

Chef for Kids Menu

WEEKLY MENU SUMMARY

- ✓ 2 Serves white meat - chicken or fish (3 serves per fortnight*)
- ✓ 2 serves red meat - (2 serves per week*)
- ✓ 1 serve vegetarian - (1 serve per week*) High in vitamin C & Iron
- ✓ 6 serves dairy provided - (it is recommended that additional milk is offered at morning & afternoon tea if required to make up 2 serves per day*)

NOTE
All items on this menu are
100% nut free

REFER TO INGREDIENTS BOOKLET FOR ALL MENU ITEMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<p>Corn & smoked bacon scroll</p> <p>Fresh fruit</p> <p>Hummus dip & veggie sticks</p>	<p>Veggie muffin</p> <p>Fresh fruit</p> <p>Rice crackers, cheddar cheese</p> <p>Sultanas</p>	<p>Ham & mushroom pizza scrolls</p> <p>Fresh fruit</p> <p>Tomato salsa & corn chips</p>	<p>Ham & creamed corn pizza</p> <p>Fresh fruit</p> <p>Rice crackers, cheddar cheese</p> <p>Sultanas</p>	<p>Three cheese pesto Turkish sticks</p> <p>Fresh fruit</p> <p>Tomato salsa & corn chips</p>
Lunch	<p>Beef vegetable sausage roll</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>	<p>Tandori chicken pizza with fresh spinach & cherry tomatoes</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>	<p>Mixed nori rolls</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>	<p>Cauliflower mac & cheese</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>	<p>Mexican beef, black bean corn rice</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>
Afternoon Tea	<p>Cocoa raspberry brownie</p> <p>Rice crackers, cheddar cheese</p> <p>Sultanas</p>	<p>Lemon curd, strawberry scroll</p> <p>Tomato salsa & corn chips</p>	<p>Dried cranberry shortbread</p> <p>Rice crackers, cheddar cheese</p> <p>Sultanas</p>	<p>Baby apple pies</p> <p>Tomato salsa & corn chips</p>	<p>Raw bounty bar</p> <p>Rice crackers, cheddar cheese</p> <p>Sultanas</p>

*The Chef For Kids menu has been created to comply with criteria set by the following, Australian Dietary Guidelines, get Up and Grow, The Australian Guide to Healthy Eating and the National Quality Standard. This menu provides a minimum of 50% of the recommended daily intake of all nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages.

Chef for Kids Menu

NOTE
All items on dietary menu only are **100% egg free**
Coconut is preservative free

Gluten free **GF**
Dairy free **DF**
Lactose free **LF**
Vegetarian **VG**
Vegan **V**
All chef for kids menus are 100% nut free

REFER TO INGREDIENTS BOOKLET FOR ALL MENU ITEMS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Raw choc-cherry coconut bars VG V GF DF LF	Flapjack VG V GF DF LF	Raw apple muesli slice VG V GF DF LF	GF passionfruit strawberry muffin VG V GF DF LF	Raw bounty bar VG V GF DF LF
	Fresh fruit VG V GF DF LF				
	Hummus & raw veggies VG V GF DF LF	Tomato salsa & corn chips VG V GF DF LF	Hummus & raw veggies VG V GF DF LF	Tomato salsa & corn chips VG V GF DF LF	Hummus & raw veggies VG V GF DF LF
Lunch	Teriyaki rice noodles w/ roasted corn, snowpeas & rocket leaves VG V GF DF LF (For vegetarian and vegan children, protein is provided in no nut butter for afternoon tea)	GF pasta tomato pesto w/ fresh tomato & spinach VG V GF DF LF (For vegetarian and vegan children, protein is provided in no nut butter for afternoon tea)	Mixed nori rolls VG V GF DF LF (For vegetarian and vegan children, protein provided in no nut butter for afternoon tea)	GF pasta w/ cauliflower, peas w/ zucchini sauce VG V GF DF LF (For vegetarian and vegan children, protein provided in no nut butter for afternoon tea)	Mexican black bean, tomato & corn rice VG V GF DF LF (For vegetarian and vegan children, protein provided in no nut butter for afternoon tea)
	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i> <i>For all children with allergies and intolerances an individual sandwich will be made.</i>	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i> <i>For all children with allergies and intolerances an individual sandwich will be made.</i>	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i> <i>For all children with allergies and intolerances an individual sandwich will be made.</i>	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i> <i>For all children with allergies and intolerances an individual sandwich will be made.</i>	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i> <i>For all children with allergies and intolerances an individual sandwich will be made.</i>
Afternoon Tea	Rice crackers VG V GF DF LF				
	Sultanas VG V GF DF LF				
	Cheese VG GF				
	Full cream yoghurt VG GF EF				
	Coconut yoghurt VG V GF DF LF				

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