the
YUMMY
TUMMY
BOOK
ACKNOWLEDGEMENTS

This resource was developed by the Western NSW Local Health District Health Promotion Team, May 2018. The Western NSW Local Health District Health Promotion Team would like to acknowledge:

• Chloe Fox, Accredited Practising Dietitian, for recipe testing the newly designed recipes,
• Health professionals and individuals that were consulted during the development of this book.

Reproduced or modified material has been used with permission throughout the document. Sources have been referenced including:

• NSW Ministry of Health, Caring for Children – Birth to 5 years (Food, Nutrition and Learning Experiences), 2014.
• Illawarra Shoalhaven Local Health District, Healthy Food for babies & toddlers, 2013.
• Vegemite – www.vegemite.com.au/#recipes
• Kidspot – www.kidspot.com.au

We live and work on Aboriginal land and acknowledge the traditional owners of the land covering Western NSW Local Health District.

KEY

tbs = tablespoon tsp = teaspoon
g = grams kg = kilogram
ml = millilitres L = litre

COMMON MEASUREMENTS

1kg = 1000g 1 cup = 250ml
1 tablespoon = 20ml 1 teaspoon = 5ml
½ teaspoon = 2.5ml ¼ teaspoon = 1.25ml
Eating behaviours start being established during the early years. With increasing numbers of young children aged 0-5 years being cared for in an early childhood education and care (ECEC) setting, the sector plays a significant role in encouraging children to make healthy choices. As part of the Munch & Move program, The Yummy Tummy Book was produced as a tool to assist ECEC services provide healthy meal and snack options to children in their care. With consideration to cost, food access and available time, each menu meets the nutritional requirements of children whilst in childcare. Menus and recipes presented in The Yummy Tummy Book are in line with the Australian Dietary Guidelines (2013), Caring for Children – Birth to 5 years (2014) and Get Up & Grow: Healthy eating and physical activity for early childhood (2009). To assist ECEC services in designing a healthy menu, The Yummy Tummy Book presents:

- four weeks of summer meal plans,
- four weeks of winter meal plans,
- childcare and family size recipes.

The menus include morning tea, lunch and afternoon tea as well as some late snack options for those services that provide extended hours of care. With an emphasis on fruit and vegetables in the recipes, the resource will make it easier for services to provide a healthy menu which meets the nutritional requirements for children whilst in childcare.

Munch & Move has strong links to the National Quality Standard and Early Years Learning Framework. The Yummy Tummy Book supports cooks and early childhood educators to implement three of the six Munch & Move key messages, including:

- Eat more fruit and vegetables,
- Choose healthier snacks,
- Choose water as a drink.

Many kitchen staff and early childhood educators conduct healthy eating learning experiences with the children. To further facilitate the link between the service and the home, The Yummy Tummy Book includes some recipes for family size meals, to allow the recipe used at the service to be provided to the children and families to use at home.

Eat for good health through The Yummy Tummy Book!
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Summer and Winter Weekly Meal Plans
HEALTHY EATING ENVIRONMENT

A key role of ECEC services is to provide a supportive environment for children through positive role modelling and providing nutritious food appropriate to their age and cultural needs. To ensure that children in care are receiving appropriate amounts and types of foods ECEC services are encouraged to offer a menu compliant with the Caring for Children - Birth to 5 years resource based on the Australian Dietary Guidelines.

The Summer and Winter Weekly Meal Plans were designed to support cooks to provide children their recommended daily serves of everyday foods while in care. The weekly meal plans meet the requirements of the Caring for Children - Birth to 5 years Two Week Menu Cycle Planning Tool, which is largely based on the 4-8 year olds recommended dietary intake. When planning your service menu, the context of your environment, needs of the families attending the service and children’s likes should be considered. When preparing meals in your service, ensure that the ingredient quantities reflect the number of children served, see Appendix 1 for a quantity ingredient guide.

