

INSIGHT'S
RECIPE
BOOK
WINTER



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 (use gluten free wholemeal flour for GF) with alternative wholemeal flour (use gluten free wholemeal flour for GF)s such as chickpea, coconut, or rice wholemeal flour (use gluten free wholemeal flour for GF).

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 (use rice for GF) 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

MODIFYING FOR DIETARY REQUIREMENTS

Dairy free

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

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

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

In recipes that call for butter (use Nuttalex butter for DF) , you can use plant-based butter (use Nuttalex butter for DF) 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 IN WINTER

FRUIT

APPLES	MANDARIN	PAWPAW
GRAPEFRUIT	ORANGES	QUINCE
KIWIFRUIT	PAPAYA	RHUBARB
LEMONS	PEARS	
LIMES	PINEAPPLE	

VEGETABLES

ASIAN GREENS	CELERY	POTATO
AVOCADO	FENNEL	PUMPKIN
BETROOT	GARLIC	SILVERBEET
BROCCOLI	GINGER	SPINACH
BRUSSELS SPROUT	KALE	SWEDE
CABBAGE	LEEKs	SWEET POTATO
CARROTS	ONIONS	TURNIP
CAULIFLOWER	PARSNIP	WITLOF
CELERIAC	PEAS	



Preparing Fruit and Vegetables to reduce choking

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

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

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

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

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

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

Preparing Fruit and Vegetables to reduce choking



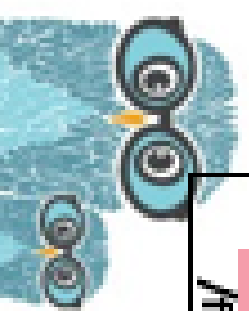
Scan the QR code to get a full list of how to prepare fruit and vegetables for the different age groups.



Week 1 - Winter

INSIGHT EARLY LEARNING MENU - Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Offered to children at opening time between 7am - 8am)	Wholegrain cereals (Weetabix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water				
Morning Tea (Offered to children between 9:00 -10:00)	Porridge with stewed apples served with fresh seasonal fruit and vegetables	Raisin toast served with fresh seasonal fruit and vegetables	Cheese & crackers with sultanas and a variety of fresh seasonal fruit and vegetables	Crumpets with honey served with fresh seasonal fruit	Assorted toasties (<u>cheese</u> and tomato and cheese) with variety of fresh seasonal fruit and vegetables
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
Lunch (Offered to children between 11am -1:00pm- depending on age)	Hungarian Beef Goulash served with crusty bread	Meatballs in a basil tomato sauce served with wholegrain pasta.	Chicken and leek casserole served with couc GOUZ	Soy and ginger baked basa fillets with steamed broccoliini served with brown rice	Beef Stroganoff with wholemeal pasta
Drink	Water	Water	Water	Water	Water
Afternoon Tea (Offered to children between 2:30pm – 3:30pm)	Cheese and Vegemite scrolls served with fresh seasonal fruit and vegetables	Assorted sandwiches (vegemite, cheese, and vegemite and cheese) with variety of fresh seasonal fruit and vegetables	Pumpkin scones served with fresh seasonal fruit and vegetables	Vegemite and cheese twisted pastries served with fresh seasonal fruit and vegetables	Carrot muffins served with fresh seasonal fruit and vegetables
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
Late Snack (Offered to children between 5pm – 5:30pm)	Whole-meal or rice crackers with cheese, or assorted sandwiches, or fresh fruit and vegetables. Served with water.				
Water	Water is freely available throughout the day				
Infants (eating solids)	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.				
Allergies / vegetarian /food intolerances	Children with allergies, food intolerances, vegetarian or with cultural preferences are provided a tailored version of the regular menu to suit their individual needs.				



Monday week 1 - Morning tea



Porridge with Stewed Apples and Fresh Seasonal Fruits and Vegetables

INGREDIENTS

- 10 cups rolled oats
- 30 cups water
- 1 tsp salt
- 5 tsp cinnamon
- 2.5 tsp nutmeg
- 30 medium apples, peeled and diced
- 1/2 cup maple syrup
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. In a large pot, combine the oats, water, salt, cinnamon, and nutmeg. Bring to a boil over high heat, then reduce the heat to low and simmer for 20-25 minutes, stirring occasionally, until the porridge is thick and creamy.
2. Meanwhile, in a separate pot, combine the diced apples and maple syrup. Cook over medium heat for 15-20 minutes, stirring occasionally, until the apples are soft and slightly caramelized.
3. Serve the porridge hot, topped with the stewed apples and fresh seasonal fruit and vegetables.

Monday week 1 - Lunch



Beef Goulash with Crusty Bread

INGREDIENTS

- 20 lbs beef chuck, cut into 1-inch cubes
- 1 cup olive oil
- 10 onions, chopped
- 40 cloves garlic, minced
- 1/2 cup paprika
- 2.5 tsp caraway seeds
- 2.5 tsp salt
- 2.5 tsp black pepper
- 20 cups beef broth
- 1 cup tomato paste
- 15 medium potatoes, peeled and cut into 1-inch cubes
- Crusty bread (use Gluten free bread for GF) , for serving

DIRECTIONS

1. In a large pot or Dutch oven, heat the olive oil over medium-high heat. Add the beef cubes and brown on all sides, working in batches if necessary.
2. Add the onions and garlic to the pot and cook for 2-3 minutes, until the onions are translucent.
3. Stir in the paprika, caraway seeds, salt, and black pepper, and cook for 1-2 minutes, until fragrant.
4. Pour in the beef broth and tomato paste, and stir to combine. Bring to a boil, then reduce the heat to low and simmer for 1-1.5 hours, stirring occasionally, until the beef is tender and the sauce is thick and flavorful.
5. Add the potato cubes to the pot and simmer for another 30-40 minutes, until the potatoes are tender and the goulash is heated through.
6. Serve the goulash hot, with crusty bread (use Gluten free bread for GF) on the side.

Monday week 1 - Afternoon tea



cheese and Vegemite Scrolls with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 10 sheets puff pastry, thawed
- 2 cups Vegemite
- 5 cups shredded cheese (use Dairy free cheese for DF)
- 1 cup milk (use rice or soy milk for DF)
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 400°F. Line several baking sheets with parchment paper.
2. Unroll the puff pastry sheets and place them on a lightly wholemeal flour (use gluten free wholemeal flour for GF)ed surface.
3. Spread the Vegemite evenly over the puff pastry, leaving a 1-inch border around the edges.
4. Sprinkle the shredded cheese (use Dairy free cheese for DF) over the Vegemite.
5. Starting from one long end, roll up the pastry tightly to form a log.
6. Cut the log into 1-inch slices and place them on the prepared baking sheets.
7. Brush the tops of the scrolls with the milk (use rice or soy milk for DF).
8. Bake for 15-20 minutes, until the scrolls are puffed and golden brown.
9. Serve hot, with fresh seasonal fruit and vegetables on the side.

Tuesday week 1 - Morning tea



Raisin Toast with Fresh Seasonal Fruit and Vegetables


Ingredients

- 50 slices Raisin bread (use Gluten free bread for GF)
- 1 cup unsalted butter (use Nuttelex for DF)
- Fresh seasonal fruit and vegetables, for serving

Directions

1. Preheat the oven to 350°F.
2. Brush each slice of bread (use Gluten free bread for GF) with the unsalted butter (use Nuttelex for DF)
3. Place the bread (use Gluten free bread for GF) slices on baking sheets and bake for 10-12 minutes, until lightly toasted and the raisins are slightly caramelized.
4. Serve hot, with fresh seasonal fruit and vegetables on the side.

Tuesday week 1 - Lunch



Meatballs in a Basil Tomato Sauce with Wholegrain Pasta

Ingredients

Meatballs:

- 10 lbs ground beef
- 4 cups breadcrumbs (use GF bread crumbs for GF)
- 2 cups unsweetened almond milk (use rice or soy milk for DF)
- 1 cup finely chopped onion
- 4 cloves garlic, minced
- 4 tsp dried oregano
- 4 tsp dried basil
- 2 tsp salt
- 1 tsp black pepper

Basil Tomato Sauce:

- 8 tbsp olive oil
- 10 cups canned diced tomatoes
- 4 tbsp tomato paste
- 2 cups chopped fresh basil
- 4 tsp salt
- 2 tsp black pepper
- 10 lbs wholegrain pasta

Directions

1. Preheat the oven to 375°F. Line several baking sheets with parchment paper.
2. In a large bowl, mix together the ground beef, bread (use Gluten free bread for GF) crumbs (use GF bread (use Gluten free bread for GF) crumbs for GF), almond milk (use rice or soy milk for DF), onion, garlic, oregano, basil, salt, and pepper.
3. Roll the mixture into 1.5-inch meatballs and place them on the prepared baking sheets.
4. Bake for 20-25 minutes, until the meatballs are browned and cooked through.
5. Meanwhile, in a large pot, heat the olive oil over medium heat. Add the diced tomatoes and tomato paste, and stir to combine.
6. Simmer the tomato sauce for 15-20 minutes, stirring occasionally, until slightly thickened.
7. Stir in the fresh basil, salt, and black pepper.
8. Cook the wholegrain pasta according to package instructions, then drain.
9. Serve the meatballs and tomato sauce over the wholegrain pasta, with fresh seasonal fruit

Tuesday week 1 - Afternoon tea

A stack of several sandwiches, likely the ones described in the recipe, arranged on a wooden cutting board. The sandwiches appear to have layers of bread, filling, and possibly cheese or vegetables. The background is a soft, out-of-focus indoor setting.

Assorted Sandwiches with Fresh Seasonal Fruit and Vegetables

Ingredients

- 50 slices whole wheat bread (use Gluten free bread for GF)
- 1 cup margarine
- Vegemite
- cheese (use Dairy free cheese for DF) slices
- Fresh seasonal fruit and vegetables,

Directions

1. Lay out the slices of bread (use Gluten free bread for GF) on a clean surface.
2. Spread unsalted butter (use Nuttelex for DF) on all slices of bread (use Gluten free bread for GF) .
3. Spread half of the bread (use Gluten free bread for GF) slices with Vegemite, and the other half with cheese (use Dairy free cheese for DF) slices.
4. Top the Vegemite slices with the cheese (use Dairy free cheese for DF) slices to make Vegemite and cheese (use Dairy free cheese for DF) sandwiches.
5. Cut the sandwiches into halves or quarters and serve alongside fresh seasonal fruit and vegetables.

Wednesday week 1 - Morning tea



*cheese & Crackers with Sultanas
and Fresh Seasonal Fruit and
Vegetables*

INGREDIENTS

- 6 packets of cheese (use Dairy free cheese for DF) , sliced
- 6 packets whole wheat crackers
- 4 cups sultanas
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Arrange the sliced cheese (use Dairy free cheese for DF) and crackers on platters.
2. Sprinkle the sultanas over the cheese (use Dairy free cheese for DF) and crackers.
3. Serve alongside fresh seasonal fruit and vegetables.

