

LA TROBE UNIVERSITY
COMMUNITY CHILDREN'S CENTRE

WINTER MENU

(Offered from 1st Monday of April through to the last Friday of September)

WEEK 1- Winter

MONDAY Main Course:
Spaghetti Bolognaise with cheese and various pasta (for variety and interest)
Vegetarian Alternative: Vegetarian Spaghetti Bolognaise with cheese.

Sweets: Raw Fruit – Red & Green Apples, Oranges, Pears and Bananas.
Milk and/or water

TUESDAY Main Course:
Beef Nasi Goreng

Vegetarian Alternative: Nasi Goreng without the beef
(Tomato Sauce is optional for individual children)

Sweets: Bread & Butter Pudding
Milk and/or water

WEDNESDAY Main Course:
Warm Tuna Curry Pasta.

Vegetarian Alternative: Warm Curry pasta with 'four bean mix'

Sweets: Apple Crumble
Milk and/or water

THURSDAY Main Course:
Tomato Vegetable and Lentil Soup with cheese

Sweets: Banana Date Health Slice
Milk and/or water

FRIDAY Main Course:
Macaroni Cheese Bake

Sweets: Oatmeal Biscuits
Milk and/or water

WEEK 2-Winter

MONDAY Main Course:
Tuna Sauce with Pasta Shells
Vegetarian Alternative: Vegetable Cheese sauce with pasta shells

Sweets: Raw Fruit– Red & Green Apples, Oranges, Pears and Bananas.
Milk and/or Water

TUESDAY Main Course:
Minestrone Soup and grated cheese

Sweets: Banana Bran Muffin
Milk and/or water

WEDNESDAY

Main Course:
Lentil Prune Meat Loaf, Mashed Potato, Pumpkin, Peas and Corn
Vegetarian Alternative: Vegetables (as listed above)
(Tomato Sauce is optional for individual children)

Sweets: Bread and Butter Pudding
Milk and/or water

THURSDAY

Main Course:
Tuna and Vegetable Medley – peas, carrots, corn, green beans & baked beans
Vegetarian Alternative: Vegetable Medley (as listed above)

Sweets: Wheatbix with Natural Fruit Spread (SPC)
Milk and/or water

FRIDAY

Main Course:
Chilli Con Carne with Rice
Vegetarian Alternative: Kidney Beans with rice and grated cheese

Sweets: Custard
Milk and/or water

WEEK 3-Winter
MONDAY

Main Course:
Vegetarian Spaghetti Bolognaise and grated cheese

Sweets: Raw Fruit– Red & Green Apples, Oranges, Pears and Bananas.
Milk and/or water

TUESDAY

Main Course:
Chow Mein with Rice
Vegetarian Alternative: Vegetarian Bolognaise sauce – celery, zucchinis, carrots, onions, red capsicum and tomatoes with rice and grated cheese

Sweets: Apple Cake
Milk and/or water

WEDNESDAY

Main Course:
Bean Patties with Nappoli Sauce & Rice

Sweets: Muesli Cookies
Milk and/or water

THURSDAY

Main Course:
Lentil, Green Pea Meat Loaf and Couscous
Vegetarian Alternative: Couscous with 'four bean mix'.
(Tomato Sauce is optional for individual children)

Sweets: Wheatbix with Natural Fruit Spread (SPC)
Milk and/or water

FRIDAY

Main Course:
Tuna Fish Mornay with Brown Rice
Vegetarian Alternative: Rice and Peas with grated cheese

Sweets: Apple Crumble
Milk and/or water

0-1yr old Educational Diet:

The Children's Centre menu for the 0-1 year old is designed around each child's individual need.

Breast milk contains all the nutrients your baby needs in the first four to six months of life. If you cannot breast feed, then formula is an adequate substitute. It is not advisable to introduce solid foods before four months as your baby's digestive system is not mature enough to cope with solids and there is a high risk of allergy. Even though there are no set rules, the introduction of solid foods generally starts with iron enriched infant cereals that can be mixed with cooled boiled water, breast milk or infant formula. Then a few weeks later you can introduce cooked, pureed fruit and vegetables that are easily mashed. Meats, poultry and fish are added gradually from about six months of age. Do not add salt or spices as your baby's taste buds are sensitive and your baby can not tolerate high levels of sodium. Egg and products containing gluten (wheat) should not be introduced until after eight to nine months.

The Centre will provide the following food items as part of the educational diet:-

- Rice cereal,
- Puree Apple, pears and mashed banana
- Individual vegetables (pureed and diced) Potato, Pumpkin, Beans, Carrot and Zucchini.

NO FOOD is introduced to a child if the parent/guardian has not previously given this food. Parents are to advise staff of their child's dietary needs. This is done via the Background Information Form and through discussion with your child's carer. This information will be documented and signed by you. These individual details of each child's needs will then be passed on to the Food Safety Supervisor for his/her action. The Centre does not provide formula for young children. Centre staff will not make up a child's formula at the Centre. Parents will need to provide the child's daily intake requirement in separate bottles. Please refer to the Centre's recommended Milk Handling Procedure. Cooled boiled water for children under 12 months is an alternative fluid source.

