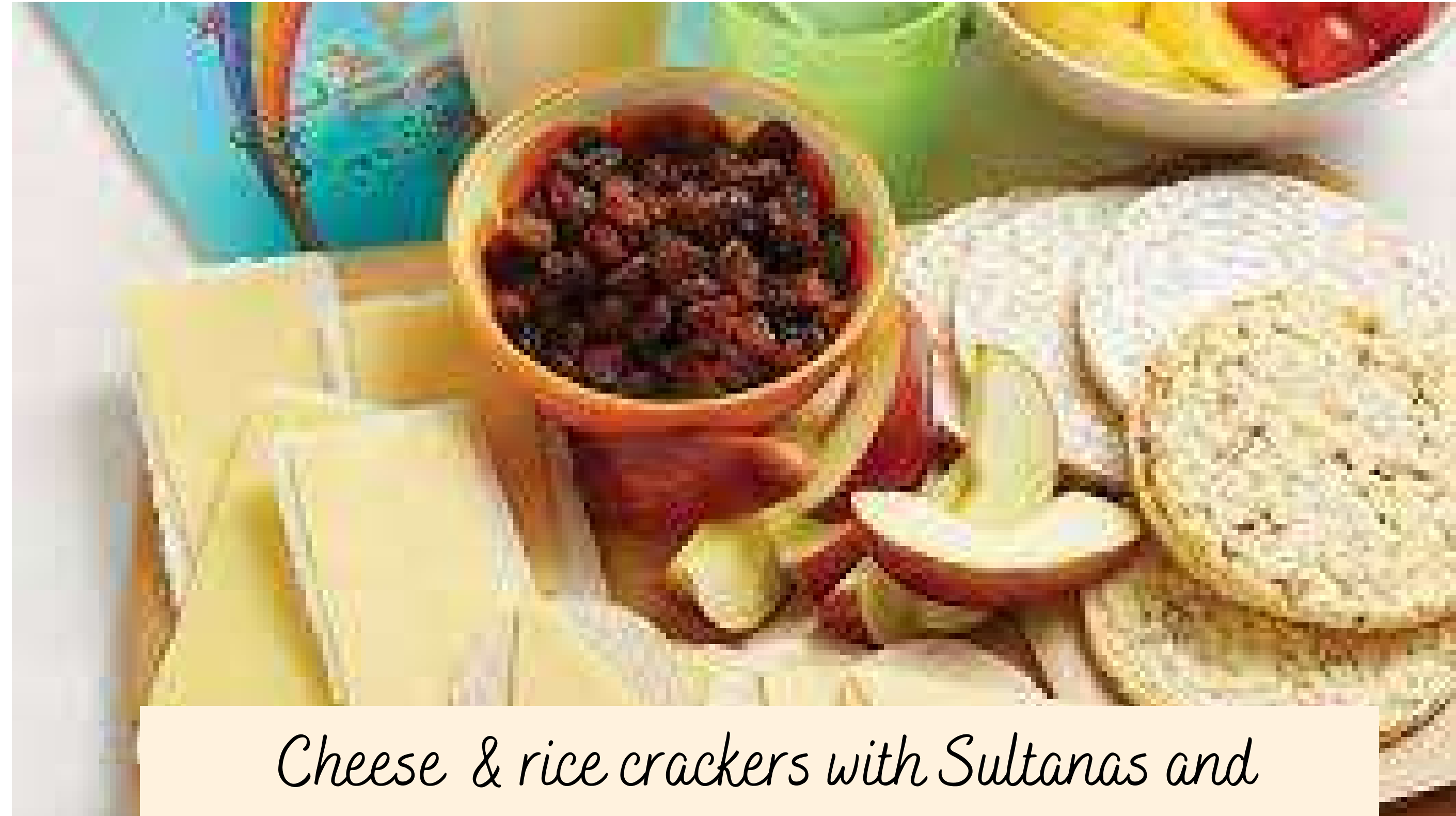
### INGREDIENTS

- 4 packets of puff pastry, thawed
- 2 cups chopped frozen spinach leaves thawed
- 4 cups ricotta cheese (use dairy free cheese for DF)
- 2 garlic cloves, minced
- Salt and pepper, to taste
- Vegetable oil, for brushing
- All-purpose wholemeal flour ( use gluten free wholemeal flour for GF), for dusting
- Seasonal fruit and vegetables to serve

### DIRECTIONS

1. Preheat the oven to 200°C (400°F) and line baking trays with parchment paper.
2. In a mixing bowl, combine the chopped spinach, ricotta cheese (use dairy free cheese for DF), minced garlic, salt, and pepper.
3. Roll out each puff pastry sheet on a lightly wholemeal flour ( use gluten free wholemeal flour for GF) surface into a large rectangle, approximately 1/4 inch thick.
4. Spread the spinach and ricotta mixture evenly over each puff pastry sheet.
5. Starting from one end, roll up the puff pastry tightly into a log shape.
6. Using a sharp knife, cut each log into 1-inch thick slices.
7. Place the pinwheels onto the prepared baking trays, spacing them apart.
8. Brush the oil over each pinwheel.
9. Bake in the preheated oven for 15-20 minutes or until golden brown and puffed.
10. Remove from the oven and allow to cool slightly before serving.
11. Serve the pinwheels on a serving platter alongside a platter of fresh seasonal fruit and vegetables. Enjoy!

# Tuesday week 1 - Morning tea



## *Cheese & rice crackers with Sultanas and Fresh Seasonal Fruit and Vegetables*

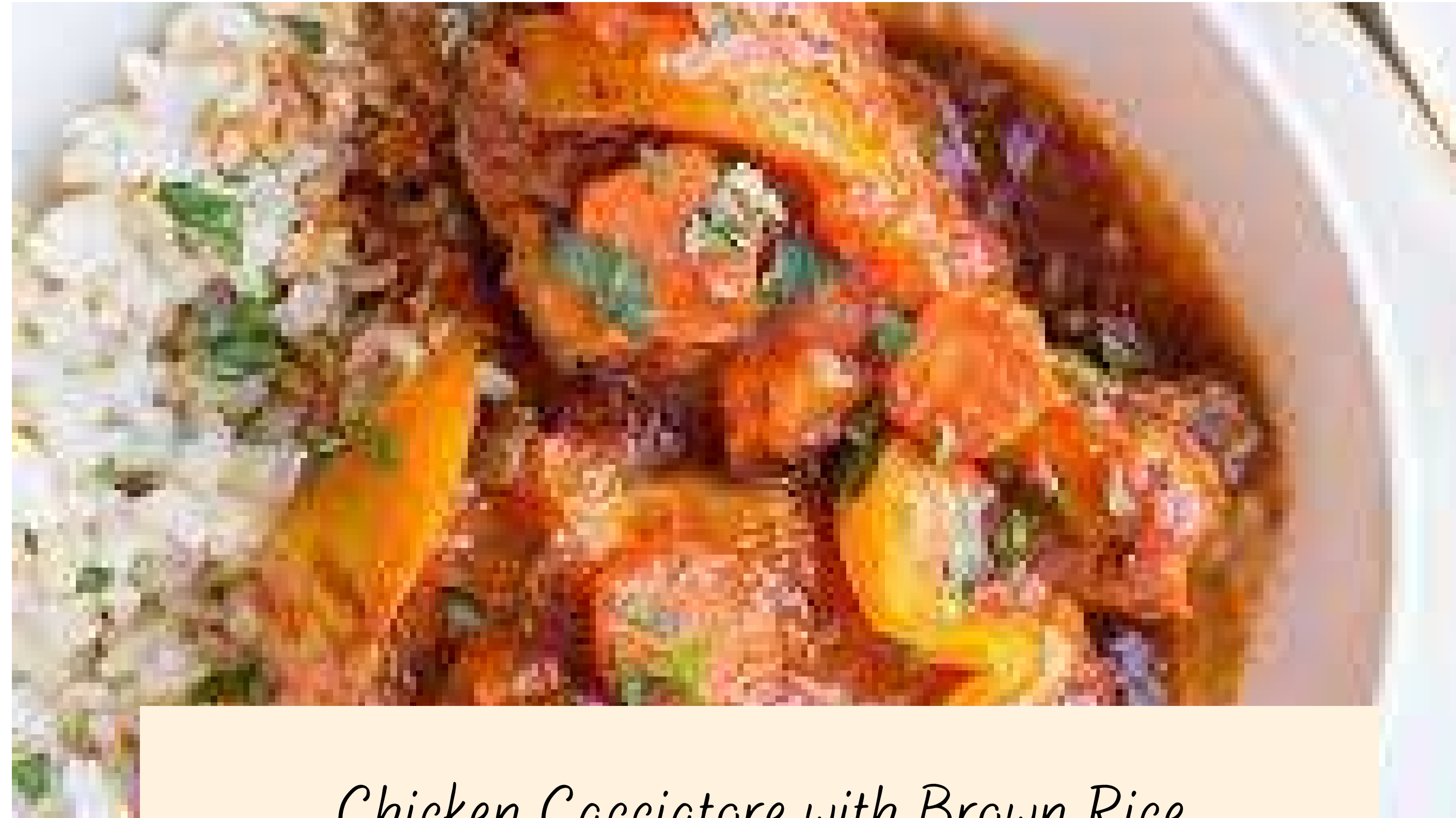
### Ingredients

- 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!

# Tuesday week 1 - Lunch



## *Chicken Cacciatore with Brown Rice*

### Ingredients

- 10 kg boneless, skinless chicken thighs, cut into bite-sized pieces
- 8 onions, diced
- 20 garlic cloves, minced
- 8 carrots, sliced
- 8 celery stalks, sliced
- 8 red capsicums diced
- 8 cans diced tomatoes
- 8 cups chicken broth
- 4 tsp dried basil
- 4 tsp dried oregano
- Salt and pepper, to taste
- 5 kg brown rice, cooked

### Directions

1. Heat a large pot over medium-high heat and add the chicken pieces. Cook for 5-7 minutes or until browned.
2. Add the onions and garlic to the pot and sauté for 2-3 minutes or until the onions are soft.
3. Add the carrots, celery, and red capsicums to the pot. Stir everything together and cook for another 5 minutes.
4. Pour in the diced tomatoes, chicken broth, dried basil, and dried oregano. Stir everything together.
5. Bring the chicken cacciatore to a boil, then reduce the heat to low and let simmer for 1-2 hours or until the chicken is cooked through.
6. Season with salt and pepper to taste.
7. Serve the chicken cacciatore hot with brown rice. Enjoy!
- 8.

# Tuesday week 1 - Afternoon tea



## *English Muffin Pizzas with cheese and Tomato, Served with Fresh Seasonal Fruit and Vegetables*

### Ingredients

- 50 English muffins, halved
- 8 cups tomato sauce
- 8 cups shredded mozzarella cheese (use dairy free cheese for DF)
- 16-20 large tomatoes, sliced
- A variety of fresh seasonal fruit and vegetables

### Directions

1. Preheat the oven to 200°C (400°F).
2. Arrange the English muffin halves on baking trays.
3. Spread the tomato sauce evenly over each muffin half.
4. Sprinkle the shredded mozzarella cheese (use dairy free cheese for DF) over the tomato sauce.
5. Top each muffin half with a slice of tomato.
6. Bake in the preheated oven for 10-15 minutes or until the cheese (use dairy free cheese for DF) is melted and bubbly.
7. Remove from the oven and allow to cool slightly before serving.
8. Serve the English muffin pizzas hot with a variety of fresh seasonal fruit and vegetables. Enjoy!

# Wednesday week 1 - Morning tea



*Greek yogurt (use dairy free yogurt for DF) with Fresh Seasonal Fruit*

---

## INGREDIENTS

- 6 kg Berry yogurt (use dairy free yogurt for DF)
- 6kg Vanilla yogurt (use dairy free yogurt for DF)
- A variety of fresh seasonal fruit

## DIRECTIONS

1. Spoon the yogurt (use dairy free yogurt for DF) into a large serving bowl.
2. Arrange the fresh seasonal fruit on a platter.
3. Serve the Greek yogurt (use dairy free yogurt for DF) with the fresh seasonal fruit. Enjoy!

