

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>Sweet Potato Broccoli Mozzarella Cheese Stick sweet potato, broccoli, mozzarella cheese, puff pastry (BP) VG EF</p> <p>Fresh Fruit</p> <p>Rice Crackers w/ cheddar cheese GF VG</p> <p>Sultanas GF DF LF VG V EF</p>	<p>Sweet Potato & Cauliflower Muffin sweet potato, cauliflower, eggs, flour, oil, cheese, milk, garlic VG</p> <p>Fresh Fruit</p> <p>Hummus & Raw Vegetables GF DF LF VG V</p> <p>Sultanas GF DF LF VG V</p>	<p>Bacon & Fresh Spinach & Cheese Turkish Bread bacon, spinach, cheese, pizza sauce, turkish bread EF</p> <p>Fresh Fruit</p> <p>Rice Crackers w/ cheddar cheese GF VG</p> <p>Sultanas GF DF LF VG V</p>	<p>Chicken Bolognese & Mushroom Scroll chicken mince, carrot, zucchini, mushroom, tomato sauce, cheese, puff pastry (BP) EF</p> <p>Fresh Fruit</p> <p>Hummus & Raw Vegetables GF DF LF VG V</p> <p>Sultanas GF DF LF VG V</p>	<p>Sweet Potato Raisin & Fetta Scone sweet potato, raisin, fetta, flour, oil, cheese, garlic, milk VG EF</p> <p>Fresh Fruit</p> <p>Rice Crackers w/ cheddar cheese GF VG</p> <p>Sultanas GF DF LF VG V</p>
Lunch	<p>Beef & Vegetable Sausage Roll beef mince, puff pastry (MP), carrot, celery, garlic, breadcrumbs DF LF EF</p> <p>Mixed Sandwiches and Wraps ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p>Beef Capsicum Mushroom Pizza beef mince, capsicum, mushroom, pizza sauce, cheese, pizza base EF</p> <p>Mixed Sandwiches and Wraps ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p>Beef Mushroom Zucchini Ginger Corn Rice beef mince, zucchini, ginger, garlic, mushroom, corn, rice, vegetable stock GF DF LF EF</p> <p>Mixed Sandwiches and Wraps ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p>Pumpkin Basil Carbonara Pasta pumpkin, basil, bacon, spinach, pasta, garlic, onion DF LF EF</p> <p>Mixed Sandwiches and Wraps ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p>Mixed Japanese Nori Rolls rice, seaweed paper, chicken, vinegar, cocominos sauce, ham, carrot, avocado, cucumber, sugar GF DF LF EF</p> <p>Mixed Sandwiches and Wraps ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>
Afternoon Tea	<p>Sugar Free Sticky Date Apple Cake dates, flour, apple, coconut, coconut milk DF LF VG V EF</p> <p>Fresh Fruit</p> <p>Hummus & Raw Vegetables GF DF LF VG V</p> <p>Full Cream Yoghurt GF VG EF</p>	<p>Gingerbread Cookie flour, honey, sugar, spices, ginger DF LF VG EF</p> <p>Fresh Fruit</p> <p>Rice Crackers w/ cheddar cheese GF VG</p> <p>Full Cream Yoghurt GF VG EF</p>	<p>Cacao Blueberry Brownie cacao, blueberries, flour, coconut, coconut milk, maple syrup, brown sugar DF LF VG V EF</p> <p>Fresh Fruit</p> <p>Hummus & Raw Vegetables GF DF LF VG V</p> <p>Full Cream Yoghurt GF VG EF</p>	<p>Banana & Dark Choc Chip Muffin banana, dark choc chips, flour, coconut milk, coconut, brown sugar DF LF VG V EF</p> <p>Fresh Fruit</p> <p>Rice Crackers w/ cheddar cheese GF VG</p> <p>Full Cream Yoghurt GF VG EF</p>	<p>Lemon Myrtle Passionfruit & Strawberry Slice lemon myrtle, passionfruit, strawberry, coconut, oats, GF flour, nuttelex, maple syrup GF DF LF VG V EF</p> <p>Fresh Fruit</p> <p>Hummus & Raw Vegetables GF DF LF VG V</p> <p>Full Cream Yoghurt GF VG EF</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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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	GF Sugar Free Sticky Date Apple Cake dates, GF flour, apple, coconut, coconut milk GF DF LF VG V	GF 3 Seed Cacao Bar oats, pumpkin seeds, sunflower seeds, cacao powder, chia seeds, dates, rice malt syrup, coconut oil GF DF LF VG V EF	GF Cacao Blueberry Brownie cacao, blueberries, GF flour, coconut, coconut milk, maple syrup, brown sugar GF DF LF VG V EF	GF Banana Dark Choc Chip Muffin banana, dark choc chips, GF flour, coconut milk, coconut, brown sugar GF DF LF VG V EF	GF Lemon Myrtle Passionfruit & Strawberry Slice lemon myrtle, passionfruit, strawberry, coconut, oats, GF flour, nuttalex, maple syrup GF DF LF VG V EF