Afternoon Tea and Late Snack: Sandwiches, water, milk and raw fruit is provided every day (2.30pm-3.15pm and 5.00pm-6.15pm). Sandwiches are: Vegemite, Honey, Cheese and Gherkin Relish. Fruit – Red & Green Apples, Oranges, Pears and Bananas.

SUMMER MENU

(Offered from 1st Monday of October through to the last Friday of March)

WEEK 1-Summer

MONDAY

Main Course:
Beef Spaghetti Bolognese with grated cheese
Vegetarian Alternative: Lentil and Vegetable Bolognese with grated cheese

Sweets: Wheatbix with Natural Fruit Spread (SPC)
Milk and/or water

TUESDAY

Main Course:
Rice Salad with Tuna
Vegetarian Alternative: Rice Salad

Sweets: Seasonal Fruit – Watermelon, Cantaloupe & Honey Dew Melon.
Milk and/or water

WEDNESDAY

Main Course:
Mild Curry Pasta Salad and Lentil and Tomato Loaf
(Tomato Sauce is optional for individual children)

Sweets: Banana and Date Health Slice
Milk and/or water

THURSDAY

Main Course:
Salmon Macaroni
Vegetarian Alternative: Macaroni & Cheese Sauce

Sweets: Frozen Yoghurt
Milk and/or water

FRIDAY

Main Course:
Lentil Carrot Meatloaf with Salad - Cheese, Celery, Sultanas, Lebanese Cucumber,
Carrot, Dried Apricots and Orange slices.
(Tomato Sauce is optional for individual children)
Vegetarian Alternative: Salad (as listed above) with 'four bean mix'

Sweets: Apple Muffins
Milk and/or water

WEEK 2-Summer

MONDAY

Main Course:
Beef Spaghetti Bolognese with grated cheese
Vegetarian Alternative: Lentil and Vegetable Bolognese with grated cheese

Sweets: Seasonal Fruit – Watermelon, Cantaloupe & Honey Dew Melon.
Milk and/or water

TUESDAY

Main Course:
Tuna & Vegetable Medley Crumble
Vegetarian Alternative: Vegetable Medley

Sweets: Apple Cake
Milk and/or water

WEDNESDAY

Main Course:
Lentil Carrot Meat Loaf with Couscous
(Tomato Sauce is optional for individual children)
Vegetarian Alternative: Couscous and 'four bean mix'.

Sweets: Yogurt Whip
Milk and/or water

THURSDAY

Main Course:
Lentil and Vegetable Risotto

Sweets: Seasonal Fruit – Watermelon, Cantaloupe & Honey Dew Melon.
Milk and/or water

FRIDAY

Main Course:
Salmon Loaf with Salad - Cheese, Celery, Sultanas, Lebanese Cucumber, Carrot,
Dried Apricots and Orange slices.
(Tomato Sauce is optional for individual children)
Vegetarian Alternative: Salad (as listed above) with 'four bean mix'

Sweets: Banana Bran Muffins
Milk and/or water

WEEK 3-Summer

MONDAY

Main Course:
Lentil Bolognaise Sauce & Pasta with grated cheese

Sweets: Seasonal Fruit – Watermelon, Cantaloupe & Honey Dew Melon.
Milk and/or water

TUESDAY

Main Course:
Corn, Meat Loaf with Salad - Cheese, Celery, Sultanas, Lebanese Cucumber, Carrot,
Dried Apricots and Orange
(Tomato Sauce is optional for individual children)
Vegetarian Alternative: Salad (as listed above) with ‘four bean mix’

Sweets: Whole Meal and Fruit Slice.
Milk and/or water

WEDNESDAY :

Main Course:
Vegetable Cheese Crumble

Sweets: Apple Muffins
Milk and/or water

THURSDAY

Main Course:
Meat Loaf & Bean Salad
(Tomato Sauce is optional for individual children)
Vegetarian Alternative: Bean Salad

Sweets: Frozen Fruit Yoghurt
Milk and/or water

FRIDAY

Main Course:
Salmon Risotto
Vegetarian Alternative: Vegetable Risotto

Sweets: Wheatbix and Natural Spread (SPC)
Milk and/or water

RECIPES

WEEK 1 – WINTER:

SPAGHETTI BOLOGNAISE

4 kg minces steak
3 onions
6 large tins diced tomatoes
4 tins tomato puree & tomato soup

Crushed garlic
Dash of oregano
7 packets of pasta

Brown meat, onion, add garlic, tomato puree, diced tomatoes, tomato soup and oregano. Simmer 1 hour. Serve with pasta and grated cheese.

Vegetarian Alternative: Vegetarian Spaghetti Bolognese made with tin tomatoes and tomato puree and fresh diced vegetables- celery, onions, capsicum, carrot and zucchini.