Children should be offered at least 50% of the following serves per food group each day:

<table>
<thead>
<tr>
<th></th>
<th>Vegetables and legumes/beans</th>
<th>Fruit</th>
<th>Grain/cereal foods</th>
<th>Lean meats and poultry, fish, eggs, tofu, legumes/beans</th>
<th>Milk, yoghurt, cheese and alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys 2-3 Years</td>
<td>2 ½</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>1 ½</td>
</tr>
<tr>
<td>Girls 2-3 Years</td>
<td>2 ½</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>1 ½</td>
</tr>
<tr>
<td>Boys 4-8 Years</td>
<td>4 ½</td>
<td>1 ½</td>
<td>4</td>
<td>1 ½</td>
<td>2</td>
</tr>
<tr>
<td>Girls 4-8 Years</td>
<td>4 ½</td>
<td>1 ½</td>
<td>4</td>
<td>1 ½</td>
<td>1 ½</td>
</tr>
</tbody>
</table>

Table 1: The Australian Dietary Guidelines recommended daily serves for 2-8 year olds

Munch & Move encourages ECEC services to provide opportunities for children to try a variety of new foods with different colours and textures. The Munch & Move Resource Manual and the Australian Guide to Healthy Eating and Aboriginal and Torres Strait Islander Guide to Healthy Eating are good sources of information.

HELPFUL TIPS

The Summer and Winter Weekly Meal Plans in The Yummy Tummy Book meet the recommendations outlined in Caring for Children – Birth to 5 years. They are based on providing at least 50% of the recommended daily intake of all five food groups across an eight hour day of childcare - where one main meal and two midmeals are provided. If a child is in care for more than eight hours, extra food and drink should be offered by the service. The provided Weekly Meal Plans are examples that meet the Caring for Children – Birth to 5 Years recommendations. They can be adjusted to suit the context and needs of your service, see Appendix 2 and 3 for modification strategies and considerations. However if adjusted, ensure you use the Caring for Children Two Week Menu Cycle Planning Tool to confirm that any adjusted meal plans continue to meet the recommendations.
## SUMMER MEAL PLAN
### WEEK 1

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MORN. TEA</strong></td>
<td>125ml milk</td>
<td>125ml Vanilla Berry Smoothie</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td>Baked beans on wholemeal toast</td>
<td>Slices of watermelon and rockmelon</td>
<td>Vegetable sticks with vegetable based dip and pita bread</td>
<td>Raisin toast</td>
<td>Mini Pizza Rounds (including onion, tomatoes, capsicum)</td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Chicken Fingers with Sweet Corn Dip and Pita Bread</td>
<td>Tuna and Vegetable Fritters 1 slice wholemeal bread with margarine Corn cob, tomato wedges, cucumber slices</td>
<td>Sausage Rolls Leafy green salad</td>
<td>Lamb Meatballs with Kid’s Ratatouille</td>
<td>Fried Rice with Beef Salad</td>
</tr>
<tr>
<td></td>
<td>Sweet potato, cherry tomatoes and cucumber</td>
<td>Fruit with yoghurt</td>
<td>Frozen fruit yoghurt and fresh fruit</td>
<td>Fruit and vegetable platter</td>
<td>Yoghurt Sundae</td>
</tr>
<tr>
<td></td>
<td>Fruit with yoghurt</td>
<td>Fruit Parfait</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AFT. TEA</strong></td>
<td>Pumpkin Scones</td>
<td>Mini wheats</td>
<td>Wholegrain crispbreads with vegemite and cheese</td>
<td>125ml milk</td>
<td>Fruit and vegetable kebabs (including watermelon, rockmelon, cherry tomato, cucumber)</td>
</tr>
<tr>
<td></td>
<td>Fresh fruit</td>
<td>Vegetable sticks with hommus dip</td>
<td>Fresh fruit</td>
<td>Weetbix Slice</td>
<td></td>
</tr>
</tbody>
</table>