Wednesday week 1 - Lunch



INGREDIENTS

- 10 lbs boneless, skinless chicken breasts, cut into bite-size pieces
- 2 cups all-purpose wholemeal flour (use gluten free wholemeal flour for GF)
- 1 tbsp salt
- 1 tbsp black pepper
- 1/2 cup olive oil
- 10 leeks, chopped
- 10 cloves garlic, minced
- 10 cups chicken broth
- 4 cups canned diced tomatoes
- 4 cups chopped carrots
- 4 cups chopped celery
- 4 cups whole grain cous cous

DIRECTIONS

1. Preheat the oven to 375°F.
2. In a large bowl, mix together the wholemeal flour (use gluten free wholemeal flour for GF), salt, and black pepper.
3. Dredge the chicken pieces in the wholemeal flour (use gluten free wholemeal flour for GF) mixture.
4. Heat the olive oil in a large pot over medium-high heat.
5. Brown the chicken pieces in batches, working in batches if necessary, until golden brown on all sides.
6. Remove the chicken from the pot and set aside.
7. Add the leeks and garlic to the pot and cook for 2-3 minutes, until the leeks are translucent.
8. Pour in the chicken broth and canned diced tomatoes, and stir to combine.
9. Add the carrots and celery to the pot and stir.
10. Return the chicken to the pot and stir to combine.
11. Cover the pot and bake in the oven for 1-1.5 hours, until the chicken is cooked through and the sauce is thick and bubbly.
12. Cook the cous cous according to the package instructions.
13. Serve the chicken and leek casserole hot, over the cous cous, with fresh seasonal fruit and vegetables on the side.

Wednesday week 1 - Afternoon tea



Pumpkin Scones with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 8 cups all-purpose wholemeal flour (use gluten free wholemeal flour for GF)
- 2 cups baking powder
- 2 tsp salt
- 2 tsp ground cinnamon
- 1 tsp ground ginger
- 1/2 tsp ground nutmeg
- 3/4 cup vegetable oil
- 5 cups pumpkin puree
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 375°F. Line several baking sheets with parchment paper.
2. Bake Pumpkin until soft, then puree the pumpkin.
3. In a large bowl, whisk together the wholemeal flour (use gluten free wholemeal flour for GF), baking powder, salt, cinnamon, ginger, and nutmeg.
4. Add the vegetable oil and pumpkin puree to the bowl and stir until a dough forms.
5. On a wholemeal flour (use gluten free wholemeal flour for GF)ed surface, roll out the dough into a large rectangle.
6. Using a round cookie cutter, cut the dough into scones and place them on the prepared baking sheets.
7. Bake for 20-25 minutes, until the scones are golden brown and firm to the touch.
8. Serve the pumpkin scones hot, with fresh seasonal fruit and vegetables on the side.
- 9.

Thursday week 1 - Morning tea



Crumpets with Honey and Fresh Seasonal Fruit

INGREDIENTS

- 50 crumpets
- 1 cup butter (use Nuttelex butter for DF) , softened
- 1 cup honey
- Fresh seasonal fruit, for serving

DIRECTIONS

1. Toast the crumpets and arrange them on a platter.
2. In a small bowl, mix together the softened butter (use Nuttelex butter for DF) and honey.
3. Spread the honey butter (use Nuttelex butter for DF) mixture generously over the warm crumpets.
4. Serve alongside fresh seasonal fruit.

Thursday week 1 - Lunch



Soy and Ginger Baked Basa Fillets with Steamed Broccolini and Brown Rice

INGREDIENTS

100 ml milk (use rice or soy milk for DF)
50 g butter (use Nuttelex butter for DF)
3 eggs
1 tbs cocoa
2 tsp baking soda
a pinch of salt
3 eggs

DIRECTIONS

1. Preheat the oven to 375°F. Line several baking sheets with parchment paper.
2. In a large bowl, whisk together the soy sauce, honey, rice vinegar, water, ginger, and garlic.
3. Add the basa fillets to the bowl and toss to coat in the marinade.
4. Place the fillets on the prepared baking sheets and bake for 15-20 minutes, until cooked through.
5. In a small bowl, whisk together the cornstarch and water.
6. In a medium saucepan, bring the remaining marinade to a boil.
7. Slowly whisk in the cornstarch mixture, stirring constantly, until the sauce thickens.
8. Steam the broccolini until tender.
9. Cook the brown rice according to package instructions, using milk (use rice or soy milk for DF) instead of water for added creaminess.
10. Serve the baked basa fillets and steamed broccolini over the brown rice, drizzled with the soy and ginger sauce.

Thursday week 1 - Afternoon tea



Vegemite and cheese Twisted Pastries with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 10 packets of puff pastry, thawed
- 2 cups Vegemite
- 5 cups shredded cheese (use Dairy free cheese for DF)
- 1 cup milk (use rice or soy milk for DF)
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 400°F. Line several baking sheets with parchment paper.
2. Unroll the puff pastry sheets and place them on a lightly wholemeal flour (use gluten free wholemeal flour for GF)ed surface.
3. Spread the Vegemite evenly over the puff pastry, leaving a 1-inch border around the edges.
4. Sprinkle the shredded cheese (use Dairy free cheese for DF) over the Vegemite.
5. Starting from one long end, roll up the pastry tightly to form a log.
6. Cut the log into 1-inch slices and twist each slice into a spiral.
7. Place the twisted pastries on the prepared baking sheets.
8. Brush the tops of the pastries with milk (use rice or soy milk for DF).
9. Bake for 15-20 minutes, until the pastries are puffed and golden brown.
10. Serve hot, with fresh seasonal fruit and vegetables on the side.

Friday week 1 - Morning tea



Assorted Sandwiches with cheese and Tomato and Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 slices whole wheat bread (use Gluten free bread for GF)
- 5 lbs cheese (use Dairy free cheese for DF) slices
- 10 large tomatoes, sliced
- 1/2 cup olive oil
- Salt and pepper, to taste
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 375°F.
2. Arrange the bread (use Gluten free bread for GF) slices on baking sheets.
3. Brush each slice with olive oil and season with salt and pepper.
4. Top half of the bread (use Gluten free bread for GF) slices with dairy-free cheese (use Dairy free cheese for DF) slices and tomato slices, and cover with the remaining bread (use Gluten free bread for GF) slices.
5. Bake the toasties in the oven for 8-10 minutes, or until the cheese (use Dairy free cheese for DF) is melted and the bread (use Gluten free bread for GF) is toasted.
6. Cut the toasties into halves or quarters, and serve with fresh seasonal fruit and vegetables on the side.

Friday week 1 - Lunch



Beef Stroganoff with Wholemeal Pasta

INGREDIENTS

- 10 lbs beef sirloin, thinly sliced
- 2 cups all-purpose wholemeal flour (use gluten free wholemeal flour for GF)
- 2 tsp salt
- 1 tsp black pepper
- 1/2 cup vegetable oil
- 10 large onions, chopped
- 10 cloves garlic, minced
- 5 lbs mushrooms, sliced
- 5 cups beef broth
- 5 cups sour cream (use dairy free sour cream for DF)
- 5 lbs wholemeal pasta

DIRECTIONS

1. In a large bowl, mix together the wholemeal flour (use gluten free wholemeal flour for GF), salt, and black pepper.
2. Dredge the beef slices in the wholemeal flour (use gluten free wholemeal flour for GF) mixture.
3. Heat the vegetable oil in a large pot over medium-high heat.
4. Brown the beef slices in batches, working in batches if necessary, until golden brown on all sides.
5. Remove the beef from the pot and set aside.
6. Add the onions and garlic to the pot and cook for 2-3 minutes, until the onions are translucent.
7. Add the sliced mushrooms to the pot and cook for an additional 5 minutes.
8. Pour in the beef broth and bring to a simmer.
9. Add the browned beef slices to the pot and stir to combine.
10. Simmer the beef stroganoff for 30-40 minutes, until the beef is tender and the sauce has thickened.
11. Stir in the sour cream (use dairy free sour cream for DF) and continue to simmer for an additional 10 minutes.
12. Cook the wholemeal pasta according to the instructions on the packaging.

Friday week 1 - Afternoon tea



Carrot Muffins with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 8 cups all-purpose wholemeal flour (use
gluten free wholemeal flour for GF)
- 2 tbsp baking powder
- 2 tsp baking soda
- 2 tsp salt
- 2 tsp ground cinnamon
- 1 cup vegetable oil
- 2 cups maple syrup
- 5 cups grated carrots
- 4 cups milk (use rice or soy milk for DF)
- Fresh seasonal fruit and vegetables, for
serving

DIRECTIONS

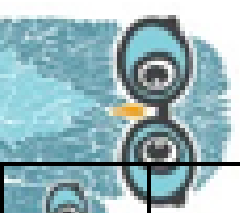
1. Preheat the oven to 375°F. Line several muffin tins with paper liners.
2. In a large bowl, whisk together the wholemeal flour (use gluten free wholemeal flour for GF), baking powder, baking soda, salt, and cinnamon.
3. Add the vegetable oil, maple syrup, grated carrots, and milk (use rice or soy milk for DF) to the bowl and stir until a batter forms.
4. Spoon the batter into the prepared muffin tins, filling each about 3/4 full.
5. Bake for 20-25 minutes, until the muffins are golden brown and a toothpick inserted into the center comes out clean.
6. Serve the honey and carrot muffins hot, with fresh seasonal fruit and vegetables on the side.



Week 2 - Winter

INSIGHT EARLY LEARNING MENU - Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Offered to children at opening time between 7am - 8am)	Wholegrain cereals (Weatbix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water				
Morning Tea (Offered to children between 9:00 -10:00)	Rice cakes with tasty cheese and sultanas served with fresh seasonal fruit and vegetables	Raisin toast served with fresh seasonal fruit and vegetables	Homemade baked beans with toast served with fresh seasonal fruit and vegetables	Whole meal Turkish toast with tasty cheese served with fresh seasonal fruit and vegetables	Porridge with stewed apples served with fresh seasonal fruit and vegetables
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
Lunch (Offered to children between 11am -1:00pm- depending on age)	Minestrone soup served with crusty bread	Beef bourguignon served with wholemeal pasta	Thai Yellow fish curry served with jasmine rice	Beef and tomato, risotto	Korean beef Bibimbap (brown rice, pickled carrot, cucumber, beef)
Drink	Water	Water	Water	Water	Water
Afternoon Tea (Offered to children between 2:30pm – 3:30pm)	Oats and raisin cookies served with fresh seasonal fruit and vegetables	Tasty cheese and corn muffins served with fresh seasonal fruit and vegetables	Rice cakes with beetroot dip and a cherry tomatoes and cucumber salad	Assorted sandwiches (vegemite, cheese, and vegemite and cheese) with variety of fresh seasonal fruit and vegetables	Hummus and tzatziki dip with whole meal crackers and vegetable sticks
Drink	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
Late Snack (Offered to children between 5pm – 5:30pm)	Choose from Daily: Whole-meal crackers and cheese, fresh fruit and vegetables, served with water				
Water	Water is freely available throughout the day				
Infants (eating solids)	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.				
Allergies / vegetarian / Food intolerances	Children with allergies, food intolerances, vegetarian or with cultural preferences are provided a tailored version of the regular menu to suit their individual needs.				