# Wednesday week 1 - Lunch



## *Corn and Black Bean Salad with Stewed Mexican Beef*

---

### INGREDIENTS

- 5 kg beef chuck, cut into bite-sized pieces
- 6 onions, diced
- 20 garlic cloves, minced
- 4 cans black beans, drained and rinsed
- 4 cans corn kernels, drained
- 4 red capsicums diced
- 4 green capsicums diced
- 4 bunches coriander (cilantro), chopped
- Juice of 8 limes
- Salt and pepper, to taste

### DIRECTIONS

1. Heat a large pot over medium-high heat and add the beef pieces. Cook for 5-7 minutes or until browned.
2. Add the onions and garlic to the pot and sauté for 2-3 minutes or until the onions are soft.
3. Add the black beans, corn kernels, red capsicums, green capsicums, and coriander to the pot. Stir everything together.
4. Pour in enough water to cover the ingredients, then bring to a boil. Reduce the heat to low and let simmer for 2-3 hours or until the beef is tender.
5. Stir in the lime juice and season with salt and pepper to taste.
6. Serve the corn and black bean salad with the stewed Mexican beef. Enjoy!

# Wednesday week 1 - Afternoon tea



*Avocado Hummus and Tzatziki Dips  
with Pita bread (use Gluten free  
bread for GF) and Vegetable Sticks*

---

## INGREDIENTS

For the Avocado Hummus Dip:

- 5 cans chickpeas, drained and rinsed
- 10 avocados, peeled and pitted
- 4 garlic cloves, minced
- Juice of 10 lemons
- Salt and pepper, to taste
- Olive oil, for drizzling

For the Tzatziki Dip:

- 4 kg Greek yogurt (use dairy free yogurt for DF)
- 8 cucumbers, grated and squeezed to remove excess moisture
- 8 garlic cloves, minced
- 8 tbsp chopped fresh dill
- Salt and pepper, to taste

For Serving:

- 50 pita bread (use Gluten free bread for GF) rounds, cut into triangles
- A variety of vegetable sticks

## DIRECTIONS

1. To make the Avocado Hummus Dip, combine the chickpeas, avocados, minced garlic, lemon juice, salt, and pepper in a food processor. Blend until smooth.
2. Drizzle olive oil over the top of the dip before serving.
3. To make the Tzatziki Dip, combine the Greek yogurt (use dairy free yogurt for DF), grated cucumbers, minced garlic, chopped fresh dill, salt, and pepper in a mixing bowl. Stir until well combined.
4. Serve the Avocado Hummus Dip and Tzatziki Dip in separate bowls alongside the pita bread (use Gluten free bread for GF) triangles and vegetable sticks. Enjoy!

# Thursday week 1 - Morning tea



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

### INGREDIENTS

- 10 loaves of raisin bread (use Gluten free bread for GF)
- unsalted butter (use Nuttelex for dairy free) or dairy-free spread, for spreading
- A variety of fresh seasonal fruit, such as sliced apples, oranges, and bananas
- A variety of fresh seasonal vegetables

### DIRECTIONS

1. Toast the raisin bread (use Gluten free bread for GF) slices in a toaster or under a grill.
2. Spread unsalted butter (use Nuttelex for dairy free) or dairy-free spread on the toasted raisin bread (use Gluten free bread for GF) slices.
3. Serve the raisin toast with the fresh seasonal fruit and vegetables. Enjoy!

# Thursday week 1 - Lunch



Children's choice

# Thursday week 1 - Afternoon tea



## *Blueberry and Banana Muffins with Fresh Seasonal Fruit and Vegetables*

### INGREDIENTS

- 6 cups all-purpose wholemeal flour ( use gluten free wholemeal flour for GF)
- 4 cups rolled oats (use gluten free oats for GF) (use gluten free oats (use gluten free oats for GF) for GF)
- 4 tbsp baking powder
- 4 tsp ground cinnamon
- 4 cups mashed ripe bananas (approximately 8 bananas)
- 4 cups frozen blueberries
- 4 cups dairy-free milk (use soy or rice milk for dairy free) (such as oat or soy

### DIRECTIONS

1. Preheat the oven to 200°C (400°F) and line muffin tins with paper liners.
2. In a mixing bowl, combine the wholemeal flour ( use gluten free wholemeal flour for GF), rolled oats (use gluten free oats for GF) (use gluten free oats (use gluten free oats for GF) for GF) , baking powder, and ground cinnamon.
3. In another mixing bowl, combine the mashed bananas, blueberries, dairy-free milk (use soy or rice milk for dairy free), vegetable oil, honey or maple syrup, and vanilla extract.
4. Add the wet ingredients to the dry ingredients and stir until just combined.
5. Spoon the muffin batter into the prepared muffin tins, filling each cup about 3/4 full.
6. Bake in the preheated oven for 20-25 minutes or until a toothpick inserted into the centre of a muffin comes out clean.
7. Remove from the oven and allow to cool slightly before serving.
8. Serve the blueberry and banana muffins with the fresh seasonal fruit and vegetables. Enjoy!

# Friday week 1 - Morning tea



## Chia Seed Pudding with Seasonal Fruit

---

### INGREDIENTS

- 1.5 kg chia seeds
- 12 cans coconut milk (use soy or rice milk for dairy free)
- 4 cups honey or maple syrup
- A variety of fresh seasonal fruit

### DIRECTIONS

1. In a mixing bowl, combine the chia seeds, coconut milk (use soy or rice milk for dairy free), and honey or maple syrup. Stir until well combined.
2. Cover the bowl and refrigerate for at least 2 hours or until the mixture has thickened and the chia seeds have expanded.
3. Spoon the chia seed pudding into individual serving bowls.
4. Top each serving with a variety of fresh seasonal fruit. Enjoy!

# Friday week 1 - Lunch



## Deconstructed Fish Tacos

---

### INGREDIENTS

- 5 kg white fish fillets, cut into bite-sized pieces
- 6 tbsp olive oil
- 12 limes, juiced
- Salt and pepper, to taste
- 6 cups cooked white rice
- 10 tomatoes, diced
- 10 avocados, sliced
- 4 heads of lettuce, shredded
- 4 cups shredded cheese (use dairy free cheese for DF)

### DIRECTIONS

1. Heat a large frying pan over medium-high heat and add the olive oil.
2. Add the fish pieces to the pan and cook for 5-7 minutes or until cooked through.
3. Drizzle the lime juice over the fish and season with salt and pepper to taste.
4. Arrange the cooked rice, diced tomatoes, sliced avocados, shredded lettuce, and shredded cheese (use dairy free cheese for DF) on serving platters, one for each classroom..
5. Serve the cooked fish on a separate platter.
6. Allow guests to assemble their own deconstructed fish tacos using the ingredients provided. Enjoy!

# Friday week 1 - Afternoon tea



## Assorted Sandwiches with Fresh Seasonal Fruit and Vegetables

### INGREDIENTS

50 slices of wholemeal  
bread (use Gluten free  
bread for GF)

250 g Vegemite

1.5 kg cheddar cheese (use  
dairy free cheese for DF),  
sliced

A variety of fresh seasonal  
fruit and vegetables

### DIRECTIONS

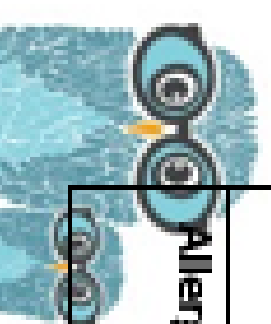
1. Spread Vegemite on one slice of bread (use Gluten free bread for GF) and top with a slice of cheddar cheese (use dairy free cheese for DF). Cover with another slice of bread (use Gluten free bread for GF). Repeat with remaining white bread (use Gluten free bread for GF) and Vegemite and cheese (use dairy free cheese for DF).
2. Top a slice of wholemeal bread (use Gluten free bread for GF) with a slice of cheddar cheese (use dairy free cheese for DF). Cover with another slice of wholemeal bread (use Gluten free bread for GF). Repeat with remaining wholemeal bread (use Gluten free bread for GF) and cheddar cheese (use dairy free cheese for DF).
3. Cut the sandwiches into halves or quarters for easier serving.
4. Serve the sandwiches with a variety of fresh seasonal fruit and vegetables. Enjoy!



*Week 2 - Summer*

## INSIGHT EARLY LEARNING MENU - Week 2

|                                                                                | Monday                                                                                                                                                                                                                              | Tuesday                                                                    | Wednesday                                                                                           | Thursday                                            | Friday                                                                                                   |
|--------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| <b>Breakfast</b><br>(Offered to children at opening time between 7 am – 8 am)  | Wholegrain cereals (Weatabix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water                                                                                                 |                                                                            |                                                                                                     |                                                     |                                                                                                          |
| <b>Morning Tea</b><br>(Offered to children between 9:00 -10:00)                | Ricotta, Basil and tomato bruschetta                                                                                                                                                                                                | Greek yogurt with fresh seasonal fruit                                     | Wholegrain crackers with tasty cheese and sultanas served with fresh seasonal fruit and vegetables. | Chia seed coconut pudding with fresh seasonal fruit | Whole meal Turkish toast with tasty cheese served with fresh seasonal fruit and vegetables               |
| <b>Drink</b>                                                                   | Water and Milk                                                                                                                                                                                                                      | Water and Milk                                                             | Water and Milk                                                                                      | Water and Milk                                      | Water and Milk                                                                                           |
| <b>Lunch</b><br>(Offered to children between 11 am -1:00 pm- depending on age) | Beef and bean burritos with corn salsa, lettuce, cheese, rice and diced tomato                                                                                                                                                      | Ratatouille with cous cous                                                 | Chicken and mushroom risotto with a garden salad                                                    | Hawaiian Meatballs and noodle stir-fry              | Greek-styled chicken thighs served with a fresh green salad (cucumber, tomato, feta, sundried tomatoes.) |
| <b>Drink</b>                                                                   | Water                                                                                                                                                                                                                               | Water                                                                      | Water                                                                                               | Water                                               | Water                                                                                                    |
| <b>Afternoon Tea</b><br>(Offered to children between 2:30 pm – 3:30 pm)        | Whole meal toast with cheese and vegemite served with fresh seasonal fruit and vegetables.                                                                                                                                          | Whole meal cheese and corn scones with fresh seasonal fruit and vegetables | Carrot and Date yogurt muffins                                                                      | Cheesy spinach muffins with fresh seasonal fruit    | Wholegrain crackers with tasty cheese and sultanas served with fresh seasonal fruit and vegetables       |
| <b>Drink</b>                                                                   | Water and Milk                                                                                                                                                                                                                      | Water and Milk                                                             | Water and Milk                                                                                      | Water and Milk                                      | Water and Milk                                                                                           |
| <b>Late Snack</b><br>(Offered to children between 5 pm – 5:30 pm)              | <b>Choose from Daily:</b> Whole-meal crackers and cheese, fresh fruit and vegetables, served with water.                                                                                                                            |                                                                            |                                                                                                     |                                                     |                                                                                                          |
| <b>Water</b>                                                                   | Water is freely available throughout the day.                                                                                                                                                                                       |                                                                            |                                                                                                     |                                                     |                                                                                                          |
| <b>Infants (eating solids)</b>                                                 | 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. |                                                                            |                                                                                                     |                                                     |                                                                                                          |
| <b>Allergies/Vegetarian/food intolerances</b>                                  | Children with allergies, food intolerances, vegetarian or cultural preferences are provided with a tailored version of the regular menu to suit their needs.                                                                        |                                                                            |                                                                                                     |                                                     |                                                                                                          |



# Monday week 2 - Morning tea



## *Ricotta, Basil and Tomato Bruschetta*

---

### INGREDIENTS

- 50 slices of baguette or crusty bread (use Gluten free bread for GF)
- 1.5 kg ripe tomatoes, diced
- 3 cups fresh basil leaves, chopped
- 2 kg ricotta cheese (use dairy free cheese for DF)
- 4 tbsp olive oil
- Salt and pepper, to taste

### DIRECTIONS

1. Preheat the grill to high.
2. Brush the bread (use Gluten free bread for GF) slices with olive oil and place them on a baking tray.
3. Grill the bread (use Gluten free bread for GF) slices until lightly toasted on both sides.
4. In a mixing bowl, combine the diced tomatoes, chopped basil leaves, and ricotta cheese (use dairy free cheese for DF). Season with salt and pepper to taste.
5. Spoon the tomato and ricotta mixture onto the toasted bread (use Gluten free bread for GF) slices.
6. Serve the ricotta, basil, and tomato bruschetta immediately. Enjoy!

