

# 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 CHEF FOR KIDS MENUS ARE 100% NUT FREE**



Gluten free **GF**  
Dairy free **DF**  
Lactose free **LF**  
Vegetarian **VG**  
Vegan **V**  
Egg Free **EF**

REFER TO  
INGREDIENTS  
BOOKLET  
FOR ALL  
MENU ITEMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<p><b>Bacon Corn Scroll</b> bacon, corn, creamed corn, cheese, puff pastry (BP) <b>EF</b></p> <hr/> <p><b>Fresh Fruit</b></p> <hr/> <p><b>Rice Crackers</b> w/ cheddar cheese <b>GF VG</b></p> <hr/> <p><b>Full Cream Yoghurt</b> <b>GF VG EF</b></p>	<p><b>Spinach &amp; Fetta Stick</b> spinach, fetta, cream cheese, cheese, puff pastry (BP) <b>VG EF</b></p> <hr/> <p><b>Fresh Fruit</b></p> <hr/> <p><b>Hummus &amp; Raw Vegetables</b> <b>GF DF LF VG V</b></p> <hr/> <p><b>Sultanas</b> <b>GF DF LF VG V</b></p>	<p><b>Ham &amp; Pineapple Scone</b> ham, pineapple, flour, oil, milk, cheese, garlic <b>EF</b></p> <hr/> <p><b>Fresh Fruit</b></p> <hr/> <p><b>Rice Crackers</b> w/ cheddar cheese <b>GF VG</b></p> <hr/> <p><b>Full Cream Yoghurt</b> <b>GF VG EF</b></p>	<p><b>Pumpkin &amp; Bacon Muffin</b> bacon, pumpkin, flour, oil, eggs, garlic, milk, cheese</p> <hr/> <p><b>Fresh Fruit</b></p> <hr/> <p><b>Hummus &amp; Raw Vegetables</b> <b>GF DF LF VG V</b></p> <hr/> <p><b>Sultanas</b> <b>GF DF LF VG V</b></p>	<p><b>Cheese Tomato Zucchini Turkish</b> cheese, tomato, zucchini, pizza sauce, turkish bread <b>VG EF</b></p> <hr/> <p><b>Fresh Fruit</b></p> <hr/> <p><b>Rice Crackers</b> w/ cheddar cheese <b>GF VG</b></p> <hr/> <p><b>Full Cream Yoghurt</b> <b>GF VG EF</b></p>
Lunch	<p><b>Mild Chicken &amp; Vegetable Curry Pie</b> chicken mince, peas, corn, creamed corn, stock, puff pastry (MP) <b>DF LF EF</b></p> <hr/> <p><b>Mixed Sandwiches and Wraps</b> ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p><b>Chicken Bolognese w Oregano</b> chicken mince, carrot, zucchini, garlic, onion, tomato, chicken stock, oregano, pasta <b>DF LF EF</b></p> <hr/> <p><b>Mixed Sandwiches and Wraps</b> ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p><b>Beef Nasi Goreng w Cabbage &amp; Carrot</b> beef mince, cabbage, carrot, peas, ginger, garlic, soy sauce, rice <b>GF DF LF EF</b></p> <hr/> <p><b>Mixed Sandwiches and Wraps</b> ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p><b>Lamb Sausage Spinach, Sweet Potato Pizza</b> lamb sausage, sweet potato, cheese, spinach, pizza sauce, pizza base <b>EF</b></p> <hr/> <p><b>Mixed Sandwiches and Wraps</b> ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p><b>Chicken Zucchini Pea Pesto Pumpkin Slice</b> chicken mince, zucchini, peas, pumpkin, eggs, flour, cheese, oil, pesto</p> <hr/> <p><b>Mixed Sandwiches and Wraps</b> ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>
Afternoon Tea	<p><b>Cacao &amp; Beetroot Cake</b> beetroot, cacao, flour, coconut milk, coconut, sugar <b>DF LF VG V EF</b></p> <hr/> <p><b>Fresh Fruit</b></p> <hr/> <p><b>Hummus &amp; Raw Vegetables</b> <b>GF DF LF VG V</b></p> <hr/> <p><b>Sultanas</b> <b>GF DF LF VG V</b></p>	<p><b>Blueberry Vanilla Crumble Slice</b> blueberries, vanilla, flour, butter, sugar <b>VG EF</b></p> <hr/> <p><b>Fresh Fruit</b></p> <hr/> <p><b>Rice Crackers</b> w/ cheddar cheese <b>GF VG</b></p> <hr/> <p><b>Full Cream Yoghurt</b> <b>GF VG EF</b></p>	<p><b>Cranberry Sunflower Seed Cheescake Cookie</b> cranberry, sunflower seeds, cream cheese, sugar, eggs, flour, butter <b>VG</b></p> <hr/> <p><b>Fresh Fruit</b></p> <hr/> <p><b>Hummus &amp; Raw Vegetables</b> <b>GF DF LF VG V</b></p> <hr/> <p><b>Sultanas</b> <b>GF DF LF VG V</b></p>	<p><b>Cherry &amp; Chia Seed Dark Chocolate Bar</b> cherries, chia seeds, dark chocolate, oats, cacao powder, dates, maple syrup, coconut oil <b>GF DF LF VG V EF</b></p> <hr/> <p><b>Fresh Fruit</b></p> <hr/> <p><b>Rice Crackers</b> w/ cheddar cheese <b>GF VG</b></p> <hr/> <p><b>Full Cream Yoghurt</b> <b>GF VG EF</b></p>	<p><b>Raspberry Coconut Yoghurt Muffin</b> raspberries, coconut yoghurt, coconut milk, flour, coconut, sugar <b>DF LF VG V EF</b></p> <hr/> <p><b>Fresh Fruit</b></p> <hr/> <p><b>Hummus &amp; Raw Vegetables</b> <b>GF DF LF VG V</b></p> <hr/> <p><b>Sultanas</b> <b>GF DF LF VG V</b></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.