Allergies / vegetarian / Food intolerances

Monday week 2 - Morning tea



Rice Cakes with Tasty cheese and Sultanas and Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 rice cakes
- 5 lbs tasty cheese (use Dairy free cheese for DF) , sliced into triangles
- 2 cups sultanas
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Arrange the rice cakes on platters.
2. arrange slices of tasty cheese (use Dairy free cheese for DF) and sultanas. on a platter
3. Serve alongside fresh seasonal fruit and vegetables.

Monday week 2 - Lunch



Minestrone Soup with Crusty Bread

INGREDIENTS

- 10 cups mixed vegetables, such as carrots, celery, zucchini, and tomatoes, chopped
- 1/2 cup olive oil
- 10 cloves garlic, minced
- 10 cups vegetable broth
- 5 cups canned diced tomatoes
- 5 cups cooked kidney beans
- 5 cups cooked whole wheat pasta
- Salt and pepper, to taste
- Crusty bread (use Gluten free bread for GF) , for serving

DIRECTIONS

1. In a large pot, heat the olive oil over medium-high heat.
2. Add the chopped vegetables and garlic, and cook for 5-7 minutes, until the vegetables are tender.
3. Pour in the vegetable broth and canned diced tomatoes, and stir to combine.
4. Bring the soup to a boil, then reduce the heat and let it simmer for 20-30 minutes.
5. Add the cooked kidney beans and whole wheat pasta to the soup, and stir to combine.
6. Season the soup with salt and pepper, to taste.
7. Serve the minestrone soup hot, with crusty bread (use Gluten free bread for GF) on the side.

Monday week 2 - Afternoon tea



Oats and Raisin Cookies with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 8 cups all-purpose wholemeal flour (use gluten free wholemeal flour for GF)
- 8 cups rolled oats
- 2 cups vegetable oil
- 2 cups golden syrup
- 2 cups unsweetened applesauce
- 2 tbsp baking powder
- 2 tbsp ground cinnamon
- 2 cups raisins
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 375°F. Line several baking sheets with parchment paper.
2. In a large bowl, mix together the wholemeal flour (use gluten free wholemeal flour for GF), rolled oats, vegetable oil, golden syrup, and unsweetened applesauce.
3. Add the baking powder, ground cinnamon, and raisins to the bowl, and stir until a dough forms.
4. Using a cookie scoop or tablespoon, drop spoonfuls of dough onto the prepared baking sheets.
5. Bake for 12-15 minutes, until the cookies are golden brown and firm to the touch.
6. Let the cookies cool for a few minutes on the baking sheets, then transfer them to wire racks to cool completely.
7. Serve the oats and raisin cookies with fresh seasonal fruit and vegetables on the side.

Tuesday week 2 - Morning tea



Raisin Toast with Fresh Seasonal Fruit and Vegetables

Ingredients

- 50 slices of Raisin Toast Fresh
- 1/2 cup butter (use Nuttelex butter for DF)
- Seasonal Fruit and Vegetables

Directions

1. Preheat the oven to 375°F.
2. Arrange the bread (use Gluten free bread for GF) slices on baking sheets.
3. Brush each slice with butter (use Nuttelex butter for DF)
4. Bake for 10-12 minutes, or until the bread (use Gluten free bread for GF) is toasted and the raisins are slightly caramelized.
5. Serve the raisin toast hot, with fresh seasonal fruit and vegetables on the side.

Tuesday week 2 - Lunch



Beef Bourguignon with Wholemeal Pasta

Ingredients

- 10 lbs beef stew meat, cut into bite-sized pieces
- 2 cups all-purpose wholemeal flour (use gluten free wholemeal flour for GF)
- 1/2 cup vegetable oil
- 10 large onions, chopped
- 10 cloves garlic, minced
- 15 cups beef broth
- 10 large carrots, chopped
- 5 lbs mushrooms, sliced
- 4 tbsp tomato paste
- 4 bay leaves
- Salt and pepper, to taste
- 5 lbs wholemeal pasta

Directions

1. Preheat the oven to 325°F.
2. In a large bowl, mix together the wholemeal flour (use gluten free wholemeal flour for GF), salt, and pepper.
3. Dredge the beef pieces in the wholemeal flour (use gluten free wholemeal flour for GF) mixture.
4. Heat the vegetable oil in a large pot or Dutch oven over medium-high heat.
5. Brown the beef pieces in batches, working in batches if necessary, until golden brown on all sides.
6. Remove the beef from the pot and set aside.
7. Add the onions and garlic to the pot and cook for 2-3 minutes, until the onions are translucent.
8. Pour in the beef broth, and stir to combine.
9. Add the chopped carrots, sliced mushrooms, tomato paste, and bay leaves to the pot, and stir to combine.
10. Return the beef to the pot, and stir to combine.
11. Cover the pot with a lid, and transfer it to the oven.
12. Bake for 2-3 hours, until the beef is tender and the sauce has thickened.
13. Cook the wholemeal pasta according to package instructions, then drain.
14. Serve the beef bourguignon hot, over the wholemeal pasta

Tuesday week 2 - Afternoon tea



cheese and Corn Muffins with Fresh Seasonal Fruit and Vegetables

Ingredients

- 8 cups all-purpose wholemeal flour (use gluten free wholemeal flour for GF)
- 2 tbsp baking powder
- 2 tsp baking soda
- 2 tsp salt
- 5 cups tasty cheese (use Dairy free cheese for DF) , shredded
- 5 cups canned corn, drained
- 2 cups vegetable oil
- 5 cups full cream milk (use rice or soy milk for DF)
- Fresh seasonal fruit and vegetables, for serving

Directions

1. Preheat the oven to 375°F. Line several muffin tins with paper liners.
2. In a large bowl, whisk together the wholemeal flour (use gluten free wholemeal flour for GF), baking powder, baking soda, and salt.
3. Add the shredded cheese (use Dairy free cheese for DF) and canned corn to the bowl, and stir to combine.
4. Add the vegetable oil and dairy-free milk (use rice or soy milk for DF) to the bowl, and stir until a batter forms.
5. Spoon the batter into the prepared muffin tins, filling each about 3/4 full.
6. Bake for 20-25 minutes, or until the muffins are golden brown and a toothpick inserted into the center comes out clean.
7. Let the muffins cool for a few minutes in the tins, then transfer them to wire racks to cool completely.

Wednesday week 2 - Morning tea



Homemade Baked Beans with Toast and Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 10 lbs mixed beans, soaked overnight
- 10 cups vegetable broth
- 10 large onions, chopped
- 10 cloves garlic, minced
- 5 cups canned diced tomatoes
- 2 cups tomato paste
- 1/2 cup apple cider vinegar
- 5 tsp smoked paprika
- Salt and pepper, to taste
- 50 slices of whole wheat bread (use Gluten free bread for GF)
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Drain the soaked beans and rinse them under cold water.
2. In a large pot or Dutch oven, combine the beans and vegetable broth.
3. Bring the mixture to a boil, then reduce the heat and let it simmer for 1-2 hours, or until the beans are tender.
4. Add the chopped onions, minced garlic, canned diced tomatoes, tomato paste, apple cider vinegar, and smoked paprika to the pot, and stir to combine.
5. Let the mixture simmer for an additional 30-45 minutes, until the sauce has thickened and the flavors have melded together.
6. Season the baked beans with salt and pepper, to taste.
7. Toast the slices of whole wheat bread (use Gluten free bread for GF) .
8. Serve the homemade baked beans hot, with toast and fresh seasonal fruit and vegetables on the side.

Wednesday week 2 - Lunch



Thai Yellow Fish Curry with Jasmine Rice

INGREDIENTS

- 10 lbs white fish fillets, cut into bite-sized pieces
- 2 cups coconut cream
- 10 cups vegetable broth
- 10 large onions, chopped
- 10 cloves garlic, minced
- 10 tbsp yellow curry paste
- 10 tbsp fish sauce
- 10 tbsp lime juice
- 10 large capsicum, chopped
- 5 cups canned bamboo shoots, drained
- Salt and pepper, to taste
- 5 lbs jasmine rice

DIRECTIONS

1. In a large pot or Dutch oven, combine the coconut cream and vegetable broth.
2. Add the chopped onions and minced garlic to the pot, and stir to combine.
3. Add the yellow curry paste, fish sauce, and lime juice to the pot, and stir to combine.
4. Bring the mixture to a boil, then reduce the heat and let it simmer for 5-7 minutes.
5. Add the chopped capsicum and canned bamboo shoots to the pot, and stir to combine.
6. Add the white fish fillets to the pot, and stir gently to combine.
7. Let the curry simmer for an additional 10-12 minutes, or until the fish is cooked through and the vegetables are tender.
8. Season the curry with salt and pepper, to taste.
9. Cook the jasmine rice according to package instructions.
10. Serve the Thai yellow fish curry hot, over the jasmine rice, with fresh seasonal fruit and vegetables on the side.

Wednesday week 2 - Afternoon tea



rice cakes with beetroot dip and cherry tomatoes and cucumber salad

INGREDIENTS

- 50 rice cakes
- 10 large beetroots, peeled and chopped
- 5 cups canned chickpeas, drained
- 2 tbsp tahini
- 1/2 cup lemon juice
- 1/2 cup olive oil
- 5 tsp ground cumin
- 5 tsp smoked paprika
- Salt and pepper, to taste
- 4 cups cherry tomatoes, halved
- 4 large cucumbers, sliced
- Fresh seasonal fruit, for serving

DIRECTIONS

1. In a large pot of boiling water, cook the chopped beetroots until tender, for about 20-25 minutes.
2. Drain the beetroots and let them cool to room temperature.
3. In a food processor or blender, combine the cooked beetroots, canned chickpeas, tahini, lemon juice, olive oil, ground cumin, smoked paprika, salt, and pepper.
4. Puree the mixture until smooth, adding more olive oil or water if necessary to achieve a smooth, creamy consistency.
5. Arrange the rice cakes on a platter.
6. Serve the beetroot dip in a bowl alongside the rice cakes.
7. In a separate bowl, toss together the cherry tomatoes and cucumber slices.
8. Serve the cherry tomato and cucumber salad alongside the rice cakes and beetroot dip.