**Items in orange:** Recipe available in *The Yummy Tummy Book*
## SUMMER MEAL PLAN
### WEEK 2

<table>
<thead>
<tr>
<th></th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MORNING TEA</strong></td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td>Wholemeal toast with spreads</td>
<td>Scrambled eggs on wholemeal toast</td>
<td>Iron Rich Muffins</td>
<td>Date Loaf</td>
<td>Fruit and vegetable platter</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Fruit</td>
<td>Fresh fruit</td>
<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td>Beef and Tomato Patties</td>
<td>Sweet Potato and Chickpea Patties</td>
<td>Chicken and Vegetable Ragout Rice</td>
<td>Beef Tacos</td>
<td>Hawaiian Meat Balls</td>
</tr>
<tr>
<td></td>
<td>1 slice wholemeal bread with</td>
<td>1 slice wholemeal bread with margarine</td>
<td>Vegetables</td>
<td>Banana Pudding and custard</td>
<td>Vegetables</td>
</tr>
<tr>
<td></td>
<td>margarine</td>
<td>Salad with tomatoes, capsicum, cucumber</td>
<td></td>
<td></td>
<td>Pita bread triangles</td>
</tr>
<tr>
<td></td>
<td>Leafy green salad</td>
<td></td>
<td></td>
<td></td>
<td>Fruit kebabs</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fresh fruit</td>
<td>Fruit and custard</td>
<td>Fruit Parfait</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>AFTERNOON TEA</strong></td>
<td>125ml Vanilla Berry Smoothie</td>
<td>Fruit and vegetable platter with hommus dip</td>
<td>Wholemeal sandwiches with cheese, tomato, grated carrot</td>
<td>Vegetable sticks with wholemeal crackers and dip</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td>Carrot, Banana and Sultana</td>
<td></td>
<td></td>
<td></td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td>Muffins</td>
<td></td>
<td></td>
<td></td>
<td>Raisin toast</td>
</tr>
</tbody>
</table>

**Items in orange:** Recipe available in *The Yummy Tummy Book*
# Summer Meal Plan

## Week 3

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Morning Tea</strong></td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td>Mini wheats</td>
<td>Yoghurt and fruit</td>
<td>Baked beans on wholemeal toast</td>
<td>Date Loaf</td>
<td>Raisin toast</td>
</tr>
<tr>
<td></td>
<td>Fruit platter</td>
<td></td>
<td></td>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Bolognaise with wholemeal pasta</td>
<td>Honey Soy Lamb Stir Fry with wholemeal noodles and vegetables</td>
<td>Cheese and salad wholemeal wraps with tomato, capsicum and carrot vegetable sticks</td>
<td>Pea and Chicken Frittata with salad</td>
<td>Tomato Glazed Meatloaf with steamed seasonal vegetables and bread</td>
</tr>
<tr>
<td></td>
<td>Fruit Crumble with custard</td>
<td>Apricot and Banana Muffin</td>
<td>Fruit and yoghurt</td>
<td>Fruit and custard</td>
<td>Fruit kebabs</td>
</tr>
<tr>
<td><strong>Afternoon Tea</strong></td>
<td>Vegetable sticks with vegetable based dip</td>
<td>Fruit and vegetable platter with wholemeal crackers</td>
<td>Fresh fruit and custard</td>
<td>Wholemeal sandwiches with tuna, grated cheese, carrot and lettuce</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Vegetable sticks</td>
<td>Wholegrain crispbreads with cheese and tomato</td>
</tr>
</tbody>
</table>

Items in orange: Recipe available in *The Yummy Tummy Book*
## Summer Meal Plan

### Week 4

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Morning Tea</strong></td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td>Vegetable sticks with hommus</td>
<td>Fruit platter</td>
<td>Wholemeal toast with spreads</td>
<td>Fruit and yoghurt</td>
<td>Mini wheats</td>
</tr>
<tr>
<td></td>
<td>Fresh fruit</td>
<td></td>
<td></td>
<td>Fruit</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Toddler Chicken Couscous</td>
<td>Cheesy Beef Rissoles with salad and 1 slice wholemeal bread with margarine</td>
<td>Lasagne with salad</td>
<td>Lamb Burgers with salad</td>
<td>Zucchini Slice Salad with capsicum, tomatoes, cucumber</td>
</tr>
<tr>
<td></td>
<td>Mini Peach Muffins</td>
<td>Apple-Berry Sponge Pudding</td>
<td>Fruit</td>
<td>Fruit salad</td>
<td>Iron Rich Muffins</td>
</tr>
<tr>
<td><strong>Afternoon Tea</strong></td>
<td>Wholegrain crispbreads with cheese and vegemite</td>
<td>125ml milk</td>
<td>Fruit and vegetable platter with dip</td>
<td>Vegetable sticks with vegetable based dip and wholemeal crackers</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td>Fresh fruit</td>
<td>Vegetable sticks with dip and crackers</td>
<td>Fresh fruit</td>
<td>Vegetable sticks with hommus dip</td>
<td></td>
</tr>
</tbody>
</table>

