

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 Spinach Pesto Scroll sweet potato, spinach, pesto, 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</p>	<p>Bacon Raisin Zucchini Muffin bacon, zucchini, raisin, flour, eggs, milk, cheese, oil, garlic</p> <p>Fresh Fruit</p> <p>Rice Crackers w/ cheddar cheese GF VG</p> <p>Full Cream Yoghurt GF VG</p>	<p>BBQ Chicken & Pineapple Turkish chicken mince, BBQ sauce, pineapple, cheese, 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 Carrot Tomato Stick chicken mince, carrot, pizza sauce, cheese, puff pastry EF</p> <p>Fresh Fruit</p> <p>Rice Crackers w/ cheddar cheese GF VG</p> <p>Full Cream Yoghurt GF VG</p>	<p>Apple & Apricot Scone apple, apricot, flour, oil, cheese, 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 Pie beef mince, peas, corn, seasoning, stock, 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>Ham Mushroom Spinach Pizza ham, mushroom, spinach, cheese, pizza sauce, pizza base 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>	<p>Pork Sausage & Sweet Potato Black Olive Pasta pork sausage, sweet potato, tomato sauce, black olive, pasta EF</p> <p>Mixed Sandwiches and Wraps ham, vegemite, cheese, shaved beef and salad, shaved chicken and salad</p>	<p>Beef Vegetable Con Carne w Rice beef mince, pumpkin, carrot, sweet potato, red beans, spices, rice, tomato sauce 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>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</p> <p>Fresh Fruit</p> <p>Full Cream Yoghurt GF VG</p> <p>Hummus & Raw Vegetables GF DF LF VG V</p>	<p>Maple Carrot & Blackberry Cake carrot, blackberries, maple syrup, flour, coconut, coconut milk, cinnamon, sugar DF LF VG V EF</p> <p>Fresh Fruit</p> <p>Hummus & Raw Veggies GF DF LF VG V</p> <p>Sultanas GF DF LF VG V</p>	<p>Apple & Strawberry Muffin apple, strawberry, flour, coconut, coconut milk, sugar DF LF VG V EF</p> <p>Fresh Fruit</p> <p>Full Cream Yoghurt GF VG</p> <p>Hummus & Raw Vegetables GF DF LF VG V</p>	<p>Dried Pineapple Gingerbread dried pineapple, flour, honey, spices, ginger, sugar DF LF 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>Banana Maple Flapjack oats, maple syrup, banana, nuttelex GF DF LF VG V EF</p> <p>Fresh Fruit</p> <p>Full Cream Yoghurt GF VG</p> <p>Hummus & Raw Vegetables 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 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 Maple Carrot & Blackberry Cake carrot, blackberries, maple syrup, GF flour, coconut, coconut milk, sugar GF DF LF VG V EF	GF Apple Strawberry Muffin apple, strawberry, GF flour, coconut, coconut milk, sugar GF DF LF VG V EF	Cherry & Chia Seed Dark Chocolate Bar cherries, chia seeds, dark chocolate, oats, cacao powder, dates, maple syrup, coconut oil GF DF LF VG V	GF Banana Maple Flapjack oats, banana, nuttalex, maple syrup GF DF LF VG V
	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 Pie beef mince, peas, corn, seasoning, stock, puff pastry (BP) 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>	Ham Mushroom Spinach Pizza ham, mushroom, spinach, vegan cheese, pizza sauce, 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>	VEG / VEGAN	Pork Sausage & Sweet Potato Black Olive Pasta pork sausage, sweet potato, tomato sauce, black olive, 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>	Beef Vegetable Con Carne w Rice beef mince, pumpkin, carrot, sweet potato, red beans, spices, garlic, tomato sauce, rice 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	VEG / VEGAN	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> <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	VEG / VEGAN
Plant Based Vegetable Pie meat substitute, peas, corn, seasoning, stock, puff pastry (BP) DF LF VG V EF	Plant Based Mushroom Spinach Pizza meat substitute, mushroom, spinach, vegan cheese, pizza sauce, pizza base DF LF VG V EF	Plant Based Sweet Potato Tomato Black Olive Pasta meat substitute, sweet potato, tomato, black olive, pasta DF LF VG V EF	Plant Based Sweet Potato Tomato Black Olive Pasta meat substitute, sweet potato, tomato, black olive, pasta DF LF VG V EF	Plant Based Vegetable Con Carne w Rice meat substitute, pumpkin, carrot, sweet potato, red beans, spices, garlic, tomato sauce, rice GF 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 Vegetables 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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