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FOR ALL  
MENU ITEMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<p><b>GF Beetroot Cacao Cake</b> beetroot, cacao, flour, coconut milk, coconut, sugar <b>GF DF LF VG V EF</b></p> <p>Fresh Fruit</p> <p><b>Full Cream Yoghurt</b> <b>GF VG</b></p> <p><b>Coconut Yoghurt</b> <b>GF DF LF VG V</b></p>	<p><b>GF Blueberry Vanilla Crumble</b> blueberries, vanilla, GF flour, nuttelex, sugar <b>GF DF LF VG V EF</b></p> <p>Fresh Fruit</p> <p><b>Hummus &amp; Raw Veggies</b> <b>GF DF LF VG V</b></p> <p><b>Sultanas</b> <b>GF DF LF VG V</b></p>	<p><b>GF Banana Maple Flapjack</b> oats, maple syrup, banana, nuttelex, oil <b>GF DF LF VG V EF</b></p> <p>Fresh Fruit</p> <p><b>Full Cream Yoghurt</b> <b>GF VG</b></p> <p><b>Coconut Yoghurt</b> <b>GF DF LF VG V</b></p>	<p><b>GF Cherry Chai Seed Dark Chocolate Bar</b> cherries, chia seeds, dark chocolate, oats, cacao powder, dates, maple syrup, coconut oil <b>GF DF LF VG V EF</b></p> <p>Fresh Fruit</p> <p><b>Hummus &amp; Raw Veggies</b> <b>GF DF LF VG V</b></p> <p><b>Sultanas</b> <b>GF DF LF VG V</b></p>	<p><b>GF Raspberry Coconut Yoghurt Muffin</b> raspberries, coconut yoghurt, coconut milk, flour, coconut, sugar <b>GF DF LF VG V EF</b></p> <p>Fresh Fruit</p> <p><b>Full Cream Yoghurt</b> <b>GF VG</b></p> <p><b>Coconut Yoghurt</b> <b>GF DF LF VG V</b></p>
Lunch	<p><b>GF / DF</b></p> <p><b>Mild Curry Chicken &amp; Vegetable Pie</b> chicken mince, curry, peas, corn, creamed corn, stock, GF puff pastry (MP) <b>GF DF LF EF</b></p> <p><small>(For all children with allergies and intolerances an individual sandwich will be made from: ham, vegemite, cheese, shaved beef &amp; salad, shaved chicken &amp; salad including Gluten Free bread)</small></p> <p><b>VEG / VEGAN</b></p> <p><b>Plant Based Mild Curry Vegetable Pie</b> meat substitute, peas, corn, creamed corn, stock, GF puff pastry (MP) <b>DF LF VG V EF</b></p>	<p><b>GF / DF</b></p> <p><b>Chicken Bolognese &amp; Oregano</b> chicken mince, carrot, zucchini, tomato sauce, chicken stock, oregano, GF pasta <b>GF DF LF EF</b></p> <p><small>(For all children with allergies and intolerances an individual sandwich will be made from: ham, vegemite, cheese, shaved beef &amp; salad, shaved chicken &amp; salad including Gluten Free bread)</small></p> <p><b>VEG / VEGAN</b></p> <p><b>Plant Based Bolognese &amp; Oregano</b> meat substitute, carrot, zucchini, tomato sauce, chicken stock, oregano, pasta <b>DF LF VG V EF</b></p>	<p><b>GF / DF</b></p> <p><b>Beef Nasi Goreng w