Items in orange: Recipe available in *The Yummy Tummy Book*
# Winter Meal Plan

## Week 1

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Morning Tea</strong></td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td>Muesli Fruit Slice</td>
<td>Mini wheats</td>
<td>Weetbix Slice</td>
<td>Fresh fruit</td>
<td>1 Weetbix with milk</td>
</tr>
<tr>
<td></td>
<td>Fresh fruit</td>
<td>Fresh fruit</td>
<td></td>
<td>Vegetable sticks with vegetable based dip</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td></td>
<td><strong>Lunch</strong></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Chicken and Corn Slice</td>
<td>Beef and Tomato Patties</td>
<td>Vegetarian Delights</td>
<td>Shepherd’s Pie</td>
<td>Beef and Vegetable Soup</td>
</tr>
<tr>
<td></td>
<td>1 slice wholemeal bread with margarine</td>
<td>1 slice wholemeal bread with margarine</td>
<td>1 slice wholemeal bread with margarine</td>
<td>1 slice wholemeal bread with margarine</td>
<td>1 slice wholemeal bread with margarine</td>
</tr>
<tr>
<td></td>
<td>Leafy green salad</td>
<td>Corn cob, peas and carrot</td>
<td>Salad with capsicum, tomatoes, cucumber</td>
<td>Canned peaches with yoghurt</td>
<td>Fruit and yoghurt</td>
</tr>
<tr>
<td></td>
<td>Fruit</td>
<td>Canned fruit with custard</td>
<td></td>
<td>Fresh fruit</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Afternoon Tea</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vegetable sticks with hommus dip</td>
<td>Carrot, Banana and Sultana Muffins</td>
<td>125ml milk</td>
<td>Cheese and Vegemite Scrolls</td>
<td>Toasted Pita chips with Roasted Beetroot Dip and vegetable platter</td>
</tr>
</tbody>
</table>

Items in red: Recipe available in *The Yummy Tummy Book*
# Winter Meal Plan

## Week 2

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td><strong>Morning Tea</strong></td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td>Mini wheats</td>
<td>Yoghurt, muesli and a slice of banana</td>
<td>Fruit and vegetable platter with wholemeal crackers</td>
<td>Baked beans on wholemeal toast</td>
<td>Raisin toast</td>
</tr>
<tr>
<td></td>
<td>Fresh fruit</td>
<td></td>
<td></td>
<td>Fruit</td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Beef Curry with basmati rice</td>
<td>Apricot Chicken with mashed potato, carrot, peas and 1 slice wholemeal bread with margarine</td>
<td>Lamb and Noodle Hot Pot with wholemeal pasta and vegetables</td>
<td>Creamy Tuna Pasta^</td>
<td>Beef and Vegetable Pie with vegetables</td>
</tr>
<tr>
<td></td>
<td>Tinned peaches</td>
<td>Fruit</td>
<td>½ banana with yoghurt</td>
<td>1 slice wholemeal bread with margarine</td>
<td>Fresh fruit</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Custard with canned fruit salad</td>
<td></td>
</tr>
<tr>
<td><strong>Afternoon Tea</strong></td>
<td>Wholemeal sandwiches with cheese, tomato, cucumber, lettuce</td>
<td>Vegetable platter with vegetable based dip and crackers</td>
<td>Wholemeal Cheese Scones</td>
<td>Creamy Avocado Dippers with vegetable sticks and toasted pita bread</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Fresh fruit</td>
<td>Wholemeal crispbreads with cheese, tomato, avocado</td>
</tr>
</tbody>
</table>