# Monday week 2 - Lunch



## *Beef and Bean Burritos with Corn Salsa, Lettuce, cheese, Rice and Diced Tomato*

### INGREDIENTS

For the Beef and Bean Filling:

- 5 kg lean beef mince
- 8 onions, diced
- 16 garlic cloves, minced
- 8 cans black beans, drained and rinsed
- 4 cups tomato passata
- 4 tbsp chili powder
- 4 tbsp ground cumin
- Salt and pepper, to taste

For the Corn Salsa:

- 8 cups canned corn kernels, drained
- 8 red capsicums diced
- 8 green capsicums diced
- 8 tbsp fresh lime juice
- Salt and pepper, to taste
- For Serving:
- 50 large wholemeal flour ( use gluten free wholemeal flour for GF) tortillas
- 4 kg cooked white rice
- 4 heads of lettuce, shredded
- 4 kg shredded cheese (use dairy free cheese for DF)
- 4 kg diced tomatoes

### DIRECTIONS

1. Heat a large frying pan over medium-high heat and add the beef mince. Cook for 5-7 minutes or until browned.
2. Add the diced onions and minced garlic to the pan and sauté for 2-3 minutes or until the onions are soft.
3. Add the drained and rinsed black beans, tomato passata, chili powder, ground cumin, salt, and pepper to the pan. Stir everything together.
4. Allow the mixture to simmer over medium heat for 15-20 minutes, stirring occasionally, until the beef is cooked through and the mixture has thickened.
5. To make the corn salsa, combine the canned corn kernels, diced red onions, diced red capsicums, diced green capsicums, lime juice, salt, and pepper in a mixing bowl. Stir until well combined.
6. Heat the wholemeal flour ( use gluten free wholemeal flour for GF) tortillas in the microwave or on a grill until warm.
7. To serve, allow guests to assemble their own beef and bean burritos by placing some of the cooked white rice, shredded lettuce, shredded cheese (use dairy free cheese for DF), diced tomatoes, beef and bean mixture, and corn salsa onto a warm tortilla. Roll up the tortilla and enjoy!

# Monday week 2 - Afternoon tea



*Whole Meal Toast with cheese  
(use dairy free cheese for DF)  
and Vegemite served with  
Fresh Seasonal Fruit and*

## *Vegetables* INGREDIENTS

- 50 slices of wholemeal bread (use Gluten free bread for GF)
- 2 kg cheddar cheese (use dairy free cheese for DF), sliced
- 250 g Vegemite
- A variety of fresh seasonal fruit, and vegetables

## DIRECTIONS

1. Toast the wholemeal bread (use Gluten free bread for GF) slices in a toaster or under a grill.
2. Spread Vegemite on one side of each toasted bread (use Gluten free bread for GF) slice.
3. Top each Vegemite-covered bread (use Gluten free bread for GF) slice with a slice of cheddar cheese (use dairy free cheese for DF).
4. Place the Vegemite and cheese (use dairy free cheese for DF) topped bread (use Gluten free bread for GF) slices under a grill or in a preheated oven at 180°C (350°F) for 3-5 minutes or until the cheese (use dairy free cheese for DF) has melted and is bubbly.
5. Serve the cheese (use dairy free cheese for DF) and Vegemite toast with the fresh seasonal fruit and vegetables on the side. Enjoy!

# Tuesday week 2 - Morning tea



*Greek yogurt (use dairy free yogurt for DF)  
with Fresh Seasonal Fruit*

## Ingredients

- 8 kg Greek yogurt (use dairy free yogurt for DF)
- A variety of fresh seasonal fruit

## Directions

1. Spoon the Greek yogurt (use dairy free yogurt for DF) into individual serving bowls.
2. Top each serving with a variety of fresh seasonal fruit. Enjoy!

# Tuesday week 2 - Lunch



## *Ratatouille with Cous Cous*


### Ingredients

- 4 kg eggplant, diced
- 4 kg zucchini, diced
- 4 kg red capsicums diced
- 4 kg yellow capsicums diced
- 2 kg onions, diced
- 16 garlic cloves, minced
- 8 cans diced tomatoes
- 8 tbsp tomato paste
- 8 tbsp olive oil
- 8 tsp dried basil
- 8 tsp dried oregano
- 8 tsp dried thyme
- Salt and pepper, to taste
- 5 kg cous cous

### Directions

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat.
2. Add the diced eggplant, zucchini, red and yellow capsicums, onions, and minced garlic to the pot. Stir well to combine.
3. Add the diced tomatoes, tomato paste, dried basil, dried oregano, dried thyme, salt, and pepper to the pot. Stir everything together.
4. Bring the mixture to a boil and then reduce the heat to low. Allow the ratatouille to simmer for 30-40 minutes or until the vegetables are tender and the flavours have melded together.
5. While the ratatouille is cooking, prepare the cous cous according to package directions.
6. Serve the ratatouille over the cooked cous cous.  
Enjoy!

# Tuesday week 2 - Afternoon tea



## *Whole Meal cheese and Corn Scones with Fresh Seasonal Fruit and Vegetables*

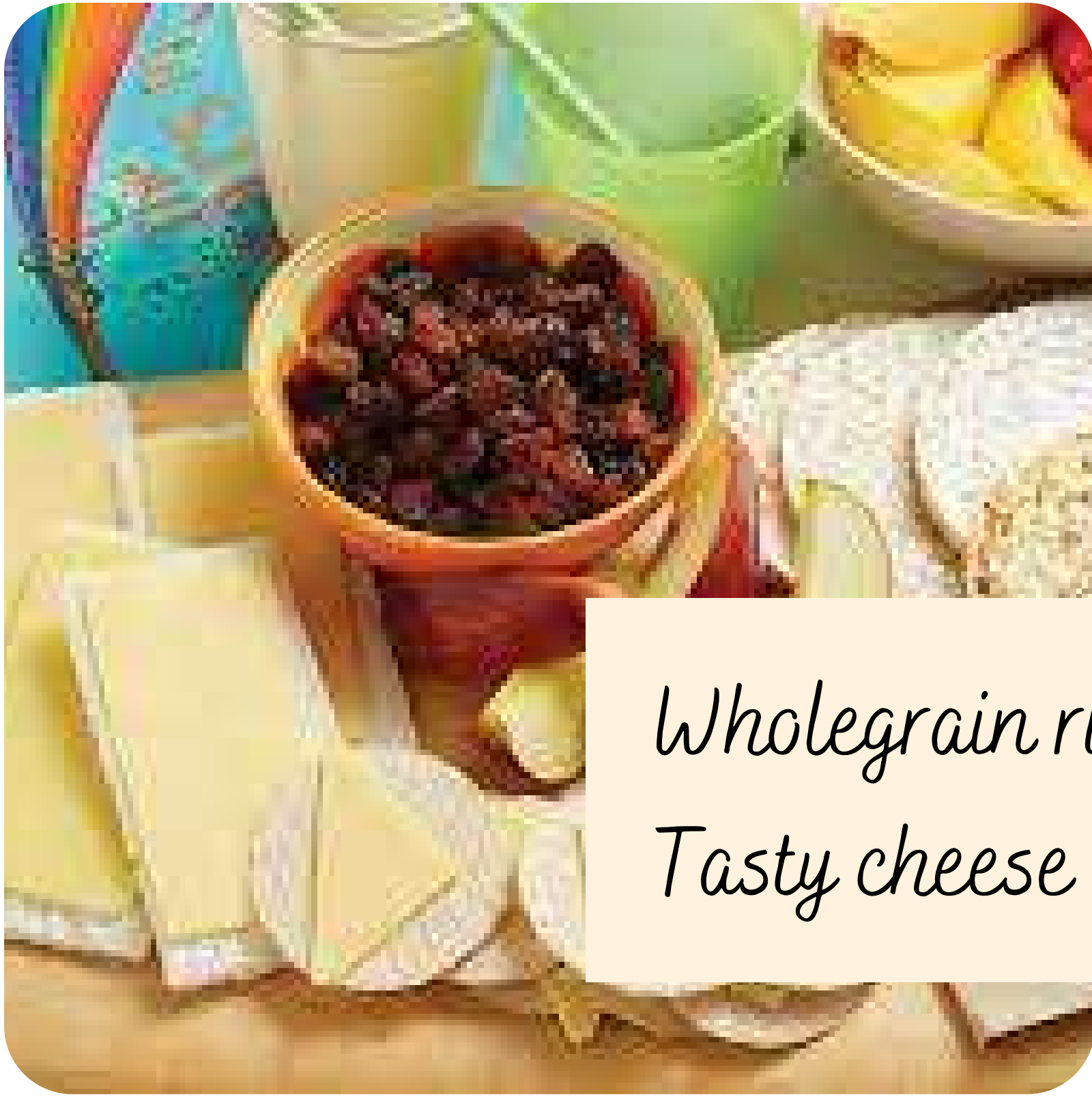
### Ingredients

- 10 cups wholemeal wholemeal flour ( use gluten free wholemeal flour for GF)
- 8 tbsp baking powder
- 4 tsp salt
- 8 cups canned corn kernels, drained
- 2 kg cheddar cheese (use dairy free cheese for DF), grated
- 6 cups milk (use soy or rice milk for dairy free)
- 2 cups vegetable oil
- A variety of fresh seasonal fruit and vegetables

### Directions

1. Preheat the oven to 200°C (400°F) and line baking trays with baking paper.
2. In a mixing bowl, combine the wholemeal wholemeal flour ( use gluten free wholemeal flour for GF), baking powder, and salt.
3. Add the drained canned corn kernels and grated cheddar cheese (use dairy free cheese for DF) to the bowl. Stir until well combined.
4. Add the dairy-free milk (use soy or rice milk for dairy free) and vegetable oil to the bowl. Stir until just combined.
5. Divide the scone mixture into 50 portions and shape each portion into a ball.
6. Place the scone balls onto the prepared baking trays, spacing them evenly apart.
7. Bake in the preheated oven for 20-25 minutes or until the scones are golden brown on top and cooked through.
8. Remove from the oven and allow to cool slightly before serving.
9. Serve the cheese (use dairy free cheese for DF) and corn scones with the fresh

# Wednesday week 2 - Morning tea



## *Wholegrain rice crackers with Tasty cheese and Sultanas*

---

### INGREDIENTS

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

### DIRECTIONS

1. Arrange the wholegrain rice crackers on a large platter.
2. Top the rice crackers with slices of tasty cheese (use dairy free cheese for DF) and sultanas.
3. Serve the cheese (use dairy free cheese for DF) and rice crackers with the fresh seasonal fruits and vegetables on the side. Enjoy!