RAW FRUIT

Red & Green Apples
Oranges & Pears
Bananas

BEEF NASI GORENG

3 kg brown rice
2 kg beef mince
2 pkts diced carrot, peas & capsicum
2 pkts corn

Cook rice, add vegetables. Cook meat in a separate saucepan. Before adding meat to the rest of the ingredients put aside quantities for vegetarian meals. Mix well.

(Tomato Sauce is optional for individual children)

BREAD AND BUTTER PUDDING

2 dozen eggs
4 lts milk
1 tablespoon Nutmeg
2 cups of Sultanas

1 cup sugar
2 tablespoon Vanilla essence
2 Loaves of white bread, butter and natural fruit spread (SPC)

Mix together eggs, milk, sultana's sugar and vanilla essence; add bread (cut into triangles) and butter and natural fruit spread (SPC). Sprinkle with nutmeg.

WARM TUNA MILD CURRY PASTA

5 pkts Short pasta
5 red capsicum finely chopped
6 sticks celery finely chopped
6 tins tuna

6 grated carrot
1 x 1kg frozen corn cook & cooled
1 x 1kg frozen peas cooked & cooled

Curry Dressing

2 tablespoons of curry powder
1 Kg natural yoghurt
½ lt oil

1 cup of caster sugar

Place curry powder and sugar into a small bowl; gradually whisk in oil and yogurt.

Bring large saucepan of water to boil; gradually add pasta. Boil rapidly, uncovered, about 10 minutes or until pasta is tender; drain well. Place in large bowl with capsicum, celery, carrot, corn and peas.

Add curry dressing; toss to combine. Before adding drained tuna to rest of the ingredients, put aside quantities for vegetarian meals and serve curry pasta salad with 4 bean mix for vegetarians.

Vegetarian Alternative: Warm Curry Pasta & 4 Bean Mix - Drain and rinse 'four bean mix'

APPLE CRUMBLE

40 stewed apples
6 cups brown sugar
500gm's melted margarine

6 cups coconut
4 cups whole meal flour (SR)

Mix dry ingredients together, add melted margarine. Put apples into 6 serving trays and top with crumble mixture. Bake at 180° until brown.

TOMATO, VEGETABLE AND LENTIL SOUP WITH CHEESE

10 tins of tomato soup
3 pkts of green lentils
500g of frozen peas
500g of frozen carrots
500g of frozen corn
2.5 cups of corn flour, to thicken

Lentils soaked in water over night. Mix together in large saucepan and heat for 30 minutes. Serve with grated cheese on the side.

BANANA DATE HEALTH SLICE

500gms margarine
2 cups brown sugar
6 eggs
2 tbs lemon juice
4 cups mashed banana

2 cups rolled oats
6 cups wholemeal SR flour
2 cups chopped dates
4 tsp baking powder
1kg natural yogurt

Cream butter and sugar. Beat egg and blend with creamy mixture. Add mashed bananas, lemon juice and yogurt. Sift flour and baking powder. Add oats and chopped dates. Stir until combined. Cook in loaf tins at 180° for 1 hour and 15 minutes. Cut into slices

MACARONI CHEESE BAKE

7 pkts macaroni
6 lts milk
2 tbs garlic
½ block grated cheese

3 onions
2 pkts mixed frozen vegetables (peas, corn carrots)
2 cups plain flour

Cook macaroni. Melt margarine in a saucepan with onions and garlic. Add flour and blend until smooth. Add milk and cheese. Stir until thickened. Add mixed frozen vegetables, simmer for approximately 30 minutes. Add to macaroni, stir well, place into baking trays and keep hot in the oven.

OATMEAL BISCUITS

4½ large cups rolled oats
4½ cups raw sugar
4½ cups wholemeal SR flour

4½ cups coconut
½ cup honey
3½ cups margarine

Mix dry ingredients together. Melt margarine, add honey. Stir into dry ingredients. Place small spoonfuls on a tray. Bake until brown.

WEEK 2 – WINTER:

TUNA SAUCE WITH PASTA SHELLS

7 pkts shell pasta
6 tins tuna & juice
6 lts milk
2 cups grated cheese

½ cup butter
corn flour to thicken
2 pkts mixed frozen vegetables

Cook mixed vegetables in one saucepan, pasta in another. Place milk, butter and tuna in a saucepan. Bring to boil and add cheese. Thicken with corn flour. Add vegetables and pasta.

Vegetarian Alternative: Vegetable cheese sauce with pasta, before adding tuna to other ingredients, put aside quantities for vegetarian meals.

RAW FRUIT

Red & Green Apples
Oranges & Pears
Bananas

MINISTRONE SOUP

1.5 cups Basmati Rice
3 onions chopped
½ cabbage
4 sticks celery
1 tablespoon oil
4 small tub tomato paste + 5 tins of tomato soup

1.5 pkt small pasta
2 large cans 3 bean mix
4 carrots chopped
8 lts water
grated cheese

Put all ingredients except cheese in a saucepan. Simmer for 20 minutes. Serve with grated cheese.