Cabbage &amp; Carrot</b> beef mince, cabbage, carrot, peas, ginger, garlic, soy sauce, rice <b>GF DF LF EF</b></p> <p><small>(For all children with allergies and intolerances an individual sandwich will be made from: ham, vegemite, cheese, shaved beef &amp; salad, shaved chicken &amp; salad including Gluten Free bread)</small></p> <p><b>VEG / VEGAN</b></p> <p><b>Plant Based Nasi Goreng</b> meat substitute, cabbage, carrot, ginger, garlic, soy sauce, rice <b>GF DF LF VG V EF</b></p>	<p><b>GF / DF</b></p> <p><b>Lamb Sausage Sweet Potato Spinach Pizza</b> lamb sausage, sweet potato, vegan cheese, spinach, pizza sauce, GF pizza base <b>GF DF LF EF</b></p> <p><small>(For all children with allergies and intolerances an individual sandwich will be made from: ham, vegemite, cheese, shaved beef &amp; salad, shaved chicken &amp; salad including Gluten Free bread)</small></p> <p><b>VEG / VEGAN</b></p> <p><b>Plant Based Tomato Sweet Potato Spinach Pizza</b> meat substitute, tomato, sweet potato, vegan cheese, spinach, pizza sauce, pizza base <b>DF LF VG V EF</b></p>	<p><b>GF / DF</b></p> <p><b>Pasta w Pumpkin Sauce</b> chicken mince, zucchini, peas, pumpkin, GF pasta, pesto <b>GF DF LF EF</b></p> <p><small>(For all children with allergies and intolerances an individual sandwich will be made from: ham, vegemite, cheese, shaved beef &amp; salad, shaved chicken &amp; salad including Gluten Free bread)</small></p> <p><b>VEG / VEGAN</b></p> <p><b>Pasta w Pumpkin Sauce</b> meat substitute, zucchini, peas, pumpkin, pasta, pesto <b>DF LF VG V EF</b></p>
Afternoon Tea	<p>Fresh Fruit</p> <p><b>Rice Crackers</b> w/ cheddar cheese <b>GF VG</b></p> <p><b>Hummus &amp; Raw Vegetables</b> <b>GF DF LF VG V</b></p> <p><b>Sultanas</b> <b>GF DF LF VG V</b></p>	<p>Fresh Fruit</p> <p><b>Rice Crackers</b> w/ cheddar cheese <b>GF VG</b></p> <p><b>Full Cream Yoghurt</b> <b>GF VG</b></p> <p><b>Coconut Yoghurt</b> <b>GF DF LF VG V</b></p>	<p>Fresh Fruit</p> <p><b>Rice Crackers</b> w/ cheddar cheese <b>GF VG</b></p> <p><b>Hummus &amp; Raw Vegetables</b> <b>GF DF LF VG V</b></p> <p><b>Sultanas</b> <b>GF DF LF VG V</b></p>	<p>Fresh Fruit</p> <p><b>Rice Crackers</b> w/ cheddar cheese <b>GF VG</b></p> <p><b>Full Cream Yoghurt</b> <b>GF VG</b></p> <p><b>Coconut Yoghurt</b> <b>GF DF LF VG V</b></p>	<p>Fresh Fruit</p> <p><b>Rice Crackers</b> w/ cheddar cheese <b>GF VG</b></p> <p><b>Hummus &amp; Raw Vegetables</b> <b>GF DF LF VG V</b></p> <p><b>Sultanas</b> <b>GF DF LF VG V</b></p>

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