

# 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>Creamed corn &amp; bacon scroll</p> <p>Fresh fruit</p> <p>Hummus &amp; raw veggies</p>	<p>Cheese tomato pizza Fresh fruit</p> <p>Rice crackers w/ cheddar cheese</p> <p>Sultanas</p>	<p>Vegemite scroll</p> <p>Fresh fruit</p> <p>Tomato salsa &amp; corn chips</p>	<p>Cheesy Hawiian bread sticks</p> <p>Fresh fruit</p> <p>Rice crackers w/ cheddar cheese</p> <p>Sultanas</p>	<p>Creamed corn &amp; zucchini puff</p> <p>Fresh fruit</p> <p>Tomato salsa &amp; corn chips</p>
Lunch	<p>Beerwah chicken pie</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>	<p>Beef lasagne w/ hidden vegetables</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>Chicken nasi goreng</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>	<p>Bbq chicken, mushroom &amp; spinach pizza</p> <p>Mixed sandwiches and wraps</p> <p>Full cream yoghurt</p>
Afternoon Tea	<p>Cocoa ginger cookie</p> <p>Rice crackers w/ cheddar cheese</p> <p>Sultanas</p>	<p>Banana &amp; dark chocolate scroll</p> <p>Tomato salsa &amp; corn chips</p>	<p>Lemon curd blueberry cake</p> <p>Rice crackers w/ cheddar cheese</p> <p>Sultanas</p>	<p>Hummingbird muffin</p> <p>Tomato salsa &amp; corn chips</p>	<p>Cacao cherry brownie</p> <p>Rice crackers w/ 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 bounty bar <b>VG V GF DF LF</b>	Raw apple & muesli slice <b>VG V GF DF LF</b>	GF passionfruit strawberry muffin <b>VG V GF DF LF</b>	Raw choc-cherry coconut bars <b>VG V GF DF LF</b>	Flapjack <b>VG V GF DF LF</b>
	Fresh fruit <b>VG V GF DF LF</b>	Fresh fruit <b>VG V GF DF LF</b>	Fresh fruit <b>VG V GF DF LF</b>	Fresh fruit <b>VG V GF DF LF</b>	Fresh fruit <b>VG V GF DF LF</b>
	Hummus & raw veggies <b>VG V GF DF LF</b>	Tomato salsa & corn chips <b>VG V GF DF LF</b>	Hummus & raw veggies <b>VG V GF DF LF</b>	Tomato salsa & corn chips <b>VG V GF DF LF</b>	Hummus & raw veggies <b>VG V GF DF LF</b>
Lunch	GF pasta zucchini sauce w/ peas & corn <b>VG V GF DF LF</b>  (For vegetarian and vegan children, protein is provided in no nut butter for afternoon tea)	Nasi goreng veggie rice <b>VG V GF DF LF</b>  (For vegetarian and vegan children, protein provided in no nut butter for afternoon tea)	Mixed nori rolls <b>VG V GF DF LF</b>  (For vegetarian and vegan children, protein is provided in no nut butter for afternoon tea)	Veggie GF bake <b>VG V GF DF LF</b>  (For vegetarian and vegan children, protein provided in no nut butter for afternoon tea)	GF pasta Basil pesto w/ fresh tomato & rocket <b>VG V GF DF LF</b>  (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>	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i>	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</i>	Wholemeal or multigrain sandwich <i>Ingredients Nitrate-free ham, vegemite, shaved beef salad</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>	<i>For all children with allergies and intolerances an individual sandwich will be made.</i>	<i>For all children with allergies and intolerances an individual sandwich will be made.</i>	<i>For all children with allergies and intolerances an individual sandwich will be made.</i>	<i>For all children with allergies and intolerances an individual sandwich will be made.</i>
Afternoon Tea	Rice crackers <b>VG V GF DF LF</b>	Rice crackers <b>VG V GF DF LF</b>	Rice crackers <b>VG V GF DF LF</b>	Rice crackers <b>VG V GF DF LF</b>	Rice crackers <b>VG V GF DF LF</b>
	Sultanas <b>VG V GF DF LF</b>	Sultanas <b>VG V GF DF LF</b>	Sultanas <b>VG V GF DF LF</b>	Sultanas <b>VG V GF DF LF</b>	Sultanas <b>VG V GF DF LF</b>
	Cheese <b>VG GF</b>	Cheese <b>VG GF</b>	Cheese <b>VG GF</b>	Cheese <b>VG GF</b>	Cheese <b>VG GF</b>
	Full cream yoghurt <b>VG GF EF</b>	Full cream yoghurt <b>VG GF EF</b>	Full cream yoghurt <b>VG GF EF</b>	Full cream yoghurt <b>VG GF EF</b>	Full cream yoghurt <b>VG GF EF</b>
	Coconut yoghurt <b>VG V GF DF LF</b>	Coconut yoghurt <b>VG V GF DF LF</b>	Coconut yoghurt <b>VG V GF DF LF</b>	Coconut yoghurt <b>VG V GF DF LF</b>	Coconut yoghurt <b>VG V GF DF LF</b>

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