BANANA BRAN MUFFINS

3¾ cups flour
3¾ cups brown sugar
3½ tbs baking powder
2½ cups sultana's
5 eggs
2 tbs vanilla

3¾ cups wholemeal flour
2½ cups wheat bran
3½ tbs cinnamon
250gms butter
7½ cups mashed banana
4 cups of milk, as required

In a large bowl mix all dry ingredients. Add sultanas, mix thoroughly. Melt the butter. Stir in egg and mix well with a fork. Add mashed banana and vanilla and mix well. Stir liquid into dry ingredients and fold everything together. You may need to add a little milk. Bake at 200° for 10 – 15 minutes.

LENTIL PRUNE MEAT LOAF MASHED POTATO, PUMPKIN, PEAS AND CORN

4 kgs mince meat
4 cups bread crumbs
6 eggs
6 cups pitted prunes

3 onions
1 pkt green lentils - soaked
1 clove garlic
Oregano

Combine all ingredients. Place in baking dishes. Bake for 45 minutes at 180°

Fresh potato and pumpkin are used.

Potato is mashed with margarine & milk.

The peas and corn are frozen.

(Tomato Sauce is optional for individual children)

Vegetarian Alternative: Vegetables as listed above.

BREAD AND BUTTER PUDDING

2 dozen eggs
4 lts milk
1 tablespoon Nutmeg
2 cups of Sultanas

1 cup sugar
2 tablespoons vanilla essence
15 slices bread, butter and natural fruit spread (SPC)

Mix together eggs, milk, sultana's sugar and vanilla essence; add bread and butter and natural fruit spread (SPC). Sprinkle with nutmeg.

TUNA & VEGETABLE MEDLEY CRUMBLE

2x 3kg tins of Bake beans
1 kg frozen corn
6 tins tuna, drained

1kg frozen peas
1kg frozen carrot

Crumble

9 cups bread crumbs
2 tbs garlic

2 cups melted margarine
2 cups grated cheese

Cook frozen vegetables for 15 minutes. Heat baked beans. Mix cooked vegetables and bake beans together. Spoon mixture into 1 tray for vegetarians. Add tuna to rest of the bean and vegetable mix and divide between remaining 5 trays. Sprinkle crumble topping over all trays. Bake in 180° oven for 15 minutes – till top is brown.

Vegetarian Alternative: Above listed vegetable medley crumble.

WHEATBIX WITH NATURAL FRUIT SPREAD

Wheatbix will be Sanitarium brand.

A variety for natural fruit spreads will be provided.

CHILLI CON CARNE WITH RICE

5 kg minced meat

8 cans tomatoes + 4 cans of tomato puree

6 onions chopped

1 cup flour

½ cup of oil

8 large cans kidney beans & liquid

4 pkts brown rice

Brown beef and onion in oil add tomatoes and simmer till beef is tender, about 20 minutes. Make a paste from flour and water, add to beef mixture stirring constantly. Add beans and liquid. Cook until flavours mix. Add more water if needed. Serve with brown rice.

Vegetarian Alternative: Brown boiled rice with kidney beans and grated cheese on top.

CUSTARD

6-7 lts milk

1 tablespoon Vanilla essence

3 cups of Custard powder

1½ cups of sugar

Bring milk to boil, add custard powder & sugar. Set in bowl. Serve cold.

WEEK 3 – WINTER:

VEGETARIAN SPAGHETTI BOLOGNAISE & GRATED CHEESE

7 pkts spaghetti

4 onions diced

250g low – salt tomato paste

1 capsicum diced

6 sticks of celery

6x810g cans low salt tomatoes chopped

6 cans tomato soup

15 zucchinis diced

6 teaspoons oregano

12 medium carrots diced

1kg grated cheese

Sauté sliced onion in 1 tablespoon of margarine until soft.

Add tomato paste, chopped tomato and juice, diced vegetables, and mixed herbs.

Cover and simmer for about 20-30 minutes, stirring occasionally to avoid sticking to the pan.

Bring large saucepan of water to the boil. Add spaghetti and simmer till tender. Drain.

Serve pasta with sauce mixture on top and grated cheese.

RAW FRUIT

Red & Green Apples

Oranges & Pears

Bananas

CHOW MEIN WITH RICE

4 kg minced steak

8 grated carrots

6 finely chopped onions

2 kg frozen beans

1 large cabbage

4 cups water

6 pkts chicken noodle soup

soy sauce

1 bunch celery

2 kg brown rice

Fry minced steak and onions and add soup, water and celery. Cook 10 minutes. Add beans and carrots. Cook 10 minutes, add cabbage and soy sauce. Serve with rice.

Vegetarian Alternative: Vegetarian Bolognese sauce – celery, zucchinis, carrots, onions, red capsicum and tomatoes with boiled brown rice. Serve with grated cheese.