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Hummus & Raw Vegetables GF DF LF VG V	Full Cream Yoghurt GF VG	Hummus & Raw Vegetables GF DF LF VG V	Full Cream Yoghurt GF VG	Hummus & Raw Vegetables GF DF LF VG V
	Rice Crackers w/ cheddar cheese GF VG	Coconut Yoghurt GF DF LF VG V	Rice Crackers w/ cheddar cheese GF VG	Coconut Yoghurt GF DF LF VG V	Rice Crackers w/ cheddar cheese GF VG
Lunch	GF / DF	GF / DF	GF / DF	GF / DF	GF / DF
	Beef & Vegetable Sausage Roll beef mince, GF puff pastry (MP), carrot, celery, garlic, breadcrumbs GF DF LF EF	Beef Capsicum Mushroom Pizza beef mince, capsicum, mushroom, pizza sauce, vegan cheese, GF pizza base GF DF LF EF	Beef Mushroom Zucchini Ginger Corn Rice beef mince, zucchini, ginger, garlic, mushroom, vegetable stock, rice GF DF LF EF	Pumpkin Basil Carbonara Pasta pumpkin, basil, bacon, spinach, GF pasta, garlic, onion GF DF LF EF	VEG / VEGAN
	<small>(For all children with allergies and intolerances an individual sandwich will be made from: ham, vegemite, cheese, shaved beef & salad, shaved chicken & salad including Gluten Free bread)</small>	<small>(For all children with allergies and intolerances an individual sandwich will be made from: ham, vegemite, cheese, shaved beef & salad, shaved chicken & salad including Gluten Free bread)</small>	<small>(For all children with allergies and intolerances an individual sandwich will be made from: ham, vegemite, cheese, shaved beef & salad, shaved chicken & salad including Gluten Free bread)</small>	<small>(For all children with allergies and intolerances an individual sandwich will be made from: ham, vegemite, cheese, shaved beef & salad, shaved chicken & salad including Gluten Free bread)</small>	Mixed Sushi Rolls 1. Rice, seaweed paper, carrot, cucumber GF DF LF VG V EF 2. Rice, seaweed paper, ham, avocado GF DF LF EF 3. Rice, seaweed paper, chicken, teriyaki cocominos sauce GF DF LF EF <small>Rice contains vinegar and sugar</small>
VEG / VEGAN	VEG / VEGAN	VEG / VEGAN	VEG / VEGAN	<small>(For all children with allergies and intolerances an individual sandwich will be made from: ham, vegemite, cheese, shaved beef & salad, shaved chicken & salad including Gluten Free bread)</small>	
	Plant Based Vegetable Sausage Roll meat substitute, puff pastry (MP), carrot, celery, garlic, breadcrumbs GF DF LF VG V EF	Plant Based Capsicum Corn Mushroom Pizza meat substitute, capsicum, mushroom, pizza sauce, vegan cheese, GF pizza base GF DF LF VG V EF	Plant Based Mushroom Zucchini Ginger Corn Rice meat substitute, zucchini, ginger, garlic, mushroom, vegetable stock, rice GF DF LF VG V EF	Plant Based Pumpkin Basil Carbonara Pasta meat substitute, pumpkin, basil, spinach, pasta, garlic, onion DF LF VG V EF	
Afternoon Tea	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	Sultanas GF DF LF VG V	Rice Crackers w/ cheddar cheese GF VG	Sultanas GF DF LF VG V	Rice Crackers w/ cheddar cheese GF VG	Sultanas GF DF LF VG V
	Full Cream Yoghurt GF VG	Hummus & Raw Vegetables GF DF LF VG V	Full Cream Yoghurt GF VG	Hummus & Raw Veggies GF DF LF VG V	Full Cream Yoghurt GF VG
	Coconut Yoghurt GF DF LF VG V	Sultanas GF DF LF VG V	Coconut Yoghurt GF DF LF VG V	Sultanas GF DF LF VG V	Coconut Yoghurt GF DF LF VG V

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