# Wednesday week 2 - Lunch



## Chicken and Mushroom Risotto with a Garden Salad

---

### INGREDIENTS

- 5 kg of chicken breast, diced
- 5 kg of button mushrooms, sliced
- 5 kg of Arborio rice
- 6 onions, diced
- 30 garlic cloves, minced
- 8 cups of white wine
- 10 L of chicken or vegetable stock
- 4 tbsp of olive oil
- Salt and pepper, to taste
- 8 heads of lettuce, shredded
- 4 cucumbers, diced
- 4 red onions, sliced
- 4 cups of cherry tomatoes, halved

### DIRECTIONS

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat.
2. Add the diced chicken breast to the pot and sauté for 5-7 minutes or until browned on all sides. Remove the chicken from the pot and set aside.
3. Add the sliced button mushrooms to the pot and sauté for 3-5 minutes or until they have released their liquid and are lightly browned. Remove the mushrooms from the pot and set aside.
4. Add the diced onions and minced garlic to the pot and sauté for 2-3 minutes or until the onions are soft and translucent.
5. Add the Arborio rice to the pot and stir to coat with the onion and garlic mixture.
6. Pour in the white wine and stir until the liquid has been absorbed by the rice.
7. Begin adding the chicken or vegetable stock to the pot, one ladleful at a time, stirring constantly and waiting for each addition to be absorbed by the rice before adding the next ladleful.
8. Continue adding stock and stirring until the rice is tender and the risotto is creamy.
9. Stir in the reserved cooked chicken and mushrooms. Season with salt and pepper to taste.
10. To make the garden salad, combine the shredded lettuce, diced cucumber, sliced red onions, and halved cherry tomatoes in a large mixing bowl.

# Wednesday week 2 - Afternoon tea



## Carrot and Date yogurt Muffins

---

### INGREDIENTS

- 8 cups of wholemeal wholemeal flour (use gluten free wholemeal flour for GF)
- 8 tbsp of baking powder
- 4 tsp of ground cinnamon
- 3 cups of pitted dates, chopped
- 9 cups of grated carrot
- 6 cups of Greek yogurt (use dairy free yogurt for DF)
- 3 cups of vegetable oil

### DIRECTIONS

1. Preheat the oven to 180°C (350°F) and line muffin tins with muffin cups.
2. In a mixing bowl, combine the wholemeal wholemeal flour ( use gluten free wholemeal flour for GF), baking powder, and ground cinnamon.
3. Add the chopped dates and grated carrot to the bowl. Mix until well combined.
4. In a separate bowl, whisk together the dairy-free yogurt (use dairy free yogurt for DF) and vegetable oil until smooth.
5. Add the wet ingredients to the dry ingredients and stir until just combined.
6. Divide the muffin batter evenly between the muffin cups.
7. Bake in the preheated oven for 20-25 minutes or until the muffins are golden brown on top and cooked through.
8. Remove from the oven and allow to cool slightly before serving.
9. Serve the carrot and date yogurt (use dairy free yogurt for DF) muffins with fresh seasonal fruits and vegetables on the side. Enjoy!

# Thursday week 2 - Morning tea



## *Chocolate Chia Seed Coconut Pudding with Fresh Seasonal Fruit*

### INGREDIENTS

- 4 cups of chia seeds
- 4 cans of coconut milk (use soy or rice milk for dairy free)
- 4 cups of unsweetened cocoa powder
- 1 cups of maple syrup
- A variety of fresh seasonal fruits,

### DIRECTIONS

1. In a large mixing bowl, whisk together the chia seeds, coconut milk (use soy or rice milk for dairy free), cocoa powder, and maple syrup until well combined.
2. Cover the bowl with plastic wrap and refrigerate for at least 2 hours or overnight to allow the chia seeds to absorb the liquid and thicken the pudding.
3. Serve the chocolate chia seed coconut pudding with the fresh seasonal fruits on top. Enjoy!

# Thursday week 2 - Lunch



## Hawaiian Meatballs and Noodle Stir-Fry

### INGREDIENTS

- 4 kg of lean ground beef
- 2 cups of bread (use Gluten free bread for GF) crumbs (use GF bread (use Gluten free bread for GF) crumbs for GF)
- 2 cups of milk (use soy or rice milk for dairy free)
- 4 cans of pineapple chunks, drained
- 4 red capsicum, sliced
- 4 cups of snow peas, trimmed
- 4 cups of sliced carrots
- 2 cups of sliced celery
- 2 cups of salt-reduced soy sauce
- 2 cups of rice vinegar
- 2 cups of brown sugar
- 4 tbsp of cornstarch

### DIRECTIONS

1. Preheat the oven to 200°C (400°F) and line baking sheets with parchment paper.
2. In a large mixing bowl, combine the ground beef, bread (use Gluten free bread for GF) crumbs (use GF bread (use Gluten free bread for GF) crumbs for GF), and milk (use soy or rice milk for dairy free). Mix until well combined.
3. Roll the mixture into meatballs and place them onto the prepared baking sheets.
4. Bake in the preheated oven for 15-20 minutes or until cooked through.
5. In a large wok or frying pan, sauté the sliced red capsicums, snow peas, sliced carrots, and sliced celery until slightly softened.
6. Add the drained pineapple chunks, salt-reduced soy sauce, rice vinegar, and brown sugar to the pan. Bring the mixture to a simmer.
7. In a small bowl, whisk together the cornstarch and water to make a slurry. Add the slurry to the pan and stir until the sauce has thickened.
8. Add the cooked meatballs to the pan and stir until they are coated in the sauce.
9. Serve the Hawaiian meatballs and noodle stir fry.

# Thursday week 2 - Afternoon tea



## *Cheesy Spinach Muffins with Fresh Seasonal Fruit and vegetables*

### INGREDIENTS

- 8 cups of wholemeal wholemeal flour ( use gluten free wholemeal flour for GF)
- 8 tbsp of baking powder
- 4 tsp of garlic powder
- 4 tsp of onion powder
- 2 tsp of salt
- 6 cups of milk (use soy or rice milk for dairy free)
- 2 cups of vegetable oil
- 8 cups of frozen spinach leaves, thawed
- 4 cups of shredded cheese (use dairy free cheese for DF) (such as cheddar or mozzarella)

### DIRECTIONS

1. Preheat the oven to 180°C (350°F) and line muffin tins with muffin cups.
2. In a mixing bowl, combine the wholemeal wholemeal flour ( use gluten free wholemeal flour for GF), baking powder, garlic powder, onion powder, and salt.
3. In a separate bowl, whisk together the dairy-free milk (use soy or rice milk for dairy free) and vegetable oil.
4. Add the frozen spinach leaves to the bowl with the wet ingredients and stir to combine.
5. Add the wet ingredients to the dry ingredients and stir until just combined.
6. Fold in the shredded cheese (use dairy free cheese for DF).
7. Divide the muffin batter evenly between the muffin cups.
8. Bake in the preheated oven for 20-25 minutes or until the muffins are golden brown on top and cooked through.
9. Remove from the oven and allow to cool slightly before serving.
10. Serve the cheesy spinach muffins with fresh

# Friday week 2 - Morning tea



## *Wholemeal Turkish Toast with Tasty cheese served with Fresh Seasonal Fruit and Vegetables*

### INGREDIENTS

- 6 loafs of wholemeal Turkish toast cut into slices
- 1 kg of tasty cheese (use dairy free cheese for DF), sliced
- 500g unsalted butter (use Nuttelex for dairy free) or unsalted butter (use Nuttelex for DF)
- A variety of fresh seasonal fruits, and vegetables

### DIRECTIONS

1. Toast the slices of wholemeal Turkish bread (use Gluten free bread for GF) until golden brown.
2. Top each slice with a either unsalted butter (use Nuttelex for dairy free) or a slice of tasty cheese (use dairy free cheese for DF).
3. Serve the wholemeal Turkish toast with the fresh seasonal fruits and vegetables on the side. Enjoy!

# Friday week 2 - Lunch



## Greek-Style Marinated Beef Koftas served with Fresh Green Salad and Pita bread

### INGREDIENTS

4 kg of lean ground beef

4 cups of wholemeal bread (use Gluten free bread for GF) crumbs (use GF bread (use Gluten free bread for GF) crumbs for GF)

4 cups of chopped fresh parsley

4 cups of chopped fresh mint

4 cups of chopped fresh coriander

2 cups of diced onion

2 cups of diced red capsicum

2 cups of diced green capsicum

2 cups of diced celery

2 cups of diced carrot

1 cup of olive oil

1 cup of red wine vinegar

8 tbsp of ground cumin

8 tbsp of paprika

8 tbsp of dried oregano

Salt and pepper, to taste

50 wholemeal pita bread (use Gluten free bread for GF)s

4 cucumbers, sliced

4 cups of cherry tomatoes

4 cups of crumbled feta cheese (use dairy free cheese for DF)

### DIRECTIONS

1. In a large mixing bowl, combine the ground beef, bread (use Gluten free bread for GF) crumbs (use GF bread (use Gluten free bread for GF) crumbs for GF), parsley, mint, coriander, onion, red capsicum, green capsicum, celery, and carrot. Mix until well combined.
2. Roll the mixture into kofta shapes and place them onto skewers.
3. In a separate bowl, whisk together the olive oil, red wine vinegar, cumin, paprika, oregano, salt, and pepper to make a marinade.
4. Brush the marinade over the koftas and marinate for at least 1 hour, or overnight.
5. Preheat a grill or barbecue to medium-high heat.
6. Grill the koftas for 10-12 minutes, turning occasionally, or until cooked through.
7. Serve the Greek-style marinated beef koftas with wholemeal pita bread (use Gluten free bread for GF)s, sliced cucumbers, cherry tomatoes, and crumbled dairy-free feta cheese. Enjoy

# Friday week 2 - Afternoon tea



*Wholegrain rice crackers  
with Tasty cheese and  
Sultanas served with Fresh  
Seasonal Fruit and  
Vegetables*

## INGREDIENTS

6 packets of wholegrain rice  
crackers

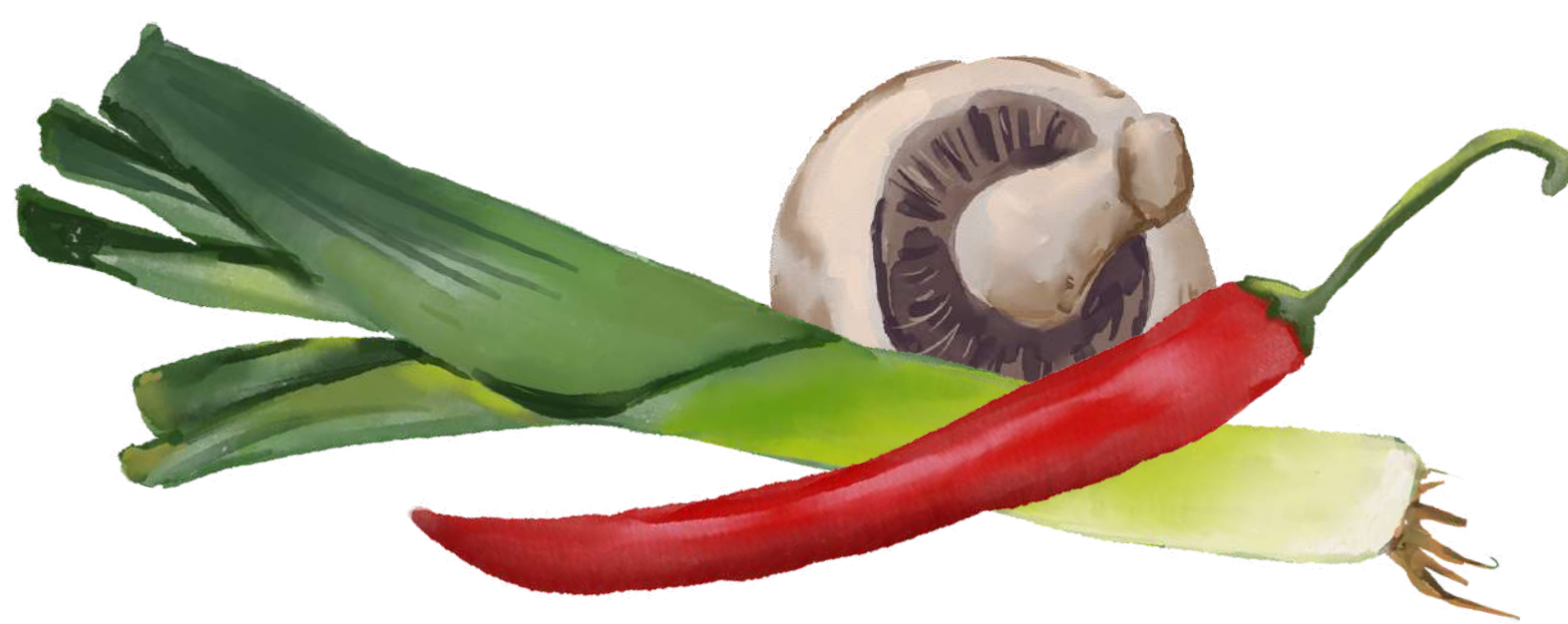
4 kg of tasty cheese (use  
dairy free cheese for DF),  
sliced and cut into triangles