APPLE CAKE

2 apples

2 cups oats

1 cup vegetable oil

2 cups sultanas

8 cups wholemeal SR flour

1 cup honey

8 cups of water

Mix all ingredients together. Place in greased tray. Bake at 180° for 45 minutes.

BEAN PATTIES WITH NAPOLI SAUCE & RICE

6 Carrots
1 Bunch of spring onions chopped or 3 onions
10 tins cannelloni beans
4 cups wholemeal flour
8-10 eggs beaten

Sauce

2 large tins crushed tomatoes
5 tins tomato soup
water

1½ cups of chopped fresh sweet basil or 1 tablespoon dried sweet basil.

4 kgs of brown rice – boiled

Drain cannelloni beans. Mix all ingredients together. Form into small balls. Place into baking trays. Cook for ¾ hour at 180°

Sauce

In a large bowl, mix crushed tomatoes, tomato soup and water. Pour over bean patties. Heat in oven for ½ hour. Serve with boiled brown rice.

MUESLI COOKIES

8 cups natural muesli
2 cups wheat germ
1 teaspoon cinnamon

2 cups dried milk powder
750g honey
8 eggs, beaten

Mix together the muesli, milk powder, wheat germ, honey and cinnamon. Add melted margarine and well beaten eggs. Mix thoroughly, and drop teaspoonful of the mixture on to a lightly greased biscuit tray. Bake at 180° for 12 to 15 minutes.

LENTIL, GREEN PEA MEAT LOAF AND COUSCOUS

Meat loaf

4 kgs mince meat
4 cups bread crumbs
6 eggs
1kg green peas

3 onions
1 pkt green lentils - soaked
1 clove garlic
Oregano

Combine all ingredients. Place in baking dishes. Bake for 45 minutes at 180°

Couscous

6 packets 500g /2.75 cups couscous.
6 Celery stalks diced.
1 cup of Margarine
6 cups Sultanas

3 pkts Diced dried apricots
6 Grated carrots
As required boiling water.

Place couscous in serving dishes add boiling water, cover and leave to stand for 6 minutes. Stir in margarine. Stir diced vegetable, sultanas and apricots, into the mixture. Just before serving stir dobs of margarine through the mixture.

(Tomato Sauce is optional for individual children)

Vegetarian Alternative: Couscous as listed above with 'four bean mix'.

WHEATBIX WITH NATURAL FRUIT SPREAD

Wheatbix will be Sanitarium brand.

A variety for natural fruit spreads (SPC) will be provided

TUNA FISH MORNAY & BROWN RICE

500g margarine
7 cans tuna
5 lts milk
6 onions

4 cups plain flour
½ block cheese
1½ cups celery
4 kg rice

Melt margarine in a saucepan. Add flour and blend until smooth. Add fish liquid, cheese and milk. Stir until thickened. Add fish and celery, simmer for approximately 30 minutes. Serve with brown rice.

Vegetarian Alternative: Warm brown rice with peas and grated cheese.

APPLE CRUMBLE

40 stewed apples
6 cups brown sugar
500gm's melted margarine

6 cups coconut
4 cups whole meal flour (SR)

Mix dry ingredients together, add melted margarine. Put apples into 6 serving trays and top with crumble mixture. Bake at 180° until brown.

WEEK 1 – SUMMER

BEEF SPAGHETTI BOLOGNAISE

4 kg minces steak
3 onions
6 large tins diced tomatoes
4 tins tomato puree & tomato soup

Crushed garlic
Dash of oregano
7 packets of pasta

Brown meat, onion, add garlic, tomato puree, diced tomatoes, tomato soup and oregano. Simmer 1 hour. Serve with pasta and grated cheese.

Vegetarian Alternative: Lentil Bolognese refer to recipe Summer menu Monday Week 3.

WHEATBIX WITH NATURAL FRUIT SPREAD

Wheatbix will be Sanitarium brand.

A variety for natural fruit spreads will be provided.

RICE SALAD AND TUNA

3 kg of brown rice
3 onions chopped finely
2 red capsicums chopped finely
2 cans of tuna
2 lts of French dressing

3 x 450g cans corn
3 cups sultanas
500g frozen peas
2 x 450g pineapple drained

French dressing:

Add French dressing to rice salad and mix well to combine.

2 cups of wine vinegar
6 cups of oil.

4 tsp of dry mustard

Whisk together vinegar and mustard, gradually add oil, whisk until thick.

Add rice to large sauce of boiling water. Boil rapidly uncovered, about 12 minutes or until tender; drain. Rinse under cold running water; drain well. Place remaining ingredients in large bowl and mix well.

Vegetarian Alternative: Rice Salad.

RAW FRUIT (Seasonal)

Watermelon, Cantaloupe & Honey Dew Melon

MILD CURRY PASTA SALAD AND LENTIL & TOMATO MEAT LOAF

Lentil & Tomato Meatloaf

2½ kg's brown lentils soaked overnight
6 onions, sliced
½ cup of oil
8 large tinned tomatoes, cut
9 eggs beaten.

