

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>Vegemite Avocado Cheese Scroll vegemite, cheese, puff pastry, avocado VG EF</p> <p>Fresh Fruit</p> <p>Rice Crackers w/ cheddar cheese GF VG</p> <p>Full Cream Yoghurt GF VG</p>	<p>Garlic Fresh Tomato Cheese Turkish garlic, tomato, cheese, turkish bread VG 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>Broccoli & Bacon Scone broccoli, bacon, flour, oil, milk, cheese, garlic EF</p> <p>Fresh Fruit</p> <p>Rice Crackers w/ cheddar cheese GF VG</p> <p>Full Cream Yoghurt GF VG EF</p>	<p>Carrot Pesto & Fetta Muffin pesto, carrot, fetta, flour, oil, milk, cheese, eggs, garlic VG</p> <p>Hummus & Raw Vegetables GF DF LF VG V</p> <p>Rice Crackers w/ cheddar cheese GF VG</p> <p>Sultanas GF DF LF VG V</p>	<p>Pumpkin Raisin & Mozzarella Cheese Stick pumpkin, raisin, mozzarella cheese, puff pastry (BP) VG EF</p> <p>Fresh Fruit</p> <p>Full Cream Yoghurt GF VG EF</p> <p>Rice Crackers w/ cheddar cheese GF VG</p>
Lunch	<p>Chicken Spinach & Vegetable Sausage Roll chicken mince, carrot, celery, spinach, seasoning, breadcrumbs, puff pastry (MP) DF LF EF</p> <p>Mixed Sandwiches and Wraps ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p>Beef Zucchini Garlic Thyme Pea Pasta beef mince, zucchini, pasta, garlic, thyme, peas, onions DF LF EF</p> <p>Mixed Sandwiches and Wraps ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p>Chicken Mushroom Creamed Corn Zucchini Pizza chicken mince, mushroom, zucchini, corn, creamed corn, cheese, pizza base EF</p> <p>Mixed Sandwiches and Wraps ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p>Sweet Potato Ham Zucchini Slice sweet potato, zucchini, ham, eggs, flour, oil, cheese</p> <p>Mixed Sandwiches and Wraps ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p>Miso Maple Roasted Pumpkin Bacon Rice bacon, pumpkin, pea, carrot, rice, miso maple paste, vegetable stock, garlic 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>Cacao Wattleseed Cookie cacao, wattleseed flour, butter, sugar, eggs 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>Mango Cinnamon Muffin mango, cinnamon, flour, coconut, coconut milk, 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>Raspberry Pear Vanilla Cake raspberry, pear, vanilla, flour, sugar, coconut, coconut milk DF LF VG V 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>Apple Cranberry Seed Bar apple, cranberry, pumpkin seeds, sunflower seeds, quinoa, maple syrup, oats, coconut oil GF 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>Apple & Raspberry Pie apple, raspberries, sugar, puff pastry (MP) DF LF VG V EF</p> <p>Fresh Fruit</p> <p>Hummus & Raw Vegetables GF DF LF VG V</p> <p>Sultanas GF DF LF VG V</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 Apple & Blueberry Anzac Slice apple, blueberry, GF flour, coconut, rice malt syrup, oil GF DF LF VG V EF	GF Mango Cinnamon Muffin mango, cinnamon, GF flour, coconut, coconut milk, sugar GF DF LF VG V EF	GF Raspberry Pear Vanilla Cake GF flour, strawberry, passionfruit, coconut, coconut milk, oil, sugar GF DF LF VG V EF	GF Apple Cranberry Seed Bar apple, cranberry, pumpkin seeds, sunflower seeds, quinoa, maple syrup, oats GF DF LF VG V EF	GF Apple Raspberry Pie apple, raspberries, sugar, GF flour, puff pastry (MP) GF DF LF VG V EF
	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	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	Full Cream Yoghurt 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	Coconut Yoghurt GF DF LF VG V
Lunch	GF / DF Chicken Spinach & Vegetable Sausage Roll chicken mince, carrot, celery, spinach, seasoning, breadcrumbs, puff pastry (MP) GF DF LF EF <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>	GF / DF Beef Zucchini Pea Garlic Thyme Pasta beef mince, GF pasta, zucchini, garlic, thyme, peas, onions GF DF LF EF <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>	GF / DF Chicken Mushroom Zucchini Pizza chicken mince, mushroom, zucchini, corn, creamed corn, vegan cheese, GF pizza base GF DF LF EF <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>	GF / DF Ham & Zucchini Pasta w Tomato Sauce ham, zucchini, peas, sweet potato, tomato sauce, GF pasta GF DF LF EF <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>	GF / DF Miso Maple Roasted Pumpkin Bacon Rice bacon, pumpkin, pea, carrot, rice, miso maple paste, vegetable stock, garlic GF DF LF EF <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>
	VEG / VEGAN Plant Based Spinach & Fetta Sausage Roll meat substitute, fetta, spinach, seasoning, breadcrumbs, puff pastry (MP) DF LF VG V EF	VEG / VEGAN Plant Based Miso Maple Roasted Pumpkin Rice pumpkin, pea, carrot, rice, miso maple paste, vegetable stock, garlic GF DF LF VG V EF	VEG / VEGAN Plant Based Mushroom Zucchini Pizza meat substitute, mushroom, zucchini, corn, creamed corn, vegan cheese, GF pizza base GF DF LF VG V EF	VEG / VEGAN Zucchini Pasta w Tomato Sauce meat substitute, zucchini, peas, sweet potato, tomato sauce, GF pasta DF LF VG V EF	VEG / VEGAN Plant Based Zucchini Pea Garlic Thyme Pasta meat substitute, pasta, zucchini, garlic, thyme, peas, onions DF LF VG V EF
	GF DF LF VG V EF	GF DF LF VG V EF	GF DF LF VG V EF	GF DF LF VG V EF	GF DF LF VG V EF
Afternoon Tea	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
	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	Rice Crackers w/ cheddar cheese GF VG
	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
	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	Sultanas GF DF LF VG V

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