Thursday week 2 - Morning tea



Wholemeal Turkish Toast with Tasty cheese (use Dairy free cheese for DF) and Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 slices of wholemeal Turkish bread (use Gluten free bread for GF)
- 5 cups tasty cheese (use Dairy free cheese for DF), shredded
- 1 cup of butter (use Nuttelex butter for DF)
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 375°F.
2. Arrange the slices of wholemeal Turkish bread (use Gluten free bread for GF) on baking sheets.
3. Sprinkle shredded dairy-free tasty cheese (use Dairy free cheese for DF) over each slice of bread (use Gluten free bread for GF).
4. Bake for 10-12 minutes, or until the bread (use Gluten free bread for GF) is toasted and the cheese (use Dairy free cheese for DF) is melted and bubbly.
5. Serve the wholemeal Turkish toast hot, with fresh seasonal fruit and vegetables on the side.

Thursday week 2 - Lunch



Beef and Tomato Risotto

INGREDIENTS

- 10 lbs ground beef
- 10 cups uncooked Arborio rice
- 10 large onions, chopped
- 1kg frozen peas
- 10 cloves garlic, minced
- 10 cups vegetable broth
- 5 cups canned diced tomatoes
- 10 tbsp tomato paste
- 10 tsp dried oregano
- 10 tsp dried basil
- Salt and pepper, to taste
- Grates parmesan to serve

DIRECTIONS

1. In a large pot or Dutch oven, cook the ground beef over medium-high heat until browned and cooked through.
2. Add the chopped onions and minced garlic to the pot, and cook for 2-3 minutes, until the onions are translucent.
3. Add the uncooked Arborio rice to the pot, and stir to combine.
4. Pour in the vegetable broth, canned diced tomatoes, and tomato paste, and stir to combine.
5. Add the dried oregano and basil to the pot, and stir to combine.
6. Let the risotto simmer over medium heat, stirring occasionally, until the rice is cooked through and the liquid is absorbed, for about 20-25 minutes.
7. Add frozen peas and stir until peas are cooked through.
8. Season the risotto with salt and pepper, to taste.
9. Serve the minced beef and tomato risotto hot, with parmesan cheese (use Dairy free cheese for DF) on the side

Thursday week 2 - Afternoon tea



Assorted Sandwiches , and Vegemite and cheese with Variety of Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 slices of whole wheat bread (use Gluten free bread for GF)
- 5 cups cheese (use Dairy free cheese for DF) , sliced
- Vegemite, to taste
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Toast the slices of whole wheat bread (use Gluten free bread for GF) , if desired.
2. Spread Vegemite on some of the slices of bread (use Gluten free bread for GF) .
3. Arrange the slices of cheese (use Dairy free cheese for DF) on the remaining slices of bread (use Gluten free bread for GF) .
4. Make assorted sandwiches by combining the Vegemite and cheese (use Dairy free cheese for DF) slices of bread (use Gluten free bread for GF) .
5. Serve the assorted sandwiches cold, with fresh seasonal fruit and vegetables on the side.

Friday week 2 - Morning tea



Porridge with Stewed Apples and Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 20 cups water
- 10 cups oats
- 10 cups milk (use rice or soy milk for DF)
- 5 cups chopped fresh apples
- 5 tsp ground cinnamon
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. In a large pot or Dutch oven, combine the water, oats, milk (use rice or soy milk for DF),
2. Bring the mixture to a boil, then reduce the heat and let it simmer for 20-25 minutes, or until the oats are tender and the mixture has thickened.
3. In a separate pot, stew chopped fresh apples, and ground cinnamon with water.
4. Bring the mixture to a boil, then reduce the heat and let it simmer for 10-15 minutes, or until the apples are soft
5. Serve the porridge hot, with the stewed apples and fresh seasonal fruit and vegetables on the side.

Friday week 2 - Lunch



Korean Beef Bibimbap with Brown Rice, Pickled Carrot, Cucumber, and Beef

INGREDIENTS

10 lbs ground beef

10 cups uncooked brown rice

10 large carrots, peeled and julienned

10 large cucumbers, sliced

2 cups rice vinegar

10 tbsp low salt soy sauce

10 tbsp sesame oil

5 tsp garlic

5 tsp ground ginger

Salt and pepper, to taste

DIRECTIONS

1. Cook the brown rice according to package instructions.
2. In a large bowl, whisk together the rice vinegar, soy sauce, sesame oil, garlic, and ground ginger.
3. Add the julienned carrots to the bowl, and toss to coat in the marinade.
4. Let the carrots marinate for at least 30 minutes, or overnight in the refrigerator.
5. In a large pan or wok, cook the ground beef over medium-high heat until browned and cooked through.
6. Season the beef with salt and pepper, to taste.
7. To assemble the bibimbap, divide the cooked brown rice evenly among 50 bowls or plates.
8. Top each bowl of rice with a portion of the cooked ground beef, pickled carrots, sliced cucumbers, and any other desired toppings.
9. Serve the Korean beef bibimbap hot.

Friday week 2 - Afternoon tea



Hummus and Tzatziki Dip with Wholemeal Crackers and Vegetable Sticks

INGREDIENTS

- 10 cups canned chickpeas, drained
- 5 tbsp tahini
- 5 tbsp lemon juice
- 5 cloves garlic, minced
- 1/2 cup olive oil
- Salt and pepper, to taste
- 10 cups greek plain yogurt
- 5 large cucumbers, peeled and grated
- 5 tbsp fresh dill, chopped
- Wholemeal crackers and vegetable sticks, for serving

DIRECTIONS

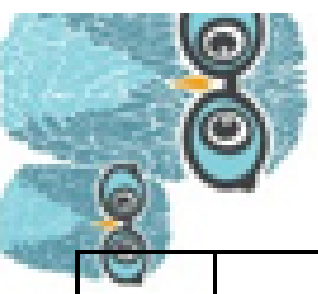
1. In a food processor or blender, combine the canned chickpeas, tahini, lemon juice, minced garlic, olive oil, salt, and pepper.
2. Puree the mixture until smooth, adding more olive oil or water if necessary to achieve a smooth, creamy consistency.
3. Transfer the hummus to a serving bowl.
4. In a separate bowl, mix together the greek plain yogurt, grated cucumbers, chopped fresh dill, salt, and pepper.
5. Transfer the tzatziki dip to a serving bowl.
6. Serve the hummus and tzatziki dip cold, with wholemeal crackers and vegetable sticks on the side.



Week 3 - Winter

INSIGHT EARLY LEARNING MENU - Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p>(Offered to children at opening time between 7am - 8am)</p>	Wholegrain cereals (Weetabix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water				
<p>Morning Tea</p> <p>(Offered to children between 9:00 -10:00)</p>	Baked open sandwiches with ricotta cheese and tomato	Quesadillas (cheese with beans or veggie salsa) served with fresh seasonal fruit and vegetables	Assorted sandwiched (cheese, vegemite, vegemite and cheese) served with fresh seasonal fruit and vegetables	Whole meal raisin toast served with fresh seasonal fruit and vegetables	Semi dried tomato dip with crackers and cheese served with fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Lunch</p> <p>(Offered to children between 11am -1:00pm- depending on age)</p>	Mexican Chili con carne with Red kidney beans served with grated cheese, and corn chips.	Thai red chicken curry served with steamed jasmine rice	Roasted vegetable and ricotta (Jaggi) served with garlic bread	Slow cooked <u>Beef stew</u> served with mashed potatoes and peas.	Indonesian Nasi goreng with shredded beef
<p>Drink</p>	Water	Water	Water	Water	Water
<p>Afternoon Tea</p> <p>(Offered to children between 2:30pm – 3:30pm)</p>	No sugar Anzac biscuits served with fresh seasonal fruit and vegetables	Rice cakes with tasty cheese and sultanas served with fresh seasonal fruit and vegetables	Cocunut and Weetabix apple and raspberry crumble. served with fresh seasonal fruit and vegetables	Parmesan, pumpkin and zucchini muffins served with fresh seasonal fruit and vegetables	Whole meal toast with cheese served with fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Late Snack</p> <p>(Offered to children between 5pm – 5:30pm)</p>	Choose from Daily: Whole-meal crackers and cheese, fresh fruit and vegetables, served with water				
<p>Water</p>	Water is freely available throughout the day				
<p>Infants (eating solids)</p>	Foods with an appropriate texture for infants' age (e.g. Mashed, lumpy, chopped, blanched, finger foods) will be offered to those children that have started solids. Dairy or honey will not be served to children under 12 months.				
<p>Allergies / vegetarian /food intolerances</p>	Children with allergies, food intolerances, vegetarian or with cultural preferences are provided a tailored version of the regular menu to suit their individual needs.				



Monday week 3 - Morning tea



Baked Open Sandwiches with Ricotta cheese (use Dairy free cheese for DF) and Tomato

INGREDIENTS

- 50 slices of whole wheat bread (use Gluten free bread for GF)
- 5 cups ricotta cheese (use Dairy free cheese for DF)
- 10 large tomatoes, sliced
- Salt and pepper, to taste
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 375°F.
2. Arrange the slices of whole wheat bread (use Gluten free bread for GF) on baking sheets.
3. Spread a generous amount of ricotta cheese (use Dairy free cheese for DF) on each slice of bread (use Gluten free bread for GF).
4. Top each slice of bread (use Gluten free bread for GF) with sliced tomatoes.
5. Season the tomatoes with salt and pepper, to taste.
6. Bake the open sandwiches for 10-12 minutes, or until the bread (use Gluten free bread for GF) is toasted and the cheese (use Dairy free cheese for DF) is melted and bubbly.
7. Serve the baked open sandwiches hot, with fresh seasonal fruit and vegetables on the side.

Monday week 3 - Lunch



Mexican Chili Con Carne with Red Kidney Beans, Grated cheese, and Corn Chips

INGREDIENTS

- 10 lbs ground beef
- 10 large onions, chopped
- 10 cloves garlic, minced
- 10 cups canned diced tomatoes
- 10 cups canned red kidney beans, drained and rinsed
- 10 tbsp chili powder
- 10 tsp ground cumin
- Salt and pepper, to taste
- 5 cups grated cheese (use Dairy free cheese for DF)
- Corn chips, for serving

DIRECTIONS

1. In a large pot or Dutch oven, cook the ground beef over medium-high heat until browned and cooked through.
2. Add the chopped onions and minced garlic to the pot, and cook for 2-3 minutes, until the onions are translucent.
3. Add the canned diced tomatoes, canned red kidney beans, chili powder, ground cumin, salt, and pepper to the pot.
4. Let the chili simmer over medium heat for 20-25 minutes, or until the flavors have melded together.
5. Season the chili with additional salt and pepper, if necessary.
6. Serve the chili con carne hot, topped with grated cheese (use Dairy free cheese for DF) and accompanied by corn chips.