2 cloves of garlic crushed
4 granny smith apples, peeled & sliced
2½ cups of whole meal flour
2½ teaspoons dried sage

Cook lentils in boiling water, until soft. Drain lentils and put through a blender. Fry onions in oil till softened, remove from pan. Add the tomatoes, garlic and apple, fry gently until soft. Add the lentils, onions, whole meal flour and sage to the pan and mix thoroughly. Press into lightly greased loaf tins, cover with foil and bake at 180° for 1 hour. Serve cold with mild curry pasta salad.

Pasta Salad

5 pkts Short pasta
5 red capsicum finely chopped
6 sticks celery finely chopped

6 grated carrot
1 x 1kg frozen corn cook & cooled
1 x 1kg frozen peas cooked & cooled

Curry Dressing

2 tablespoons of curry powder
1 Kg natural yoghurt
½ lt oil

1 cup of caster sugar

(Tomato Sauce is optional for individual children)

Place curry powder and sugar into a small bowl; gradually whisk in oil and yogurt

Bring large saucepan of water to boil; gradually add pasta. Boil rapidly, uncovered, about 10 minutes or until pasta is tender; drain well. Place in large bowl with capsicum, celery, carrot, corn and peas.

Add curry dressing; toss to combine.

Vegetarian Alternative: Above mentioned mild curry pasta.

BANANA DATE HEALTH SLICE

500gms margarine
2 cups brown sugar
6 eggs
2 tbs lemon juice
4 cups mashed banana

2 cups rolled oats
6 cups wholemeal SR flour
2 cups chopped dates
4 tsp baking powder
1kg yogurt

Cream butter and sugar. Beat egg and blend with creamy mixture. Add mashed bananas, lemon juice and yogurt. Stir in yogurt. Sift flour and baking powder. Add oats and chopped dates. Stir until combined. Cook in loaf tins at 180° for 1 hour and 15 minutes. Cut into slices

SALMON MACARONI

550 gm's margarine
4.5L milk
9 cups of breadcrumbs
2 cups grated cheese
1 bunch of spring onions chopped

3 cups whole meal flour
3 kg's macaroni pasta, uncooked
2 cups melted margarine
3 tins salmon

Preheat oven to 180°C. Divide the ingredients between the 2 pots – Melt the margarine in 2 two pots, add flour and cook for 1 minute, stirring until golden and bubbling. Add milk to the pots a little at a time, stirring until smooth between each addition. Remove from the heat and add half the cheese. Stir until melted and smooth. Cook macaroni in a large pot of boiling water until just tender. Drain well and return to pot. Add the salmon and half the spring onions to one pot of mixture and the remaining spring onions to the 2nd pot – for the vegetarian macaroni cheese. Spoon into deep casserole dishes, sprinkle with mixture of melted margarine, bread crumbs and remainder of cheese. Bake in oven for 15-20 minutes or until golden. Serve cold

Vegetarian Alternative: Above listed macaroni cheese

FROZEN FRUIT YOGHURT

Bulla natural frozen yoghurt – berries or apricot. X4

LENTIL, CARROT MEAT LOAF WITH SALAD

Meat loaf

4 kgs mince meat
4 cups bread crumbs
6 eggs
1 kg carrots

3 onions
1 pkt green lentils - soaked
1 clove garlic
Oregano

Combine all ingredients. Place in baking dishes. Bake for 45 minutes at 180°

Salad

Carrots – as per established guidelines (Refer to Nutrition Policy)

Celery

Cheese – sliced

Dried Apricots

Sultanas

Lebanese cucumber sticks

Slices of Orange

(Tomato Sauce is optional for individual children)

Vegetarian Alternative: Above mentioned salad with 'four bean mix'

APPLE MUFFINS

3 cups wholemeal SR flour
3 cups brown sugar
2 tablespoons cinnamon
5 eggs
4 cups of milk

4 cups (fine) rolled oats
2 tablespoons mixed spice
300g margarine
4 cups raw chopped apple

Measure dry ingredients into large bowl. Mix well. Melt butter; add egg and 3¾ cups milk. Beat with fork, add apple and liquids. Mix well. Add extra milk if necessary. Bake at 200° for 12-15 minutes.

WEEK 2 – SUMMER

BEEF SPAGHETTI BOLOGNAISE

4 kg minces steak
3 onions
6 large tins diced tomatoes
4 tins tomato puree & tomato soup

Crushed garlic
Dash of oregano
7 packets of pasta

Brown meat, onion, add garlic, tomato puree, diced tomatoes, tomato soup and oregano. Simmer 1 hour. Serve with pasta and grated cheese.

Vegetarian Alternative: Lentil Bolognese Sauce made with tin tomatoes, tomato puree, lentils and fresh diced vegetables- potato, pumpkin, carrot and zucchini.