Items in red: Recipe available in *The Yummy Tummy Book*

^Tuna and Sweet Corn Bake (page 51) can be a substitute.
# Winter Meal Plan

## Week 3

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Morning Tea</strong></td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
<td>125ml milk</td>
</tr>
<tr>
<td></td>
<td>Baked Beans on toast</td>
<td>Weetbix slice</td>
<td>Fruit and vegetable platter</td>
<td>Yoghurt with museli</td>
<td>Banana Bread</td>
</tr>
<tr>
<td></td>
<td>Fresh fruit</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Vegetarian Lasagne</td>
<td>Tandoori Chicken with basmati rice</td>
<td>Beef Stroganoff with wholemeal pasta</td>
<td>Lamb Burgers on wholemeal bread</td>
<td>Tomato Glazed Meatloaf</td>
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<td></td>
<td>Fresh fruit (including citrus fruits, strawberries or rockmelon)</td>
<td>Broccoli, carrot, pumpkin</td>
<td>Beans and carrot</td>
<td>with tomato, beetroot and baby spinach</td>
<td>with steamed seasonal vegetables</td>
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<td></td>
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<td>Fruit</td>
<td>Fruity Bread</td>
<td>Fresh fruit salad cups</td>
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<td></td>
<td></td>
<td>Pudding with custard</td>
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<tr>
<td><strong>Afternoon Tea</strong></td>
<td>Wholemeal crackers with hommus dip</td>
<td>Mini Pizza Rounds (including onion, tomatoes, capsicum)</td>
<td>½ wholemeal cheese toasty</td>
<td>Fresh fruit and vegetable platter</td>
<td>125ml milk</td>
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<tr>
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<td>Fruit</td>
<td></td>
<td>Fruit</td>
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<td>Vegetable sticks with dip</td>
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Items in red: Recipe available in *The Yummy Tummy Book*
### WEEK 4

#### WINTER MEAL PLAN

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<td>½ toasted wholemeal English muffin with tomato and cheese</td>
<td>Vegetable sticks with dip and crackers</td>
<td>Raisin toast</td>
<td>Fresh fruit with yoghurt</td>
<td>Vegetable sticks with dairy based dip</td>
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<td><strong>LUNCH</strong></td>
<td>Moroccan Lamb with Couscous</td>
<td>Lentil Soup</td>
<td>Cheesy Beef Rissoles with salad and toasted pita bread</td>
<td>Baked Chicken Risotto with broccoli, carrot and 1 slice wholemeal bread</td>
<td>Bolognaise with wholemeal pasta shells</td>
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<td>Fruit and custard</td>
<td>1 slice wholemeal bread with margarine</td>
<td>Fresh fruit</td>
<td>Fruit kebabs</td>
<td>Fresh fruit</td>
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<td>Fruit including oranges and/or strawberries</td>
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<td><strong>AFTERNOON TEA</strong></td>
<td>Fruit and vegetable platter</td>
<td>125ml milk</td>
<td>Vegetable sticks, cheese cubes and fruit</td>
<td>Baked Beans on wholemeal toast</td>
<td>Wholemeal sandwiches with vegetables and cheese</td>
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**Items in red:** Recipe available in *The Yummy Tummy Book*
LATE SNACKS

If a child is in care for more than eight hours, Caring for Children shows extra food such as breakfast or a late afternoon snack should be provided. Some every day snack ideas are listed below:

- Raisin bread, uncooked
- Wholemeal sandwiches
- Wholegrain/wholemeal rice crackers with cheese, cherry tomatoes and avocado chunks
- Wholegrain crispbreads with salsa
- Sweet corn dip and pita bread (below)
- Toast with avocado or reduced fat cream cheese
- Vegetable frittata or zucchini slice
- Banana or berry pancakes
- Savoury pikelets, muffins or bread
- Yoghurt with muesli
- Smoothie with fresh or canned fruit
- Fresh fruit and vegetable platter
- Frozen fruit salad– grapes, oranges, berries, mango, banana
- Fruit cups
- Corn cobs and vegetable sticks with tzatziki or sweet pumpkin dip

HELPFUL TIPS

- When planning food items for each day, please give consideration to the types of foods that are being provided throughout the day.
- Fruit and vegetable platter/fresh fruit or vegetables etc. can be replaced with canned or frozen options, or small amounts of dried fruit on occasions.
- Remember to choose fresh fruit and vegetables that are in season and readily available locally, aiming to have a variety, colourful and most cost effective options on the menu.

Sweet Corn Dip

Prep Time: 2-3 mins  Serves: 20

INGREDIENTS

2 x 400g cans Creamed corn
½ cup Sweet chilli sauce (approx.)

STEPS

Place creamed corn in a bowl, gradually add sweet chilli sauce, mixing well. Taste regularly and add sweet chilli sauce to taste. Note different brands are different strengths – keep the taste mild for children.