Monday week 3 - Afternoon tea

Anzac Biscuits with Fresh Seasonal Fruit and Vegetables

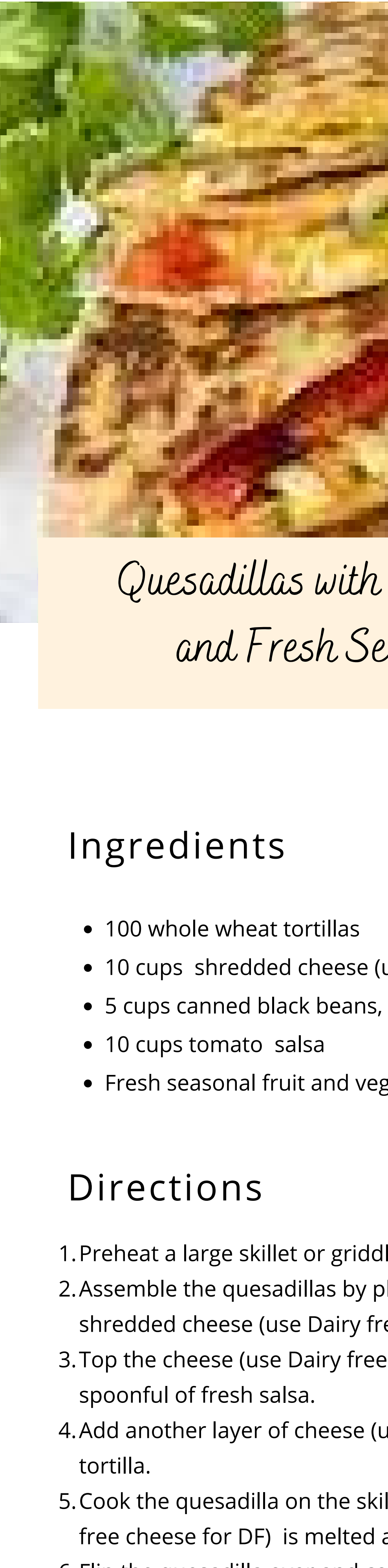
INGREDIENTS

- 5 cups rolled oats
- 5 cups plain wholemeal flour (use gluten free wholemeal flour for GF)
- 5 cups desiccated coconut
- 2 cups butter (use Nuttelex butter for DF)
- 2 tbsp golden syrup
- 5 tsp bicarbonate of soda
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a large bowl, combine the rolled oats, plain wholemeal flour (use gluten free wholemeal flour for GF), and desiccated coconut.
3. In a separate bowl, whisk together the melted butter (use Nuttelex butter for DF) and golden syrup.
4. In a small bowl, dissolve the bicarbonate of soda in 2 tbsp of boiling water.
5. Add the bicarbonate of soda mixture to the butter (use Nuttelex butter for DF) and golden syrup mixture, and whisk to combine.
6. Pour the wet ingredients into the bowl with the dry ingredients, and mix until a dough forms.
7. Roll the dough into small balls, and place them onto baking sheets lined with parchment paper.
8. Flatten the balls slightly with a fork.
9. Bake the Anzac biscuits for 15-20 minutes, or until golden brown.
10. Let the biscuits cool on the baking sheets for 5 minutes before transferring them to a wire rack to cool completely.

Tuesday week 3 - Morning tea



*Quesadillas with cheese, Beans, or Veggie Salsa
and Fresh Seasonal Fruit and Vegetables*

Ingredients

- 100 whole wheat tortillas
- 10 cups shredded cheese (use Dairy free cheese for DF)
- 5 cups canned black beans, drained and rinsed
- 10 cups tomato salsa
- Fresh seasonal fruit and vegetables, for serving

Directions

1. Preheat a large skillet or griddle over medium heat.
2. Assemble the quesadillas by placing 1 tortilla on the skillet and adding a layer of shredded cheese (use Dairy free cheese for DF).
3. Top the cheese (use Dairy free cheese for DF) with either canned black beans or a spoonful of fresh salsa.
4. Add another layer of cheese (use Dairy free cheese for DF), then top with another tortilla.
5. Cook the quesadilla on the skillet for 2-3 minutes, or until the cheese (use Dairy free cheese for DF) is melted and the tortilla is crispy.
6. Flip the quesadilla over and cook for an additional 2-3 minutes on the other side.
7. Repeat with the remaining tortillas and ingredients.
8. Serve the quesadillas cut into triangles, with fresh seasonal fruit and vegetables on

Tuesday week 3 - Lunch



Thai Red Chicken Curry with Steamed Jasmine Rice

Ingredients

- 10 lbs boneless, skinless thigh, cut into bite-sized pieces
- 10 large onions, chopped
- 10 red capsicum, sliced
- 10 cups canned coconut milk (use rice or soy milk for DF)
- 10 cups canned diced tomatoes
- 5 tbsp Thai red curry paste
- 5 cups chicken broth
- 10 cups uncooked jasmine rice
- Salt and pepper, to taste

Directions

1. In a large pot or Dutch oven, cook the chicken breast over medium-high heat until browned and cooked through.
2. Add the chopped onions and sliced red capsicum to the pot, and cook for 2-3 minutes, until the vegetables are slightly softened.
3. Add the canned coconut milk (use rice or soy milk for DF), canned diced tomatoes, Thai red curry paste, and chicken broth to the pot.
4. Let the curry simmer over medium heat for 20-25 minutes, or until the flavors have melded together and the vegetables are tender.
5. Season the curry with additional salt and pepper, if necessary.
6. While the curry is simmering, cook the jasmine rice according to package instructions.
7. Serve the Thai red chicken curry hot, over a bed of steamed jasmine rice.

Tuesday week 3 - Afternoon tea



*Rice Cakes with Tasty cheese and Sultanas
and Fresh Seasonal Fruit and Vegetables*

Ingredients

- 50 rice cakes
- 5 cups tasty cheese (use Dairy free cheese for DF) , sliced
- 5 cups sultanas
- Fresh seasonal fruit and vegetables, for serving

Directions

1. Arrange the rice cakes on a platter
2. Top each rice cake with a slice of tasty cheese (use Dairy free cheese for DF) .
3. Sprinkle the cheese (use Dairy free cheese for DF) with sultanas.
4. Serve the rice cakes, with fresh seasonal fruit and vegetables on the side.

Wednesday week 3 - Morning tea



Assorted Sandwiches with cheese, Vegemite, and Vegemite and cheese , and Fresh Seasonal Fruit and Vegetables

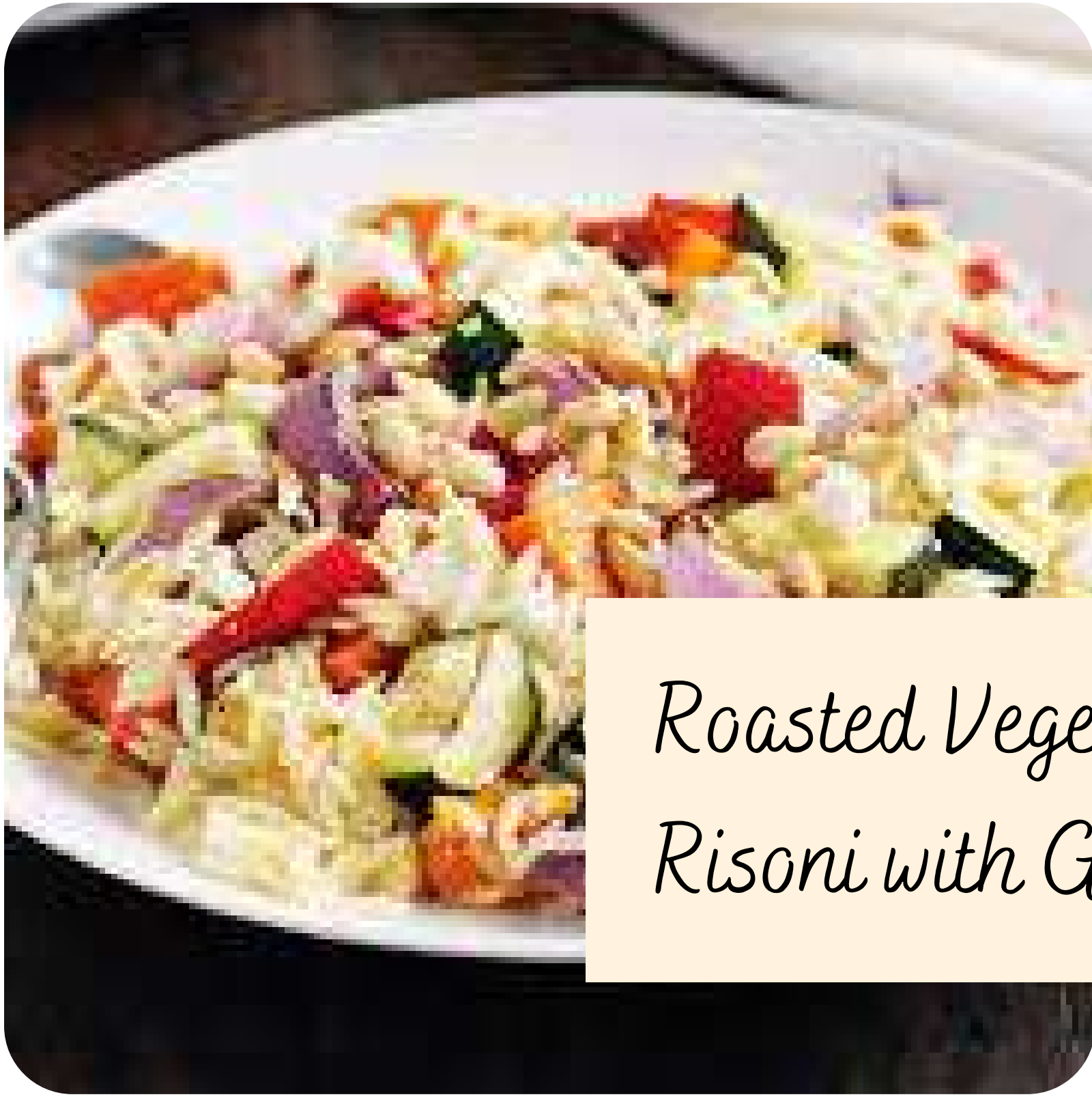
INGREDIENTS

- 100 slices of whole wheat bread (use Gluten free bread for GF)
- 10 cups cheese (use Dairy free cheese for DF) , sliced
- 500g vegemite
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Assemble the sandwiches by spreading either cheese (use Dairy free cheese for DF) or vegemite (or both) on a slice of whole wheat bread (use Gluten free bread for GF) .
2. Top with another slice of bread (use Gluten free bread for GF) to make a sandwich.
3. Repeat with the remaining ingredients until all sandwiches are made.
4. Cut each sandwich into quarters.
5. Serve the assorted sandwiches with fresh seasonal fruit and vegetables on the side.