RAW FRUIT (Seasonal)

Watermelon, Cantaloupe & Honey Dew Melon

TUNA & VEGETABLE MEDLEY CRUMBLE

2x 3kg tins of Bake beans
1 kg frozen corn
6 tins tuna, drained

1kg frozen peas
1kg frozen carrot

Crumble

9 cups bread crumbs
2 tbs garlic

2 cups melted margarine
2 cups grated cheese

Cook frozen vegetables for 15 minutes. Heat baked beans. Mix cooked vegetables and bake beans together. Spoon mixture into 1 tray for vegetarians. Add tuna to rest of the bean and vegetable mix and divide between remaining 5 trays. Sprinkle crumble topping over all trays. Bake in 180° oven for 15 minutes – till top is brown.

Vegetarian Alternative: Above listed vegetable medley crumble.

APPLE CAKE

2 apples
1 cup vegetable oil
8 cups wholemeal SR flour
8 cups of water

2 cups oats
2 cups sultanas
1 cup honey

Mix all ingredients together. Place in greased tray. Bake at 180° for 45 minutes

LENTIL, CARROT MEAT LOAF WITH COUSCOUS

Meat loaf

4 kgs mince meat
4 cups bread crumbs
6 eggs
1 kg carrots

3 onions
1 pkt green lentils - soaked
1 clove garlic
Oregano

Combine all ingredients. Place in baking dishes. Bake for 45 minutes at 180°

Couscous

6 packets 500g /2.75 cups couscous.
6 Celery stalks diced.
1 cup of Margarine
6 cups Sultanas

3 pkts Diced dried apricots
6 Grated carrots
As required boiling water.

Place couscous in serving dishes add boiling water, cover and leave to stand for 6 minutes. Stir in margarine. Stir diced vegetable, sultanas and apricots, into the mixture. Just before serving stir dobs of margarine through the mixture.

(Tomato Sauce is optional for individual children)

Vegetarian Alternative: Above mentioned couscous and ‘four bean mix’

YOGHURT WHIP

12 Jellies
Dissolve each jelly in 2 cups of hot water. Allow to cool. When cool add yoghurt and mix well (use electric beater) until smooth.

1 lt container of plain yoghurt

LENTIL AND VEGETABLE RISOTTO

6 kg's brown lentils
3 kg rice
9 onions, diced
1½ cup of oil

1kg frozen corn
1kg frozen peas
1kg frozen carrots

In large pot, heat oil, add chopped onions and cook till onions are golden crispy brown. Add water to onions filling pot ½ full, bring to the boil, add lentils and cook till lentils are tender. Add rice and cook until rice is soft. Turn heat off and let stand for 5 minutes. Serve.

RAW FRUIT (Seasonal)

Watermelon, Cantaloupe & Honey Dew Melon

SALMON LOAF WITH SALAD

6 cans of salmon
6 cups soft breadcrumbs
3 tbs parsley
4½ cups milk powder.

12 eggs
3 finely chopped onions
6 tbs lemon juice & finely grated peel

Drain salmon (reserve juice). Add enough water to juice to make cups of milk powder to recommended level. Combine flaked salmon, beaten eggs, combined milk powder, onions, bread crumbs, parsley and lemon juice. Place in greased baking dishes. Bake until brown and set – 50 to 60 minutes. Serve cold.

Salad

Carrots – as per established guidelines (Refer to Nutrition Policy)

Celery
Dried Apricots
Lebanese cucumber sticks
(Tomato Sauce is optional for individual children)

Cheese – sliced
Sultanas
Slices of Orange

Vegetarian Alternative: Above mentioned salad with ‘four bean mix’

BANANA BRAN MUFFINS

3¾ cups flour
3¾ cups brown sugar
3½ tbs baking powder
2½ cups sultana's
5 eggs
2 tbs vanilla

3¾ cups wholemeal flour
2½ cups wheat bran
3½ tbs cinnamon
250gms butter
7½ cups mashed banana
4 cups of milk, as required

In a large bowl mix all dry ingredients. Add sultanas, mix thoroughly. Melt the butter. Stir in egg and mix well with a fork. Add mashed banana and vanilla and mix well. Stir liquid into dry ingredients and fold everything together. You may need to add a little milk. Bake at 200° for 10 – 15 minutes.

WEEK 3 – SUMMER

LENTIL BOLOGNAISE SAUCE AND PASTA

10 cups red lentils (raw)
8 zucchini grated
2 gloves of garlic minced
1 tbs each oregano & basil
4 tins of diced tomato
Olive oil

3 grated carrots
3 onions chopped
2 cups of mushrooms sliced
7 tins of tomato puree
½ to 1 cup of low salt tomato paste

Fry onion and garlic until soft. Add other vegetables and fry for 5 minutes. Add lentils and quickly toss over heat.

Add tomato paste, tomatoes, puree and herbs and simmer for 20 minutes until lentils are cooked and the sauce is at the desired consistency. Cook pasta in boiling water as instructions on the packet.