4 cups of sultanas

A variety of fresh seasonal  
fruits, and vegetables

## DIRECTIONS

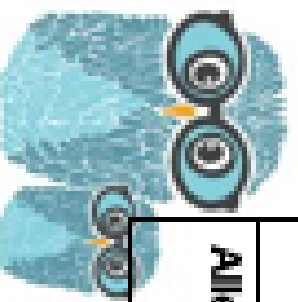
1. Arrange the wholegrain rice crackers on a platter.
2. Top each cracker with a slice of tasty cheese (use dairy free cheese for DF) and a few sultanas.
3. Serve the wholegrain rice crackers with the fresh seasonal fruits and vegetables on the side. Enjoy!



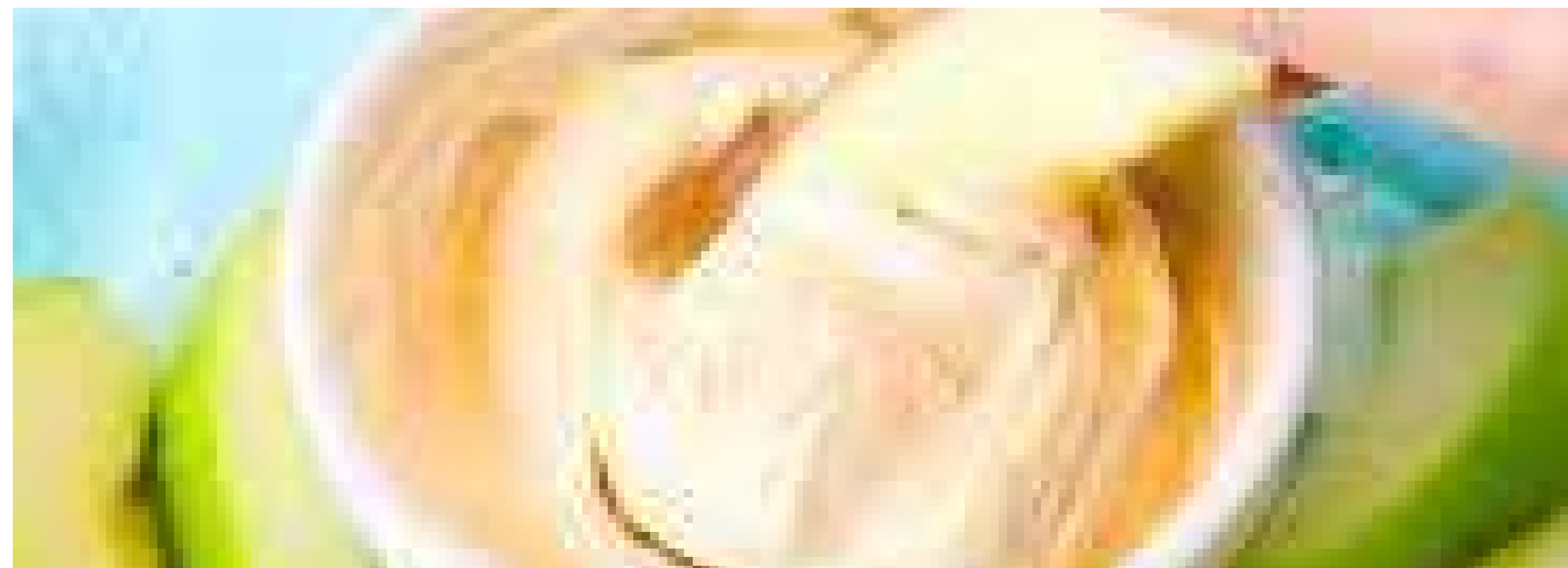
*Week 3 - Summer*

## INSIGHT EARLY LEARNING MENU - Week 3

|                                                                                        | Monday                                                                                                                                                                                                                              | Tuesday                                                                                                     | Wednesday                                                            | Thursday                                                                                           | Friday                                                                                     |
|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|
| <p><b>Breakfast</b><br/>(Offered to children at opening time between 7 am – 8 am)</p>  | Wholegrain cereals (Weetabix and sultana bran) or wholemeal bread with vegemite or fresh seasonal fruit served with Milk and Water                                                                                                  |                                                                                                             |                                                                      |                                                                                                    |                                                                                            |
| <p><b>Morning Tea</b><br/>(Offered to children between 9:00 -10:00)</p>                | Pineapple and yogurt dip with apple sticks                                                                                                                                                                                          | Assorted sandwiched (cheese, vegemite, vegemite and cheese) served with fresh seasonal fruit and vegetables | Greek yogurt with fresh seasonal fruit                               | Vegemite and cheese twisted pastries served with fresh seasonal fruit and vegetables.              | Wholemeal toast with cheese and vegemite 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><br/>(Offered to children between 11 am -1:00 pm- depending on age)</p> | Beef coconut curry with potatoes and spinach served with brown rice                                                                                                                                                                 | Creamy tuna Moray pasta bake with spinach and mushroom                                                      | Lentil spaghetti bolognaise                                          | Beef and vegetable shepherd's pie                                                                  | Lamb with a sweet potato pearl cous cous salad.                                            |
| <p><b>Drink</b></p>                                                                    | Water                                                                                                                                                                                                                               | Water                                                                                                       | Water                                                                | Water                                                                                              | Water                                                                                      |
| <p><b>Afternoon Tea</b><br/>(Offered to children between 2:30 pm – 3:30 pm)</p>        | Orange and blueberry muffins served with fresh seasonal fruit and vegetables.                                                                                                                                                       | Beetroot hummus With pita and carrot and cucumber sticks                                                    | Date and oat cookies served with fresh seasonal fruit and vegetables | Wholegrain crackers with tasty cheese and sultanas served with fresh seasonal fruit and vegetables | Corn and zucchini fritters with sour cream 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><br/>(Offered to children between 5 pm – 5:30 pm)</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 (leading 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, vegetarians or with cultural preferences are provided with a tailored version of the regular menu to suit their needs.                                                                  |                                                                                                             |                                                                      |                                                                                                    |                                                                                            |



# Monday week 3 - Morning tea



## Pineapple and yogurt Dip with Apple Sticks

### INGREDIENTS

- 6 kg of Greek yogurt (use dairy free yogurt for DF)
- 2 cans of crushed pineapple, drained
- 2 tsp of ground cinnamon
- 20 apples, sliced

### DIRECTIONS

1. In a mixing bowl, combine the dairy-free Greek yogurt (use dairy free yogurt for DF) , crushed pineapple, and ground cinnamon. Mix until well combined.
2. Serve the pineapple and yogurt (use dairy free yogurt for DF) dip with the sliced apples on the side. Enjoy!

# Monday week 3 - Lunch



## *Beef Coconut Curry with Potatoes and Spinach served with Brown Rice*

---

### INGREDIENTS

- 4 kg of beef, diced
- 4 cans of coconut milk (use soy or rice milk for dairy free)
- 4 cups of diced onion
- 4 cups of diced potatoes
- 4 cups of diced carrots
- 4 cups of diced celery
- 4 cups of diced capsicum
- 2 cups of tomato paste
- 2 cups of vegetable broth
- 8 tsp of curry powder
- 4 tsp of ground cumin
- 4 tsp of ground coriander
- Salt and pepper, to taste
- 5 kg of cooked brown rice
- 2 packets of frozen spinach leaves

### DIRECTIONS

1. In a large pot or Dutch oven, brown the diced beef over medium-high heat.
2. Add the diced onion, potatoes, carrots, celery, and capsicum to the pot. Sauté until slightly softened.
3. Add the coconut milk (use soy or rice milk for dairy free), tomato paste, vegetable broth, curry powder, cumin, coriander, salt, and pepper to the pot. Bring the mixture to a simmer.
4. Reduce the heat to low and simmer for 1-2 hours, or until the beef is tender and the vegetables are cooked through.
5. In the last 10 minutes of cooking, add the spinach leaves to the pot and stir until wilted.
6. Serve the beef coconut curry with cooked brown rice on the side. Enjoy!

# Monday week 3 - Afternoon tea



## *Corn and Zucchini Fritters with sour cream served with Fresh Seasonal Fruit and Vegetables*

---


### INGREDIENTS

- 8 cups of corn kernels (canned or fresh)
- 8 cups of grated zucchini
- 4 cups of wholemeal wholemeal flour ( use gluten free wholemeal flour for GF)
- 4 cups of milk (use soy or rice milk for dairy free)
- 4 tsp of baking powder
- 4 tsp of smoked paprika
- 4 tsp of ground cumin
- 4 tsp of garlic powder
- Salt and pepper, to taste
- 4 cups of sour cream (use dairy free sour cream for DF)
- A variety of fresh seasonal fruits and vegetables

### DIRECTIONS

1. In a mixing bowl, combine the corn kernels and grated zucchini.
2. Add the wholemeal wholemeal flour ( use gluten free wholemeal flour for GF), milk (use soy or rice milk for dairy free), baking powder, smoked paprika, ground cumin, garlic powder, salt, and pepper to the bowl. Mix until well combined.
3. Heat a non-stick frying pan over medium-high heat.
4. Scoop 1/4 cup of the fritter batter into the frying pan and flatten slightly with a spatula. Repeat with the remaining batter.
5. Cook the fritters for 3-4 minutes on each side, or until golden brown and cooked through.
6. Serve the corn and zucchini fritters with sour cream (use dairy free sour cream for DF) and the fresh seasonal fruits and vegetables on the side

# Tuesday week 3 - Morning tea

A stack of sandwiches on a platter. The sandwiches are made with wholemeal bread and filled with various fillings, including cheese and Vegemite. The platter is set on a white surface.