Wednesday week 3 - Lunch



Roasted Vegetable and Ricotta Risoni with Garlic Bread

INGREDIENTS

- 10 lbs risoni pasta
- 10 cups ricotta cheese (use Dairy free cheese for DF)
- 10 large red capsicum, sliced
- 10 large zucchinis, sliced
- 10 large eggplants, sliced
- 10 cups canned diced tomatoes
- 10 cloves garlic, minced
- 5 cups butter (use Nuttelex butter for DF) , melted

DIRECTIONS

1. Preheat the oven to 400°F.
2. Cook the risoni pasta according to package instructions, and drain.
3. In a large roasting pan, toss together the sliced red capsicum, sliced zucchinis, sliced eggplants, canned diced tomatoes, and minced garlic.
4. Roast the vegetables in the oven for 20-25 minutes, or until tender and slightly charred.
5. In a large bowl, toss together the cooked risoni pasta and the roasted vegetables.
6. Fold in the ricotta cheese (use Dairy free cheese for DF) .
7. Season with salt and pepper, to taste.
8. While the pasta is cooking, brush the slices of whole wheat bread (use Gluten free bread for GF) with melted butter (use Nuttelex butter for DF) .
9. Toast the garlic bread (use Gluten free bread for GF) in the oven for 5-7 minutes, or until golden brown and crispy.
10. Serve the roasted vegetable and ricotta risoni hot, with garlic bread (use Gluten free bread for GF) on the side.

Wednesday week 3 - Afternoon tea



Coconut and Weetabix Apple and Raspberry Crumble with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 20 cups peeled and sliced apples
- 10 cups frozen raspberries
- 10 cups Weetabix cereal, crushed
- 5 cups desiccated coconut
- 5 cups butter (use Nuttelex butter for DF) , melted
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 375°F.
2. In a large bowl, toss together the sliced apples and raspberries.
3. In a separate bowl, combine the crushed Weetabix cereal and desiccated coconut.
4. Pour the melted butter (use Nuttelex butter for DF) over the cereal and coconut mixture, and stir until well combined.
5. Pour the fruit mixture into a large baking dish.
6. Sprinkle the cereal and coconut mixture over the top of the fruit.
7. Bake the crumble in the oven for 30-35 minutes, or until the topping is golden brown and crispy and the fruit is tender.
8. Let the crumble cool for 5-10 minutes before serving.
9. Serve the Coconut and Weetabix Apple and Raspberry Crumble hot, with fresh seasonal fruit and vegetables on the side.

Thursday week 3 - Morning tea



Raisin Toast with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 slices of wholemeal Raisan bread (use Gluten free bread for GF)
- 5 tablespoons butter (use Nuttelex butter for DF) , melted
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 350°F.
2. Brush each slice of bread (use Gluten free bread for GF) with melted butter (use Nuttelex butter for DF) .
3. Arrange the bread (use Gluten free bread for GF) slices on a baking sheet, and bake for 5-7 minutes, or until lightly toasted.
4. Serve the raisin toast with fresh seasonal fruit and vegetables on the side.

Thursday week 3 - Lunch



Hungarian Beef Goulash with Mashed Potatoes and Peas

INGREDIENTS

- 10 lbs beef chuck roast, cut into 1-inch cubes
- 10 large onions, chopped
- 10 large carrots, chopped
- 10 large celery stalks, chopped
- 10 cloves garlic, minced
- 10 cups beef broth
- 10 teaspoons Worcestershire sauce
- 10 teaspoons dried thyme
- 10 teaspoons dried rosemary
- 10 teaspoons salt
- 5 teaspoons black pepper
- 20 lbs potatoes, peeled and diced
- 5 cups butter (use Nuttalex butter for DF) , melted
- 10 cups frozen peas

DIRECTIONS

1. In a large Dutch oven or stockpot, brown the beef cubes over medium-high heat until evenly browned on all sides.
2. Remove the beef from the pot and set aside.
3. Add the onions, carrots, celery, and garlic to the pot, and sauté until tender.
4. Add the beef back to the pot and stir to combine.
5. Pour in the beef broth, Worcestershire sauce, thyme, rosemary, salt, and black pepper.
6. Bring the mixture to a boil, then reduce the heat to low and simmer for 6-8 hours, or until the beef is tender and the vegetables are cooked through.
7. While the stew is cooking, prepare the mashed potatoes by boiling the diced potatoes in a large pot of salted water until tender.
8. Drain the potatoes, and mash them with melted butter (use Nuttalex butter for DF) until smooth and creamy.
9. Season with salt and pepper, to taste.
10. Cook the frozen peas according to package instructions.
11. Serve the Slow Cooked Beef Stew hot, with mashed potatoes and peas on the side.

Thursday week 3 - Afternoon tea



Parmesan, Pumpkin, and Zucchini Muffins with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 10 cups wholemeal wholemeal flour (use gluten free wholemeal flour for GF)
- 10 teaspoons baking powder
- 5 teaspoons baking soda
- 5 teaspoons salt
- 10 cups pumpkin pureed
- 10 cups zucchini, shredded
- 10 cups grated parmesan cheese (use Dairy free cheese for DF)
- 5 cups olive oil
- 10 cups milk (use rice or soy milk for DF)
- Fresh seasonal fruit and

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a large bowl, whisk together the wholemeal wholemeal flour (use gluten free wholemeal flour for GF), baking powder, baking soda, and salt.
3. Add the pumpkin puree, shredded zucchini, grated parmesan cheese (use Dairy free cheese for DF) , olive oil, and milk (use rice or soy milk for DF).
4. Mix until well combined.
5. Grease 50 muffin cups,
6. Spoon the batter evenly into the prepared muffin cups.
7. Bake the muffins in the oven for 20-25 minutes, or until golden brown and a toothpick inserted into the center comes out clean.
8. Let the muffins cool for 5-10 minutes in the muffin tin before transferring them to a wire rack to cool completely.
9. Serve the Parmesan, Pumpkin, and Zucchini Muffins warm or at room temperature, with fresh seasonal fruit and vegetables on the side.

Friday week 3 - Morning tea



*Semi-Dried Tomato Dip
with Crackers and cheese ,
Served with Fresh Seasonal
Fruit and Vegetables*

INGREDIENTS

10 cups semi-dried tomatoes

5 cups cream cheese (use Dairy free
cheese for DF)

5 cups Greek yogurt

5 cloves garlic, minced

5 tablespoons olive oil

Salt and pepper, to taste

Wholemeal crackers and cheese (use Dairy
free cheese for DF) , for serving

Fresh seasonal fruit and vegetables, for
serving

DIRECTIONS

1. In a food processor or blender, combine the semi-dried tomatoes, cream cheese (use Dairy free cheese for DF) , Greek yogurt, garlic, and olive oil.
2. Process until smooth and creamy.
3. Season with salt and pepper, to taste.
4. Serve the semi-dried tomato dip with wholemeal crackers and cheese (use Dairy free cheese for DF) , and fresh seasonal fruit and vegetables on the side.

Friday week 3 - Lunch



Indonesian Nasi Goreng with Shredded Beef

INGREDIENTS

- 10 cups cooked brown rice
- 10 lbs beef chuck roast, cooked and shredded
- 10 large onions, chopped
- 10 large red capsicum, chopped
- 10 cloves garlic, minced
- 10 tablespoons soy sauce
- 10 tablespoons fish sauce
- 10 tablespoons kecap manis
- 10 teaspoons ground cumin
- 10 teaspoons ground coriander
- 5 teaspoons salt
- 5 teaspoons black pepper
- 10 cups frozen peas
- 5 cups canola oil

DIRECTIONS

1. Heat the canola oil in a large wok or frying pan over high heat.
2. Add the onions, red capsicum, and garlic, and stir-fry until fragrant and tender.
3. Add the cooked brown rice and shredded beef to the wok, and stir-fry until heated through.
4. Add the soy sauce, fish sauce, kecap manis, ground cumin, ground coriander, salt, and black pepper.
5. Stir-fry for another 5-7 minutes, or until the flavors are well combined and the rice is slightly crispy.
6. Add the frozen peas, and stir-fry for another 1-2 minutes, or until the peas are heated through.

Friday week 3 - Afternoon tea



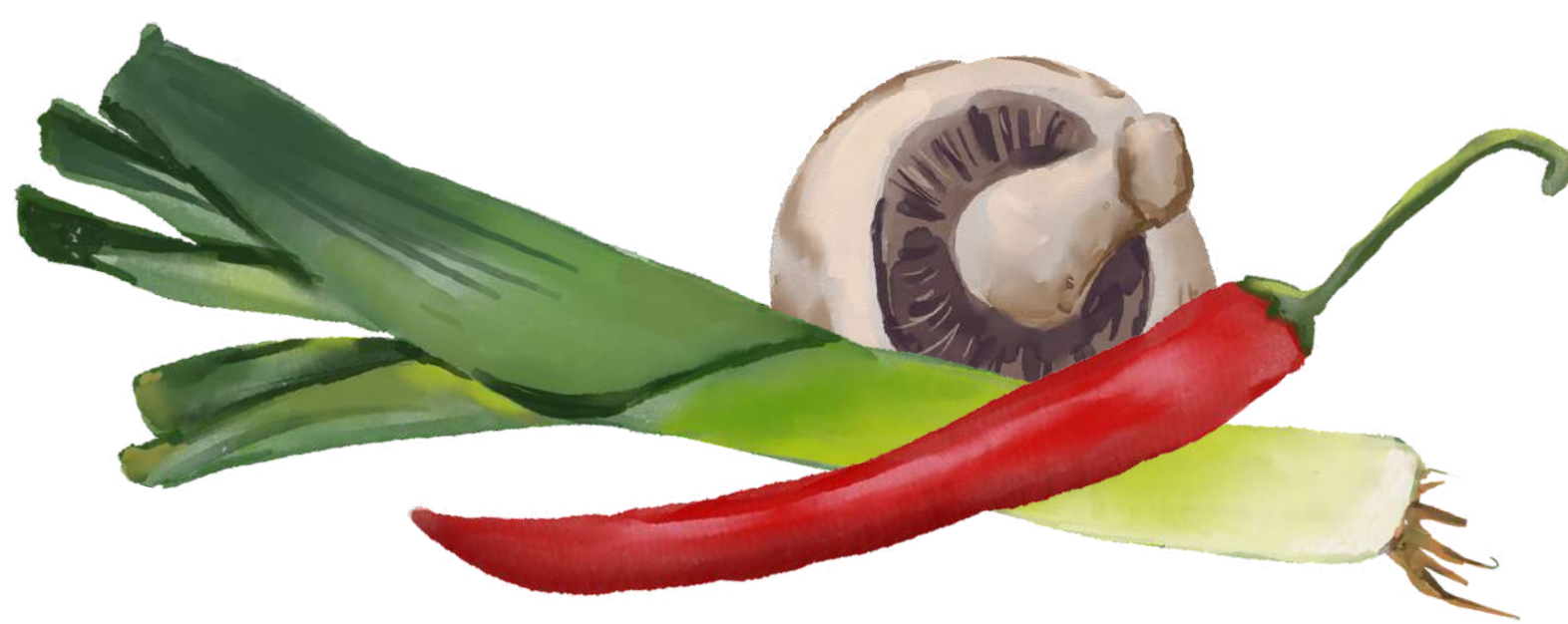
Wholemeal Toast with cheese , Served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 slices of wholemeal bread (use Gluten free bread for GF)
- 5 cups grated tasty cheese (use Dairy free cheese for DF)
- 5 cups butter (use Nuttelex butter for DF) , melted
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

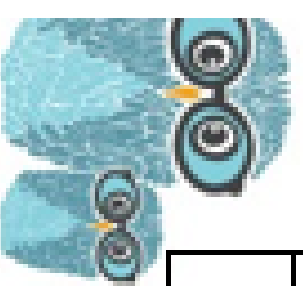
1. Preheat the oven to 180°C (350°F).
2. Brush each slice of bread (use Gluten free bread for GF) with melted butter (use Nuttelex butter for DF) .
3. Sprinkle grated cheese (use Dairy free cheese for DF) over each slice of bread (use Gluten free bread for GF) .
4. Arrange the bread (use Gluten free bread for GF) slices on a baking sheet, and bake for 5-7 minutes, or until the cheese (use Dairy free cheese for DF) is melted and bubbly.
5. Serve the Wholemeal Toast with cheese (use Dairy free cheese for DF) hot, with fresh seasonal fruit and vegetables on the side.