Serve with grated cheese.

RAW FRUIT (Seasonal)

Watermelon, Cantaloupe & Honey Dew Melon

CORN MEAT LOAF WITH SALAD

Meat loaf

4 kgs mince meat	3 onions
4 cups bread crumbs	6 eggs
1 clove garlic	1 kg corn

Boil the corn for 5 minutes. Combine all ingredients. Place in baking dishes. Bake for 45 minutes at 180°

Salad

Carrots – as per established guidelines (Refer to Nutrition Policy)

Celery	Cheese – sliced
Dried Apricots	Sultanas
Lebanese cucumber sticks	Slices of Orange

(Tomato Sauce is optional for individual children)

Vegetarian Alternative: Above listed salad with ‘four bean mix’

WHOLEMEAL AND FRUIT SLICE

2 cups raw sugar	6 cups coconut
8 cups milk	8 cups whole meal SR flour
2 cups sultans	2 cups chopped apricots

Mix all ingredients together. Place in greased lined tray. Bake in oven at 180° for 45 minutes. Cut into fingers.

VEGETABLE CHEESE CRUMBLE

240g margarine	4 onions
½ bunch of celery	4-5 carrots finely diced
8 zucchinis finely diced	3 lts of milk
3 cups of grated cheese	3 cups plain flour

7 pkts of uncooked macaroni cooked in boiling water until tender.

Melt margarine in saucepan. Sauté onions, add flour and milk, stir until thick then add other vegies celery, carrots, zucchini until tender. Gently stir in the flour, gradually add milk and bring to the boil while stirring.

Add cheese, and Marconi. Pour into large baking dish. Sprinkle with topping and bake at 180° for 20 minutes, or until golden brown. Serve cold

Topping

240g of margarine	2 teaspoons of garlic
48 slices of bread crumbs	2 cups of grated cheese.

Melt margarine with garlic, add bread crumbs. Add cheese and stir. Sprinkle over the top.

APPLE MUFFINS

3 cups whole meal SR flour	4 cups (fine) rolled oats
3 cups brown sugar	2 tablespoons mixed spice
2 tablespoons cinnamon	300g margarine
5 eggs	4 cups raw chopped apple
4 cups of milk	

Measure dry ingredients into large bowl. Mix well. Melt butter; add egg and 3¾ cups milk. Beat with fork, add apple and liquids. Mix well. Add extra milk if necessary. Bake at 200° for 12-15 minutes.

MEAT LOAF AND BEAN SALAD

Meat loaf

4 kgs mince meat	3 onions
4 cups bread crumbs	6 eggs
1 clove garlic	Oregano

Combine all ingredients. Place in baking dishes. Bake for 45 minutes at 180°

Bean Salad

4 x 1kg cans red kidney beans	6 Lebanese cucumbers
6 x 310g cans butter beans (cannelloni)	2 cups of French dressing
4 x 1kg cans 4 bean mix	¾ cup finely chopped parsley
6 celery sticks chopped finely	¾ cup of lemon juice
4 white onions sliced thinly	¾ cup of vegetable oil.
2 red capsicums	

Place beans in strainer. Rinse well under cold running water; drain well. Combine beans, celery, onion, capsicum and cucumber in bowl. Pour over combined remaining ingredients; mix lightly until well combined.

(Tomato Sauce is optional for individual children)

Vegetarian Alternative: Above listed bean salad

FROZEN FRUIT YOGHURT

Bulla natural frozen yoghurt – berries or apricot. X4

SALMON RISOTTO

4 x 425gm tins of salmon
9 onions
9 cups of Arborio rice
3 x 1 kg packets of frozen vegetables (peas, carrots, corn and beans)
6 pkt's of continental spring vegetable soup
18 lts water
3 x tinned tomatoes
3 tbs dried basil
1½ cups of fresh parsley

Spray 3 large pots with oil and heat. Divide the ingredients between the 3 pots – Add the onions and cook, stirring, over medium heat for 4 minutes. Add rice and stir for 2 minutes. Add the stock and chopped tomatoes and stir until well combined. Bring to the boil, reduce heat to low and simmer for 15 minutes. Add frozen vegetables and cook a further 5- 10 minutes or until vegetables are tender. Stir frequently until the rice is tender and the liquid is almost absorbed. Add tins of salmon to 2 saucepans – leaving one for vegetarian dishes. Remove from the heat and stand for 5 minutes.

Vegetarian Alternative: Above listed vegetable risotto

WHEATBIX WITH NATURAL FRUIT SPREAD

Wheatbix will be Sanitarium brand.
A variety for natural fruit spreads will be provided.

Afternoon Tea and Late Snack: Sandwiches, water, milk and raw fruit is provided every day (2.30pm-3.15pm and 5.00pm-6.15pm). Sandwiches are: Vegemite, Honey, Cheese and Gherkin Relish. Fruit - Oranges, Apples, Bananas, Pears

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