*Assorted Sandwiches (cheese, Vegemite, Vegemite and cheese) served with Fresh Seasonal Fruit and Vegetables*


## Ingredients

- 100 slices of wholemeal bread (use Gluten free bread for GF)
- 50 slices of cheese (use dairy free cheese for DF)
- 1 jar of vegemite
- A variety of fresh seasonal fruits, and vegetables

## Directions

1. Arrange the slices of wholemeal bread (use Gluten free bread for GF) on a platter.
2. Spread a quarter of the slices with vegemite and the other quarter with dairy-free cheese (use dairy free cheese for DF).
3. Combine the vegemite and cheese (use dairy free cheese for DF) slices to make vegemite and cheese (use dairy free cheese for DF) sandwiches.
4. Serve the assorted sandwiches with the fresh seasonal fruits and vegetables on the side. Enjoy

# Tuesday week 3 - Lunch



## *Creamy Tuna Mornay Pasta Bake with Spinach and Mushroom*

### Ingredients

- 5 kg of spiral pasta, cooked according to package instructions
- 8 cans of tuna, drained
- 3kg packets of fresh spinach leaves
- 4 kg of sliced mushrooms
- 4 cups of unsalted unsalted butter (use Nuttelex for dairy free)
- 4 cups of all-purpose wholemeal flour ( use gluten free wholemeal flour for GF)
- 8 cups of whole milk (use soy or rice milk for dairy free)
- 8 cups of vegetable broth
- 8 cups of shredded cheddar cheese (use dairy free cheese for DF)
- Salt and pepper, to taste

### Directions

1. Preheat the oven to 180°C (350°F).
2. In a large pot, sauté the chopped fresh spinach leaves and sliced mushrooms until slightly softened.
3. Add the drained tuna to the pot and mix well.
4. In a separate pot, melt the unsalted unsalted butter (use Nuttelex for dairy free) over medium heat.
5. Whisk in the all-purpose wholemeal flour ( use gluten free wholemeal flour for GF) to make a roux.
6. Gradually whisk in the whole milk (use soy or rice milk for dairy free) and vegetable broth until the mixture is smooth.
7. Add the shredded cheddar cheese (use dairy free cheese for DF) to the mixture and stir until melted.
8. Season the sauce with salt and pepper, to taste.
9. Add the cooked spiral pasta to the pot with the spinach, mushrooms, and tuna.
10. Pour the sauce over the pasta mixture and stir to combine.
11. Transfer the pasta mixture to a large baking dish and bake in the preheated oven

# Tuesday week 3 - Afternoon tea



## Orange and Blueberry Muffins

### Ingredients

- 8 cups of wholemeal wholemeal flour ( use gluten free wholemeal flour for GF)
- 8 tbsp of baking powder
- 4 cups of milk (use soy or rice milk for dairy free)
- 4 cups of vegetable oil
- 4 cups of unsweetened applesauce
- 4 cups of orange juice
- 4 cups of frozen blueberries
- Zest of 4 oranges

A variety of fresh seasonal fruits and vegetables

### Directions

1. Preheat the oven to 180°C (350°F) and line muffin tins with muffin cups.
2. In a mixing bowl, combine the wholemeal wholemeal flour ( use gluten free wholemeal flour for GF) and baking powder.
3. In a separate bowl, whisk together the milk (use soy or rice milk for dairy free), vegetable oil, unsweetened applesauce, and orange juice.
4. Add the wet ingredients to the dry ingredients and stir until just combined.
5. Gently fold in the blueberries and orange zest.
6. Fill each muffin cup with about 1/4 cup of the muffin batter.
7. Bake the muffins in the preheated oven for 18-20 minutes, or until a toothpick inserted in the center of a muffin comes out clean.
8. Remove the muffins from the oven and allow them to cool for a few minutes before transferring them to a wire rack to cool completely.
9. Serve the orange and blueberry muffins with the fresh seasonal fruits on the side.  
Enjoy!

# Wednesday week 3 - Morning tea



## *Greek yogurt with Fresh Seasonal Fruit*

---

### INGREDIENTS

- 5 kg of Greek yogurt (use dairy free yogurt for DF)
- 5 Tsp of vanilla essence
- A variety of fresh seasonal fruits

### DIRECTIONS

1. In a large bowl, stir the Greek yogurt (use dairy free yogurt for DF) with the vanilla essence until smooth.
2. Wash and slice the fresh seasonal fruits and arrange them on a platter.
3. Serve the Greek yogurt (use dairy free yogurt for DF) and fresh seasonal fruits separately, allowing children to scoop yogurt (use dairy free yogurt for DF) into bowls and top with fruit. Enjoy!

# Wednesday week 3 - Lunch



## Lentil Spaghetti Bolognaise

---

### INGREDIENTS

- 5 kg of spaghetti, cooked according to package instructions
- 2 kg of brown lentils, cooked according to package instructions
- 4 kg of diced tomatoes, canned or fresh
- 2 kg of tomato paste
- 2 kg of diced onions
- 2 kg of sliced mushrooms
- 2 kg of chopped carrots
- 2 kg of chopped celery
- 4 cups of olive oil
- 4 cups of vegetable broth
- 4 tbsp of dried basil
- 4 tbsp of dried oregano
- Salt and pepper, to taste

### DIRECTIONS

1. In a large pot, sauté the diced onions, sliced mushrooms, chopped carrots, and chopped celery in the olive oil until the vegetables are slightly softened.
2. Add the diced tomatoes, tomato paste, and vegetable broth to the pot and stir well.
3. Add the cooked brown lentils and stir to combine.
4. Season the sauce with dried basil, dried oregano, salt, and pepper to taste.
5. Simmer the sauce over low heat for 20-30 minutes, stirring occasionally.
6. Serve the lentil spaghetti bolognaise over the cooked spaghetti. Enjoy!

# Wednesday week 3 - Afternoon tea



## Date and Oat Cookies

---

### INGREDIENTS

- 8 cups of rolled oats (use gluten free oats for GF) (use gluten free oats (use gluten free oats for GF) for GF)
- 8 cups of wholemeal wholemeal flour ( use gluten free wholemeal flour for GF)
- 2 cups of unsalted unsalted butter (use Nuttelex for dairy free) , melted
- 1 cups of maple syrup
- 2 cups of unsweetened applesauce

### DIRECTIONS

1. Preheat the oven to 180°C (350°F) and line baking sheets with parchment paper.
2. In a mixing bowl, combine the rolled oats (use gluten free oats for GF) (use gluten free oats (use gluten free oats for GF) for GF) , wholemeal wholemeal flour ( use gluten free wholemeal flour for GF), baking soda, and ground cinnamon.
3. In a separate bowl, whisk together the melted unsalted unsalted butter (use Nuttelex for dairy free) , maple syrup, and unsweetened applesauce until well combined.
4. Add the wet ingredients to the dry ingredients and mix until a dough forms.
5. In a small pot, heat the chopped dates and water until the dates are soft and the water has been absorbed.
6. Add the date mixture to the dough and mix until evenly distributed.
7. Using a cookie scoop or spoon, drop the dough onto the lined baking sheets, leaving about 2 inches of space between each cookie.
8. Bake the cookies in the preheated oven for 15-18 minutes, or until the cookies are golden brown and firm to the touch.
9. Remove the cookies from the oven and allow them to cool on the baking sheets for a few minutes before transferring them to a wire rack to cool completely.
10. Serve the date and oat cookies alongside the fruit and vegetables. Enjoy!

# Thursday week 3 - Morning tea



## *Vegemite and cheese Twisted Pastries*

### INGREDIENTS

- 6 packets of puff pastry, thawed
- 2 jar of Vegemite
- 4 cups of grated tasty cheese (use dairy free cheese for DF)
- A variety of fresh seasonal fruits and vegetables

### DIRECTIONS

1. Preheat the oven to 200°C (400°F) and line baking sheets with parchment paper.
2. On a lightly wholemeal flour ( use gluten free wholemeal flour for GF)ed surface, roll out each sheet of puff pastry until it is a thin rectangle.
3. Spread a thin layer of Vegemite over each sheet of puff pastry.
4. Sprinkle the grated tasty cheese (use dairy free cheese for DF) evenly over the Vegemite layer.
5. Starting at one end, tightly roll up each sheet of puff pastry into a long cylinder.
6. Slice the cylinder into 1-inch sections.
7. Place each section onto the lined baking sheets, spacing them about 1 inch apart.
8. Bake the pastries in the preheated oven for 15-18 minutes, or until the pastries are golden brown and puffed.
9. Remove the pastries from the oven and allow them to cool for a few minutes before serving.
10. Serve the Vegemite and cheese (use dairy free cheese for DF) twisted pastries with the fresh seasonal fruits and vegetables on the side. Enjoy!

# Thursday week 3 - Lunch



## Beef and Vegetable Shepherd's Pie

### INGREDIENTS

- 5 kg of potatoes, peeled and chopped
- 4 cups of unsalted unsalted butter (use Nuttelex for dairy free)
- 4 cups of milk (use soy or rice milk for dairy free)
- 4 kg of ground beef
- 2 kg of chopped carrots
- 2 kg of chopped celery
- 2 kg of chopped onions
- 2 kg of chopped mushrooms
- 2 cups of vegetable broth
- 4 tbsp of tomato paste
- Salt and pepper to taste

### DIRECTIONS

1. Preheat the oven to 180°C (350°F).
2. In a large pot, boil the chopped potatoes until tender. Drain and mash with the unsalted unsalted butter (use Nuttelex for dairy free) and milk (use soy or rice milk for dairy free) until smooth. Set aside.
3. In a separate pot, sauté the ground beef until browned.
4. Add the chopped carrots, celery, onions, and mushrooms to the pot and sauté until slightly softened.
5. Add the vegetable broth, tomato paste, salt, and pepper to the pot and stir well.
6. Simmer the beef and vegetable mixture over low heat for 20-30 minutes, stirring occasionally.
7. In a large baking dish, layer the beef and vegetable mixture on the bottom.
8. Spread the mashed potato mixture on top of the beef and vegetable mixture, smoothing it out with a spatula.
9. Bake the shepherd's pie in the preheated oven for 25-30 minutes, or until the top is golden brown and the pie is heated through.
10. Serve the beef and vegetable shepherd's pie hot. Enjoy!

# Thursday week 3 - Afternoon tea



## *Wholegrain rice crackers with Tasty cheese and Sultanas*

### INGREDIENTS

- 6 packs of wholegrain rice crackers
- 2 kg of slices of tasty cheese (use dairy free cheese for DF) cut into triangles
- 2 kg of sultanas
- A variety of fresh seasonal fruits, and vegetables

### DIRECTIONS

1. Arrange the wholegrain rice crackers on a large platter.
2. Arrange the slices of tasty cheese (use dairy free cheese for DF) evenly over a large platter
3. Place the sultanas in bowl
4. Arrange the fresh seasonal fruits and vegetables on a separate platter.
5. Serve the wholegrain rice crackers with tasty cheese (use dairy free cheese for DF) and sultanas alongside the fresh seasonal fruits and vegetables. Enjoy!

# Friday week 3 - Morning tea



## Wholemeal Toast with cheese and/or Vegemite

---

### INGREDIENTS

50 slices of loaves of wholemeal bread (use Gluten free bread for GF), sliced

4 kg of sliced cheese (use dairy free cheese for DF)

1 jars of Vegemite

A variety of fresh seasonal fruits, and vegetables

### DIRECTIONS

1. Toast the slices of wholemeal bread (use Gluten free bread for GF) until golden brown.
  2. Spread a thin layer of Vegemite over half the slices of toast.
  3. Place a slice of sliced cheese (use dairy free cheese for DF) over the Vegemite layer.
  4. Place a slice of slices cheese (use dairy free cheese for DF) over the other half of the toast.
  5. Cut toast into triangles.
  6. Place the prepared toast on a large platter
  7. Arrange the fresh seasonal fruits and vegetables on a separate platter.
  8. Serve the wholemeal toast with cheese (use dairy free cheese for DF) and Vegemite alongside the fresh seasonal fruits and vegetables.
- Enjoy!

# Friday week 3 - Lunch



## *Baked Chicken with Sweet Potato Chips and a Garden Salad*

---

### INGREDIENTS

- 10 kg of chicken breast cut into slices
- 5 kg of sweet potatoes, peeled and cut into thin strips
- 4 cups of olive oil
- Salt and pepper, to taste
- 4 kg of mixed greens
- 4 kg of cherry tomatoes, halved
- 2 kg of sliced cucumbers
- 2 kg of sliced red onions
- 2 cups of balsamic vinegar
- 2 cups of olive oil

### DIRECTIONS

1. Preheat the oven to 200°C (400°F) and line baking sheets with parchment paper.
  2. In a large bowl, toss the sweet potato strips with olive oil, salt, and pepper.
  3. Spread the sweet potato strips in a single layer on the lined baking sheets.
  4. Bake the sweet potato strips in the preheated oven for 20-25 minutes, or until golden brown and crispy.
  5. In a separate large baking dish, arrange the chicken in a single layer.
  6. Brush the chicken with olive oil and season with salt and pepper to taste.
  7. Bake the chicken in the preheated oven for 35-40 minutes, or until cooked through and the skin is golden brown and crispy.
  8. In a large bowl, toss together the mixed greens, cherry tomatoes, sliced cucumbers, and sliced red onions.
  9. In a separate small bowl, whisk together the balsamic vinegar and olive oil to make the salad dressing.
  10. Serve the baked chicken with sweet potato chips and garden salad on the side.
- Enjoy!