Week 4 - Winter

INSIGHT EARLY LEARNING MENU - Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast</p> <p>(Offered to children at opening time between 7am - 8am)</p>	Wholegrain cereals (Weetabix and sultana bran) or whole meal bread with vegemite or fresh seasonal fruit served with Milk and Water				
<p>Morning Tea</p> <p>(Offered to children between 9:00 -10:00)</p>	Whole meal raisin toast served with fresh seasonal fruit and vegetables	English muffins with cheese served with fresh seasonal fruit and vegetables	Porridge with stewed apples and pears	Whole meal toast with cheese and vegemite served with fresh seasonal fruit and vegetables	Tomato, ricotta and spinach open sandwiches served with fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Lunch</p> <p>(Offered to children between 11am -1:00pm- depending on age)</p>	Spaghetti bolognas with hidden vegetables	Creamy bacon, mushroom and broccoli pasta served with grated cheese.	Deconstructed Mexican beef burritos (lettuce, tomato, cheese, chicken, avocado, tortillas)	Beef and potato casserole served with steamed vegetables	Vegetarian lentil lasagna with herb and garlic bread
<p>Drink</p>	Water	Water	Water	Water	Water
<p>Afternoon Tea</p> <p>(Offered to children between 2:30pm – 3:30pm)</p>	Rice bubbles and date slice served with fresh seasonal fruit and vegetables	Beetroot hummus With pita and carrot and cucumber sticks	Vegan Lemon and coconut slice served with fresh seasonal fruit and vegetables	Avocado and cream cheese dip with brown rice crackers served with fresh seasonal fruit and vegetables	Blue berry and chai seed muffins served with fresh seasonal fruit and vegetables
<p>Drink</p>	Water and Milk	Water and Milk	Water and Milk	Water and Milk	Water and Milk
<p>Late Snack</p> <p>(Offered to children between 5pm – 5:30pm)</p>	Choose from Daily: Whole-meal crackers and cheese, fresh fruit and vegetables, served with water				
<p>Water</p>	Water is freely available throughout the day				
<p>Infants (eating solids)</p>	Foods with an appropriate texture for infants' age (e.g. Mashed, lumpy, chopped, blanched, finger foods) will be offered to those children that have started solids. Dairy or honey will not be served to children under 12 months.				
<p>Allergies / vegetarian / Food intolerances</p>	Children with allergies, food intolerances, vegetarian or with cultural preferences are provided a tailored version of the regular menu to suit their individual needs.				



Monday week 4 - Morning tea



Wholemeal Raisin Toast Served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 slices of wholemeal raisin bread (use Gluten free bread for GF)
- butter (use Nuttelex butter for DF) , for spreading
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Toast the wholemeal raisin bread (use Gluten free bread for GF) slices.
2. Spread with butter (use Nuttelex butter for DF) .
3. Serve the Wholemeal Raisin Toast hot, with fresh seasonal fruit and vegetables on the side.

Monday week 4 - Lunch



Spaghetti Bolognese with Hidden Vegetables

INGREDIENTS

- 5 kg lean beef mince
- 10 cans of diced tomatoes
- 5 onions, chopped
- 10 garlic cloves, minced
- 10 medium carrots, peeled and grated
- 10 zucchinis, grated
- 10 cups of spinach leaves, washed and chopped
- 10 tablespoons of olive oil
- 5 tablespoons of tomato paste
- Salt and pepper, to taste
- 5 kg of spaghetti, cooked according to package instructions
- Grated parmesan cheese (use Dairy free cheese for DF) , for serving
- Fresh basil leaves, chopped, for garnish

DIRECTIONS

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat.
2. Add the onions and garlic, and sauté until fragrant and tender.
3. Add the beef mince, and cook until browned and cooked through.
4. Add the diced tomatoes, tomato paste, grated carrots, zucchinis, and spinach leaves.
5. Season with salt and pepper, to taste.
6. Simmer the Bolognese sauce for 20-30 minutes, or until the vegetables are tender and the flavors are well combined.
7. Serve the Spaghetti Bolognese hot, with cooked spaghetti, grated parmesan cheese (use Dairy free cheese for DF) , and chopped fresh basil on top.

Monday week 4 - Afternoon tea



Rice Bubbles and Date Slice Served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 5 cups of Rice Bubbles cereal
- 5 cups of pitted dates, chopped
- 5 cups of desiccated coconut
- 5 cups of rolled oats
- 5 cups of whole cream milk (use rice or soy milk for DF)
- 5 tablespoons of coconut oil
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 180°C (350°F).
2. In a large bowl, mix together the Rice Bubbles cereal, chopped dates, desiccated coconut, and rolled oats.
3. In a small saucepan, heat the milk (use rice or soy milk for DF) and coconut oil until melted and combined.
4. Pour the milk (use rice or soy milk for DF) mixture over the dry ingredients, and stir until well combined.
5. Press the mixture into a greased baking dish.
6. Bake for 20-25 minutes, or until golden brown and firm.
7. Allow the Rice Bubbles and Date Slice to cool, then cut into squares.
8. Serve the slice with fresh seasonal fruit and vegetables on the side.

Tuesday week 4 - Morning tea



*English Muffins with cheese Served with
Fresh Seasonal Fruit and Vegetables*

Ingredients

- 50 English muffins
- 5 cups of grated cheese (use Dairy free cheese for DF)
- Fresh seasonal fruit and vegetables, for serving

Directions

1. Preheat the grill to high heat.
2. Split the English muffins in half, and place them on a baking sheet.
3. Sprinkle the grated cheese (use Dairy free cheese for DF) over each muffin half.
4. Grill the muffins until the cheese (use Dairy free cheese for DF) is melted and bubbly.
5. Serve the English Muffins with cheese (use Dairy free cheese for DF) hot, with fresh seasonal fruit and vegetables on the side.

Tuesday week 4 - Lunch



Creamy Bacon, Mushroom, and Broccoli Pasta Served with Grated cheese

Ingredients

- 5 kg of pasta (your choice of shape), cooked according to package instructions
- 5 kg of bacon, diced
- 10 onions, chopped
- 10 cloves garlic, minced
- 10 cups of sliced mushrooms
- 10 cups of chopped broccoli florets
- 5 cups of thickened cream
- 5 cups of grated parmesan cheese (use Dairy free cheese for DF)

Salt and pepper, to taste

Directions

1. Cook the pasta according to package instructions, and set aside.
2. In a large frying pan, cook the bacon over medium heat until crispy.
3. Add the onions and garlic, and sauté until tender.
4. Add the sliced mushrooms and chopped broccoli florets, and sauté until tender.
5. Pour in the cream, and stir until heated through.
6. Add the cooked pasta to the pan, and toss until well combined.
7. Stir in the grated parmesan cheese (use Dairy free cheese for DF) , and season with salt and pepper, to taste.
8. Serve the Creamy Bacon, Mushroom, and Broccoli Pasta hot, with grated cheese (use Dairy free cheese for DF) on top.

Tuesday week 4 - Afternoon tea



Beetroot Hummus with Pita and Carrot and Cucumber Sticks

Ingredients

- 10 cups of cooked chickpeas
- 5 cups of roasted beetroot
- 5 cups of tahini
- 5 cloves of garlic, minced
- 10 tablespoons of lemon juice
- Salt and pepper, to taste
- Pita bread (use Gluten free bread for GF) , sliced into wedges

Carrot and cucumber sticks, for serving

Directions

1. In a food processor, blend the cooked chickpeas, roasted beetroot, tahini, garlic, and lemon juice until smooth.
2. Season with salt and pepper, to taste.
3. Serve the Beetroot Hummus with Pita Bread and Carrot and Cucumber Sticks on the side for dipping.

Wednesday week 4 - Morning tea



Porridge with Stewed Apples and Pears

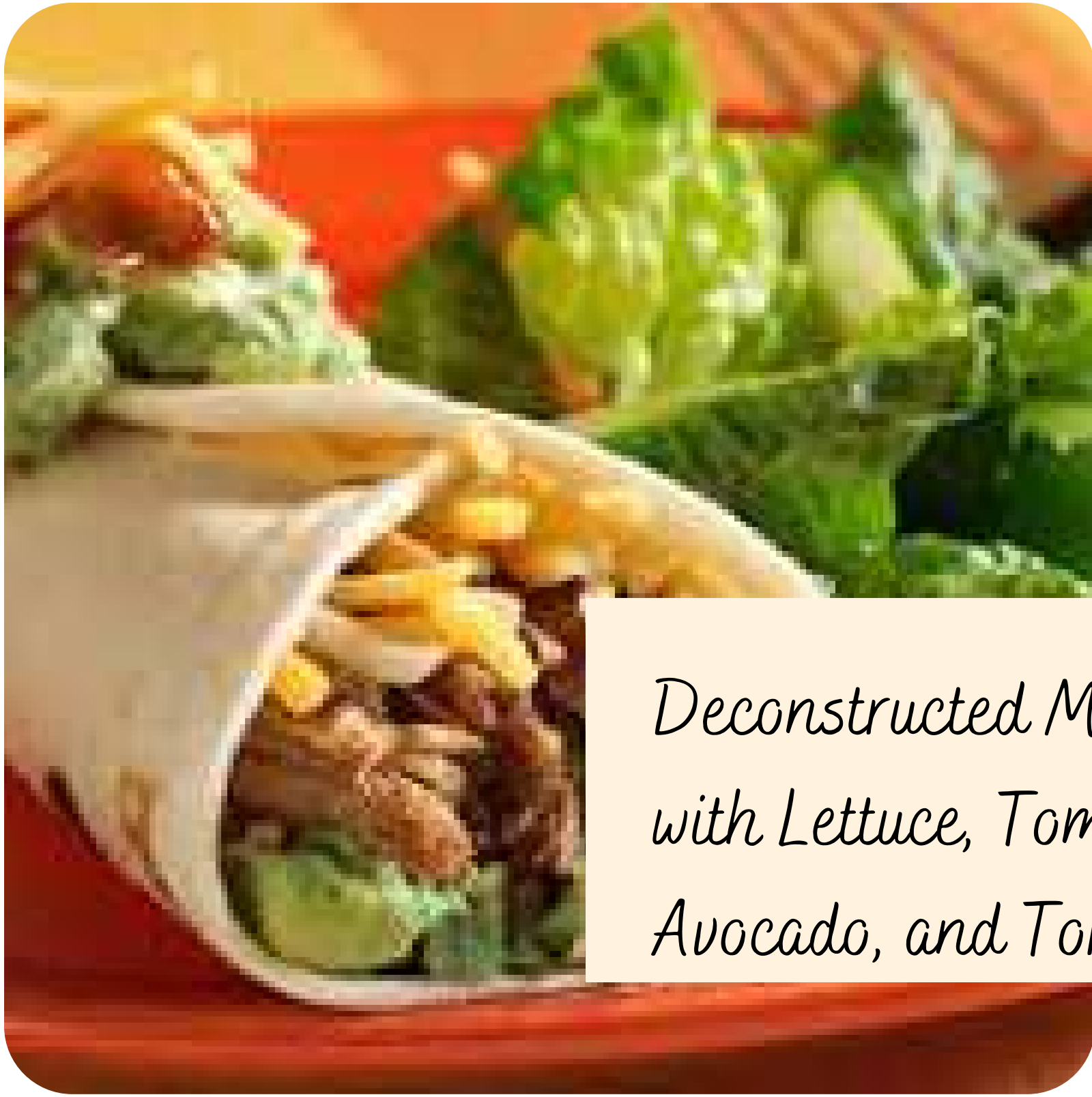
INGREDIENTS

- 5 kg of rolled oats
- 20 cups of water
- 5 cups of milk (use rice or soy milk for DF)
- 10 apples, peeled, cored, and chopped
- 10 pears, peeled, cored, and chopped
- 5 tablespoons of maple syrup
- 5 teaspoons of ground cinnamon
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. In a large pot, bring the rolled oats and water to a boil over high heat.
2. Reduce the heat to low, and simmer the oats for 10-15 minutes, or until tender and creamy.
3. Stir in the almond milk (use rice or soy milk for DF), and continue to cook for another 5-10 minutes.
4. In a separate pot, combine the chopped apples, pears, maple syrup and cinnamon.
5. Cook over medium heat until the fruit is tender and slightly caramelized.
6. Serve the Porridge with Stewed Apples and Pears hot, with fresh seasonal fruit and vegetables on the side.

Wednesday week 4 - Lunch



*Deconstructed Mexican Beef Burritos
with Lettuce, Tomato, cheese, Chicken,
Avocado, and Tortillas*

INGREDIENTS

- 5 kg of beef mince
- 5 cans of black beans, drained and rinsed
- 3 packets of Taco seasoning
- 10 cans of chopped tomatoes
- 10 cups of cooked brown rice
- 10 cups of shredded lettuce
- 10 cups of diced tomatoes
- 5 cups of grated cheese (use Dairy free cheese for DF)
- 10 avocados, peeled and sliced
- 50 corn tortillas, warmed and cut into triangles
- Salt and pepper, to taste

DIRECTIONS

1. In a large frying pan, cook the beef mince over medium heat until browned and cooked through. Add black beans, Taco seasoning and canned tomato's. Stir and leave to simmer until thickened.
2. Season with salt and pepper, to taste.
3. Set up a buffet-style serving station with all the toppings (brown rice, shredded lettuce, diced tomatoes, grated cheese (use Dairy free cheese for DF) , sliced avocado, and warmed corn tortillas) in separate bowls.
4. Allow children to create their own Deconstructed Mexican Beef Burritos by layering their desired toppings on top of a warmed corn tortilla.
- 5.

Wednesday week 4 - Afternoon tea



Lemon and Coconut Slice Served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 5 cups of self-raising wholemeal flour (use gluten free wholemeal flour for GF)
- 5 cups of desiccated coconut
- 10 tablespoons of coconut oil
- 5 tablespoons of maple syrup
- Zest and juice of 5 lemons
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 180°C (350°F).
2. In a large bowl, mix together the wholemeal flour (use gluten free wholemeal flour for GF), desiccated coconut, coconut oil, maple syrup, lemon zest, and lemon juice until well combined.
3. Press the mixture into a greased baking dish.
4. Bake for 15-20 minutes, or until golden brown and firm.
5. Allow the Vegan Lemon and Coconut Slice to cool, then cut into squares.
6. Serve the slice with fresh seasonal fruit and vegetables on the side.

Thursday week 4 - Morning tea



Wholemeal Toast with cheese and Vegemite Served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 50 slices of wholemeal bread (use Gluten free bread for GF)
- 5 cups of grated cheese (use Dairy free cheese for DF)
- 1 cups of Vegemite
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Toast the wholemeal bread (use Gluten free bread for GF) until golden brown.
2. Spread each slice with Vegemite, then sprinkle grated cheese (use Dairy free cheese for DF) on top.
3. Place the slices under the grill until the cheese (use Dairy free cheese for DF) is melted and bubbly.
4. Serve the Wholemeal Toast with cheese (use Dairy free cheese for DF) and Vegemite hot, with fresh seasonal fruit and vegetables on the side.

Thursday week 4 - Lunch



Beef and Potato Casserole Served with Steamed Vegetables

INGREDIENTS

- 5 kg of beef chuck, cubed
- 10 onions, chopped
- 20 cloves of garlic, minced
- 20 potatoes, peeled and chopped
- 10 carrots, peeled and chopped
- 5 cups of beef stock
- Salt and pepper, to taste
- Fresh seasonal vegetables

DIRECTIONS

1. Preheat the oven to 180°C (350°F).
2. In a large casserole dish, layer the cubed beef, chopped onions, minced garlic, and chopped potatoes and carrots.
3. Pour the beef stock over the ingredients, and season with salt and pepper.
4. Cover the casserole dish with a lid or foil.
5. Bake for 2-3 hours, or until the beef and potatoes are tender.
6. Serve the Beef and Potato Casserole hot, with steamed vegetables on the side.

Thursday week 4 - Afternoon tea



Avocado and Cream cheese Dip with Brown Rice Crackers Served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 10 ripe avocados, peeled and pitted
- 5 cups of cream cheese (use Dairy free cheese for DF)
- Juice of 5 lemons
- Salt and pepper, to taste
- Brown rice crackers
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. In a large mixing bowl, mash the avocados until smooth.
2. Add the cream cheese (use Dairy free cheese for DF) and lemon juice, and stir until well combined.
3. Season with salt and pepper, to taste.
4. Serve the Avocado and Cream cheese (use Dairy free cheese for DF) Dip with Brown Rice Crackers, and fresh seasonal fruit and vegetables on the side for dipping.

Friday week 4 - Morning tea



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

INGREDIENTS

50 slices of wholemeal bread (use
Gluten free bread for GF)
5 cups of ricotta cheese (use Dairy
free cheese for DF)
10 cups of baby spinach leaves
20 ripe tomatoes, sliced
Salt and pepper, to taste
Fresh seasonal fruit and vegetables,
for serving

DIRECTIONS

1. Toast the wholemeal bread (use Gluten free bread for GF) until golden brown.
2. Spread each slice with ricotta cheese (use Dairy free cheese for DF) .
3. Layer the baby spinach leaves and sliced tomatoes on top of the ricotta.
4. Season with salt and pepper, to taste.
5. Serve the Tomato, Ricotta, and Spinach Open Sandwiches hot or cold, with fresh seasonal fruit and vegetables on the side.

Friday week 4 - Lunch



Vegetarian Lentil Lasagna with Herb and Garlic Bread

INGREDIENTS

- 5 kg of brown lentils
- 20 cups of vegetable stock
- 20 cloves of garlic, minced
- 20 onions, chopped
- 20 carrots, peeled and chopped
- 20 celery stalks, chopped
- 20 cans of diced tomatoes
- 50 lasagna sheets
- 5 cups of grated Parmesan cheese (use Dairy free cheese for DF)
- Salt and pepper, to taste
- Fresh parsley and basil leaves, chopped
- Herb and garlic bread (use Gluten free bread for GF) , for serving

DIRECTIONS

1. Preheat the oven to 180°C (350°F).
2. In a large pot, combine the brown lentils and vegetable stock.
3. Bring to a boil, then reduce the heat and simmer until the lentils are tender.
4. In a separate frying pan, sauté the minced garlic, chopped onions, chopped carrots, and chopped celery until tender.
5. Add the sautéed vegetables and cans of diced tomatoes to the lentils.
6. Season with salt and pepper, to taste.
7. Layer the lentil mixture and lasagna sheets in a large baking dish.
8. Top with grated Parmesan cheese (use Dairy free cheese for DF) .
9. Bake for 30-40 minutes, or until the cheese (use Dairy free cheese for DF) is melted and bubbly.
10. Sprinkle fresh chopped parsley and basil leaves over the top.
11. Serve the Vegetarian Lentil Lasagna hot, with herb and garlic bread (use Gluten free bread for GF) on the side.

Friday week 4 - Afternoon tea



Blueberry and Chia Seed Muffins Served with Fresh Seasonal Fruit and Vegetables

INGREDIENTS

- 5 kg of wholemeal wholemeal flour (use gluten free wholemeal flour for GF)
- 5 cups of chia seeds
- 5 cups of fresh blueberries
- 20 tablespoons of coconut oil
- 10 cups milk (use rice or soy milk for DF)
- 10 tablespoons of baking powder
- 10 tablespoons of vanilla extract
- Fresh seasonal fruit and vegetables, for serving

DIRECTIONS

1. Preheat the oven to 180°C (350°F).
2. In a large mixing bowl, combine the wholemeal wholemeal flour (use gluten free wholemeal flour for GF), chia seeds, fresh blueberries, coconut oil, milk (use rice or soy milk for DF), baking powder, and vanilla extract.
3. Stir until well combined.
4. Spoon the muffin batter into lined muffin tins.
5. Bake for 20-25 minutes, or until golden brown and cooked through.
6. Allow the Blueberry and Chia Seed Muffins to cool before serving.
7. Serve the muffins with fresh seasonal fruit and vegetables on the side.