# Friday week 3 - Afternoon tea



## Beetroot Hummus with Pita and Carrot and Cucumber Sticks

---

### INGREDIENTS

- 5 cans of chickpeas, drained and rinsed
- 5 cans of sliced beetroots, drained
- 1 cup of tahini
- 1 cup of lemon juice
- 2 cups of olive oil
- Salt and pepper, to taste
- 25 whole pita bread (use Gluten free bread for GFs), cut into wedges
- 4 kg of sliced carrots
- 4 kg of sliced cucumbers

### DIRECTIONS

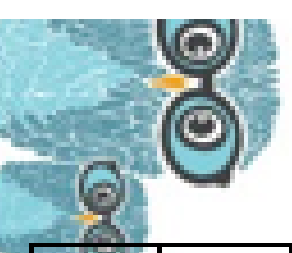
1. In a food processor, blend together the chickpeas, sliced beetroots, tahini, lemon juice, olive oil, salt, and pepper until smooth.
2. Adjust the seasoning to taste, adding more salt or lemon juice as needed.
3. Transfer the beetroot hummus to a large bowl.
4. Arrange the pita bread (use Gluten free bread for GF) wedges on a separate platter.
5. Arrange the sliced carrots and cucumbers on another platter.
6. Serve the beetroot hummus with pita and carrot and cucumber sticks on the side. Enjoy!



*Week 4 - Summer*

## INSIGHT EARLY LEARNING MENU - Week 4

|                                                                                        | Monday                                                                                                                                                                                                                              | Tuesday                                                                                           | Wednesday                                                                                 | Thursday                                                                                              | Friday                                                                      |
|----------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <p><b>Breakfast</b><br/>(Offered to children at opening time between 7 am – 8 am)</p>  | Wholegrain cereals (Weetabix and sultana bran) or wholemeal bread with vegemite or fresh seasonal fruit served with Milk and Water                                                                                                  |                                                                                                   |                                                                                           |                                                                                                       |                                                                             |
| <p><b>Morning Tea</b><br/>(Offered to children between 9:00 -10:00)</p>                | Wholemeal muffins with vegemite and cream cheese served with fresh seasonal fruit and vegetables                                                                                                                                    | Ricotta cheese and tomato on toast served with fresh seasonal fruit and vegetables                | Greek yogurt with fresh seasonal fruit                                                    | Rice cakes with cheese, beetroot, celery, tomato and cucumber                                         | 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><br/>(Offered to children between 11 am -1:00 pm- depending on age)</p> | Creamy tomato and beef rigatoni pasta bake with spinach and mushroom                                                                                                                                                                | Marinated chicken drumettes with potatoes and Greek salad.                                        | Thai beef salad with rice noodles                                                         | Soy and ginger Basa fillets with steamed broccoli and brown rice                                      | Creamy baked pumpkin, mushroom and broccoli gnocchi                         |
| <p><b>Drink</b></p>                                                                    | Water                                                                                                                                                                                                                               | Water                                                                                             | Water                                                                                     | Water                                                                                                 | Water                                                                       |
| <p><b>Afternoon Tea</b><br/>(Offered to children between 2:30 pm – 3:30 pm)</p>        | Wholegrain crackers with tasty cheese and sultanas served with fresh seasonal fruit and vegetables.                                                                                                                                 | Wholemeal pita bread pizza with cheese and tomato served with fresh seasonal fruit and vegetables | Wholemeal toast with cheese and vegemite served with fresh seasonal fruit and vegetables. | Avocado and cream cheese dip with brown rice crackers served with fresh seasonal fruit and vegetables | Dried fruit platter with whole meal crackers and vegetable sticks           |
| <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><br/>(Offered to children between 5 pm – 5:30 pm)</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, vegetarians or with cultural preferences are provided with a tailored version of the regular menu to suit their needs.                                                                  |                                                                                                   |                                                                                           |                                                                                                       |                                                                             |



# Monday week 4 - Morning tea

## Wholemeal Muffins with Carrot and Cream cheese

### INGREDIENTS

- 6 cups of wholemeal wholemeal flour ( use gluten free wholemeal flour for GF)
- 4 tbsp of baking powder
- 4 cups of milk (use soy or rice milk for dairy free) (use soy or rice milk (use soy or rice milk for dairy free) for dairy free)
- 2 cups of vegetable oil
- 2 cups of maple syrup
- 4 cups of grated carrots
- 4 cups of cream cheese (use dairy free cheese for DF)
- Fresh seasonal fruits and vegetables, for serving

### DIRECTIONS

1. Preheat the oven to 200°C (400°F) and line muffin tins with paper liners.
2. In a large bowl, whisk together the wholemeal wholemeal flour ( use gluten free wholemeal flour for GF) and baking powder.
3. In a separate bowl, whisk together the soy milk (use soy or rice milk for dairy free), vegetable oil, and maple syrup until smooth.
4. Add the wet ingredients to the dry ingredients and stir until just combined.
5. Fold in the grated carrots.
6. Scoop the muffin batter into the prepared muffin tins, filling each about 3/4 full.
7. Drop a spoonful of cream cheese (use dairy free cheese for DF) onto the top of each muffin.
8. Bake the muffins in the preheated oven for 18-20 minutes, or until golden brown and a toothpick inserted into the center comes out clean.
9. Remove the muffins from the oven and allow them to cool for a few minutes before serving.
10. Serve the wholemeal muffins with carrot

# Monday week 4 - Lunch

## *Creamy Tomato and Beef Rigatoni Pasta Bake with Spinach and Mushroom*

---

### INGREDIENTS

- 5 kg of rigatoni pasta
- 4 kg of ground beef
- 2 kg of chopped spinach
- 2 kg of sliced mushrooms
- 6 bottles of tomato passade
- 4 cups of vegetable broth
- Salt and pepper, to taste
- 4 cups of grated cheese (use dairy free cheese for DF)

### DIRECTIONS

1. Preheat the oven to 200°C (400°F) and grease a large baking dish.
2. Cook the rigatoni pasta according to the package directions until al dente.
3. Drain the cooked pasta and set aside.
4. In a large pot, brown the ground beef over medium heat.
5. Add the chopped spinach and sliced mushrooms to the pot and sauté until softened.
6. Stir in the tomato passade, vegetable broth, salt, and pepper.
7. Simmer the beef and vegetable mixture over low heat for 10-15 minutes, stirring occasionally.
8. Add the cooked rigatoni pasta to the pot and stir to combine.
9. Transfer the pasta mixture to the prepared baking dish.
10. Sprinkle the grated cheese (use dairy free cheese for DF) over the top of the pasta mixture.
11. Bake the pasta bake in the preheated oven for 20-25 minutes, or until the cheese (use dairy free cheese for DF) is melted and golden brown.
12. Serve the creamy tomato and beef

# Monday week 4 - Afternoon tea



## *Wholegrain rice crackers with Tasty cheese and Sultanas*

### INGREDIENTS

- 6 packs of wholegrain rice crackers
- 2 kg of sliced tasty cheese (use dairy free cheese for DF) cut into triangles
- 2 kg of sultanas
- A variety of fresh seasonal fruits and vegetables.

### DIRECTIONS

1. Arrange the wholegrain rice crackers on a large platter.
2. Sprinkle the grated tasty cheese (use dairy free cheese for DF) over the rice crackers.
3. Scatter the sultanas over the cheese (use dairy free cheese for DF).
4. Arrange the fresh seasonal fruits and vegetables on a separate platter.
5. Serve the wholegrain rice crackers with tasty cheese (use dairy free cheese for DF) and sultanas alongside the fresh seasonal fruits and vegetables. Enjoy!

# Tuesday week 4 - Morning tea



## *Ricotta and Tomato on Toast*

### Ingredients

- 50 slices of wholemeal bread (use Gluten free bread for GF)
- 2 kg of ricotta cheese (use dairy free cheese for DF)
- 2 kg of sliced tomatoes
- Salt and pepper, to taste

A variety of fresh seasonal fruits and vegetables

### Directions

1. Toast the slices of wholemeal bread (use Gluten free bread for GF).
2. Spread a generous amount of ricotta cheese (use dairy free cheese for DF) on each slice of toast.
3. Top each slice with a few slices of tomato.
4. Season the tomato with salt and pepper, to taste.
5. Arrange the ricotta and tomato toasts on a large platter.
6. Serve the ricotta and tomato toasts alongside the fresh seasonal fruits and vegetables. Enjoy!

# Tuesday week 4 - Lunch



## Marinated Chicken Dippers with Creamy mashed Potatoes and Greek Salad

### Ingredients

- 5 kg of chicken breast fillets, cut into strips
- 4 cups of olive oil
- 2 cups of lemon juice
- 4 tbsp of dried oregano
- 4 tbsp of minced garlic
- Salt and pepper, to taste
- 10 kg of potatoes, peeled and diced
- 2 L of milk (use soy or rice milk for dairy free)
- 500g unsalted unsalted unsalted butter (use Nuttelex for dairy free) (use Nuttelex for dairy free)
- 2 kg of chopped lettuce
- 2 kg of sliced cucumber
- 2 kg of chopped tomato
- 2 kg of crumbled dairy-free feta cheese (use dairy free cheese for DF)

### Directions

1. Preheat the oven to 200°C (400°F) and line a large baking dish with parchment paper.
2. In a large bowl, whisk together the olive oil, lemon juice, dried oregano, minced garlic, salt, and pepper.
3. Add the chicken breast strips to the bowl and toss to coat in the marinade.
4. Allow the chicken to marinate in the fridge for at least 30 minutes.
5. Arrange the marinated chicken strips on the prepared baking dish and bake in the preheated oven for 20-25 minutes, or until cooked through.
6. While the chicken is cooking, boil the diced potatoes in a large pot of salted water until tender.
7. Drain the cooked potatoes and mash them with the milk (use soy or rice milk for dairy free) and unsalted butter (use Nuttelex for dairy free) until smooth and creamy.
8. In a large bowl, toss together the chopped lettuce, sliced cucumber, chopped tomato, and crumbled dairy-free feta cheese (use dairy free cheese for DF) to make the Greek salad.
9. Serve the marinated chicken dippers with the creamy baked potatoes and Greek salad. Enjoy!

# Tuesday week 4 - Afternoon tea



## Wholemeal Pita bread Pizza with cheese and Tomato

### Ingredients

- 50 wholemeal pita bread (use Gluten free bread for GF)s
- 2 kg of tomato passata
- 2 kg of grated cheese (use dairy free cheese for DF)
- 2 kg of sliced tomatoes
- Salt and pepper, to taste
- A variety of fresh seasonal fruits and vegetables

### Directions

1. Preheat the oven to 200°C (400°F) and line baking sheets with parchment paper.
2. Lay out the pita bread (use Gluten free bread for GF)s on the prepared baking sheets.
3. Spoon a generous amount of tomato passata onto each pita bread (use Gluten free bread for GF).
4. Sprinkle the grated dairy-free cheese (use dairy free cheese for DF) over the tomato passata.
5. Top each pita bread (use Gluten free bread for GF) pizza with a few slices of tomato and season with salt and pepper, to taste.
6. Bake the pita bread (use Gluten free bread for GF) pizzas in the preheated oven for 10-12 minutes, or until the cheese (use dairy free cheese for DF) is melted and bubbly.
7. Remove the pita bread (use Gluten free bread for GF) pizzas from the oven and let cool for a few minutes.
8. Cut each pita bread (use Gluten free bread for GF) pizza into 8 slices.
9. Arrange the pita bread (use Gluten free bread for GF) pizza slices on a large platter.

# Wednesday week 4 - Morning tea



*Variety of yogurt with Fresh Seasonal Fruit*

---

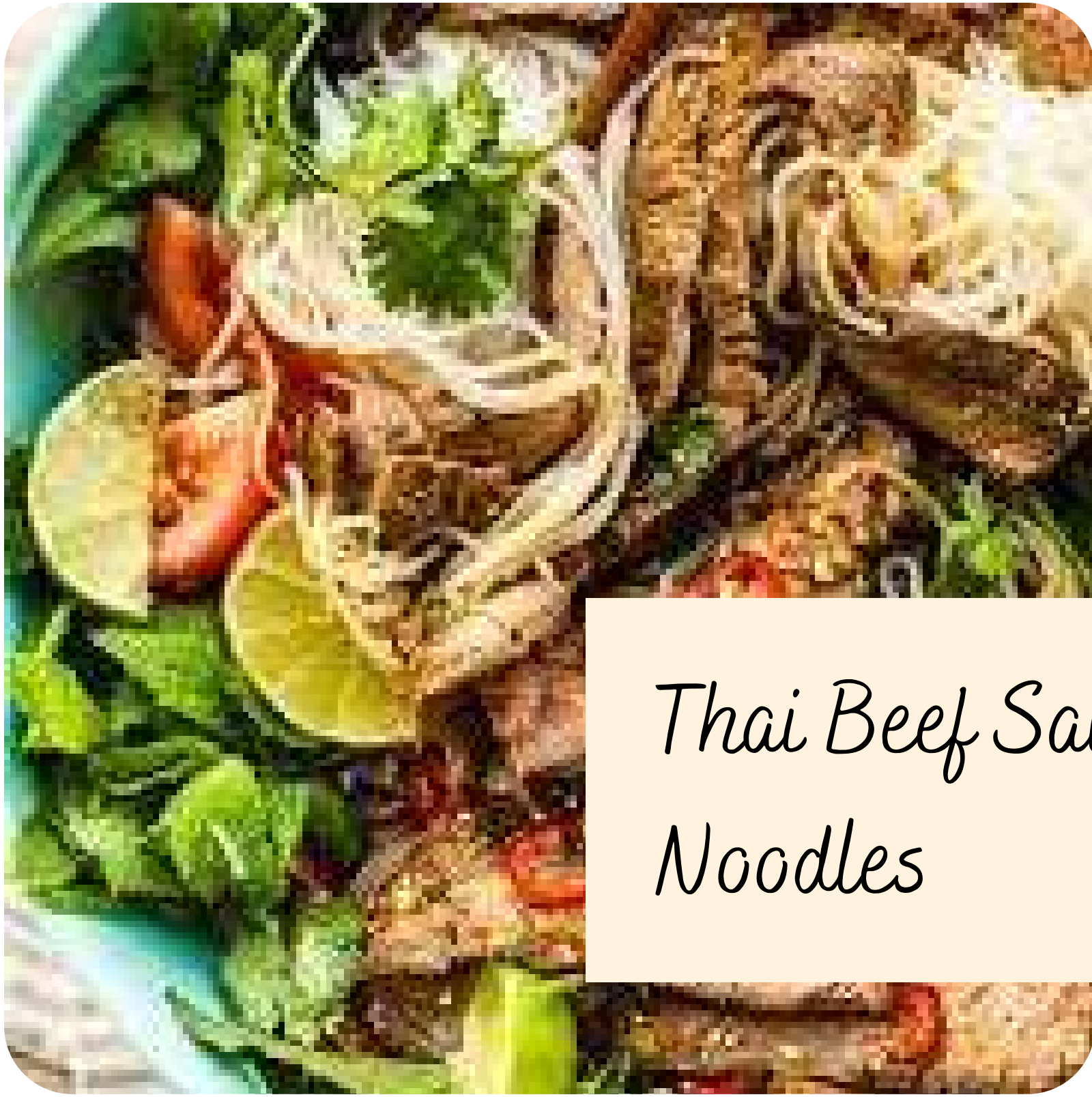
## INGREDIENTS

- 5 kg of vanilla yogurt (use dairy free yogurt for DF)
- 5 kg of berry yogurt (use dairy free yogurt for DF)
- A variety of fresh seasonal fruit

## DIRECTIONS

1. Place the two types of yogurt (use dairy free yogurt for DF) into separate bowls. Each classroom should receive 1 bowl of each flavour of yogurt (use dairy free yogurt for DF) .
2. Wash and chop the fresh seasonal fruit into small bite-sized pieces.
3. Place on a platter for self-serving

# Wednesday week 4 - Lunch



## Thai Beef Salad with Rice Noodles

---

### INGREDIENTS

- 5 kg of beef sirloin, sliced into thin strips
- 1 kg of rice noodles
- 2 kg of mixed salad greens, such as lettuce, spinach, and rocket
- 1 kg of cherry tomatoes, halved
- 1 kg of cucumber, sliced
- 2 kg of red capsicum, sliced
- 1 kg of carrots, grated
- 2 kg of fresh coriander, chopped
- 4 cups of lime juice
- 4 cups of olive oil
- 4 cups of salt-reduced soy sauce
- 1 cup of maple syrup

### DIRECTIONS

1. Cook the rice noodles according to the package instructions. Drain and rinse with cold water. Set aside.
2. In a large bowl, mix together the lime juice, olive oil, salt-reduced soy sauce, honey, ground ginger, salt, and pepper to make the dressing.
3. Add the sliced beef to the dressing and marinate for at least 30 minutes.
4. Heat a large skillet over high heat. Add the marinated beef and cook for about 5-7 minutes or until browned and cooked through.
5. In a large salad bowl, mix together the cooked rice noodles, mixed salad greens, cherry tomatoes, cucumber, red capsicum, carrots, and fresh coriander.
6. Add the cooked beef to the salad bowl and toss everything together until well combined.
7. Serve the Thai beef salad immediately or cover and refrigerate until ready to serve.

# Wednesday week 4 - Afternoon tea



*Wholemeal Toast with cheese and/or Vegemite served with Fresh Seasonal Fruit and Vegetables*

---

## INGREDIENTS

- 50 slices of wholemeal bread (use Gluten free bread for GF)
- 1 kg of cheese (use dairy free cheese for DF), sliced
- 1 jar of Vegemite
- a variety of fresh seasonal fruit

## DIRECTIONS

1. Preheat the oven to 180°C.
2. Place the slices of wholemeal bread (use Gluten free bread for GF) on baking trays and bake in the oven for 5-10 minutes until toasted.
3. Once the bread (use Gluten free bread for GF) is toasted, spread a layer of sliced cheese (use dairy free cheese for DF) or Vegemite on each slice of toast.
4. Serve the toast on platters alongside fresh seasonal fruits and vegetables.

# Thursday week 4 - Morning tea



## Rice Cakes with Beetroot Dip and Veggie Sticks

### INGREDIENTS

- 100 rice cakes
- 5 large beetroots, peeled and chopped
- 2 cup of Greek yoghurt
- 2 tbsp of lemon juice
- 2 tbsp of olive oil
- Salt and pepper to taste
- Celery, carrot and cucumber sticks for serving

### DIRECTIONS

1. Steam the chopped beetroots until they are tender.
2. Add the steamed beetroots, Greek yoghurt, lemon juice, olive oil, salt, and pepper to a blender or food processor and blend until smooth.
3. Arrange the rice cakes on platters and serve with the beetroot dip and celery, carrot and cucumber sticks on the side.

# Thursday week 4 - Lunch



## *Soy and Ginger Fish Fillets with Steamed Broccoli and Brown Rice*

### INGREDIENTS

- 25 fish fillets, skinless and boneless
- 1/2 cup of salt-reduced soy sauce
- 1/2 cup of olive oil
- 1/4 cup of ginger, grated
- 1/4 cup of garlic, minced
- Salt and pepper to taste
- 3kg of broccoli, chopped
- 5 cups of brown rice

### DIRECTIONS

1. Preheat the oven to 180°C.
2. In a small bowl, mix together the salt-reduced soy sauce, olive oil, ginger, garlic, salt, and pepper.
3. Place the fish fillets in a baking dish and pour the salt-reduced soy sauce mixture over them.
4. Bake the fish fillets in the oven for 15-20 minutes until cooked through.
5. While the fish is cooking, steam the broccoli and cook the brown rice according to the package instructions.
6. Serve the fish fillets on platters with the steamed broccoli and brown rice.

# Thursday week 4 - Afternoon tea



*Avocado and Cream cheese Dip with Brown Rice rice crackers served with Fresh Seasonal Fruit and Vegetables*

## INGREDIENTS

- 6 ripe avocados, peeled and pitted
- 500g of cream cheese (use dairy free cheese for DF)
- 2 tbsp of lemon juice
- Salt and pepper to taste
- Brown rice rice crackers for serving
- Fresh seasonal fruits and vegetables of your choice for serving

## DIRECTIONS

1. Mash the avocados in a large bowl until smooth.
2. Add the cream cheese (use dairy free cheese for DF), lemon juice, salt, and pepper and mix until well combined.
3. Arrange the brown rice rice crackers on platters and serve with the avocado and cream cheese (use dairy free cheese for DF) dip on the side.
4. Serve the platters alongside fresh seasonal fruits and vegetables.

# Friday week 4 - Morning tea



## *English Muffins with cheese served with Fresh Seasonal Fruit and Vegetables*

---

### INGREDIENTS

- 50 English muffins
- 2.5kg of sliced cheese  
(use dairy free cheese  
for DF)
- Fresh seasonal fruits  
and vegetables

### DIRECTIONS

1. Preheat the oven to 180°C.
2. Cut the English muffins in half and place them on baking trays.
3. Slice the dairy-free cheese (use dairy free cheese for DF) into 50 portions and place one portion on each muffin half.
4. Bake the muffins in the oven for 5-10 minutes until the cheese (use dairy free cheese for DF) is melted and bubbly.
5. Serve the English muffins on platters alongside fresh seasonal fruits and vegetables.

# Friday week 4 - Lunch



## *Creamy Baked Pumpkin, Mushroom and Broccoli Gnocchi*

---

### INGREDIENTS

- 5kg of gnocchi
- 2kg of pumpkin, peeled and chopped
- 1kg of mushrooms, sliced
- 2 heads of broccoli, chopped
- 2 cups of fresh cream
- 2 tbsp of olive oil
- Salt and pepper to taste

### DIRECTIONS

1. Preheat the oven to 180°C.
2. Cook the gnocchi according to the package instructions.
3. In a large pan, heat the olive oil over medium heat.
4. Add the pumpkin and mushrooms to the pan and cook until tender.
5. Add the chopped broccoli and cook for an additional 2-3 minutes.
6. Add the cream, salt, and pepper to the pan and mix until well combined.
7. Add the cooked gnocchi to the pan and mix until the gnocchi is coated in the creamy sauce.
8. Transfer the gnocchi mixture to a baking dish and bake in the oven for 10-15 minutes until the top is golden brown.
9. Serve the creamy baked pumpkin, mushroom and broccoli gnocchi on platters.

# Friday week 4 - Afternoon tea



## *Dried Fruit Platter with Wholemeal rice crackers and Vegetable Sticks*

---

### INGREDIENTS

A variety of dried fruits such as apricots, sultanas figs, and dates  
6 packets of Wholemeal rice crackers  
Vegetable sticks such as carrots, celery, and cucumber

### DIRECTIONS

1. Arrange the dried fruits, wholemeal rice crackers and vegetable sticks on platters.
2. Serve the platters alongside each other with tongs to serve