Serve with vegetable sticks or pita bread chips to dip.
Main Meals
Apricot Chicken

18  |  The Yummy Tummy Book

STEPS


2. Mix nectar, stock, soup, rolled oats and vegetables and pour over the chicken.

3. Cover and cook in a moderate oven (180°C) for 1 - 1½ hours or until chicken is cooked.

SERVING SUGGESTION

Serve with ½ cup cooked pasta per child

HELPFUL TIPS

• Chicken breast fillets could be used instead of thigh fillets
• Wholemeal pasta is an important source of iron and fibre. If children are not used to wholemeal pasta it will be accepted if introduced slowly. Try mixing wholemeal pasta with ‘ordinary’ pasta.
• This recipe could be cooked on the stove top rather than in the oven. Once all the ingredients are combined, place in large saucepan(s), bring to boil using moderate heat and then turn heat down and simmer gently with the lid on, until chicken is cooked. This may take less time than cooking in the oven. Either way, the chicken must be thoroughly cooked i.e. no pink meat or pink juices
• This recipe could be made using round steak instead of chicken. Preparation steps will be the same. Cooking time will be longer (whether stewing or casseroling) to allow for the steak to tenderise. A little extra liquid may be needed.
• If purchasing stock look for ‘reduced salt’ or ‘no added salt’ varieties.

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INGREDIENTS

3kg  Chicken thigh fillets
1 cup  Rolled oats
3 cups  Apricot nectar
3kg  Vegetables (frozen or use up fresh)
¼ cup  Salt reduced chicken stock
1½kg  Wholemeal pasta
3 packets  French onion soup

Prep Time: 30 mins  Cook Time: 60-90 mins  Serves: 40
Baked Chicken Risotto

Prep Time: 15 mins  Cook Time: 40-45 mins  Serves: 25

INGREDIENTS

2 tbs   Olive oil
600g   Baby spinach leaves, washed
1   Onion, finely diced
1.5kg   Pumpkin, cut into small cubes
1.5kg   Chicken thigh fillets, cut into small strips
4 cups   Arborio or basmati rice, uncooked
4L   Salt reduced chicken stock
¼ cup   Parmesan cheese, grated

STEPS

1. Preheat oven to 180°C.

2. Heat oil in a non-stick frypan over medium heat. Add chicken to the pan. Cook, turning, for 5 minutes or until browned. Remove from pan and set aside.

3. Add onion and rice. Stir to combine. Add stock, spinach and pumpkin to pan and bring to the boil for 1 minute.

4. Transfer mixture to a baking dish. Place chicken on top of rice, cover and bake for 25 minutes.

5. Remove lid, stir and return to oven, cooking for a further 10 minutes or until rice is cooked through and all liquid has been absorbed.

6. Sprinkle parmesan cheese over the top to serve.

SERVING SUGGESTION

Serve with ½ cup of steamed vegetables per child

HELPFUL TIPS

• Kids can help by washing and drying baby spinach leaves.

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Beef and Tomato Patties

Prep Time: 15 mins  Cook Time: 15 mins  Serves: 20  Serve Size: 1 patty

INGREDIENTS

1.4kg   Lean beef mince
6 tbs   Tomato paste
1 tsp   Dried mixed herbs
3 tsp   Seeded mustard
1 tsp   Minced garlic
1   Egg
2   Onions, grated
3 tbs   Olive oil, for frying
1   Zucchini, grated
1   Carrot, grated

STEPS

1. Blend all ingredients in a food processor until smooth.

2. Shape mixture into round patties, using 3 tablespoons mixture for each patty

3. Heat oil in a non-stick frypan. Flatten and cook patties for approx. 4-5 mins on each side or until golden brown in colour and cooked through.

SERVING SUGGESTION

• Serve with ½ cup of seasonal vegetables per child or serve in a wholemeal bread roll with 1 cup of salad per child

HELPFUL TIPS

• For variety or for young children, you could use 1 ½ tablespoons of mixture per patty and serve 2 patties per child.
Beef and Vegetable Pie

Prep Time: 40 mins  Cook Time: 60 mins  Serves: 40

INGREDIENTS

2.8kg  Lean beef mince
6 tbs  Olive or canola oil
2  Onions, chopped
5 tbs  Margarine
6  Carrots, peeled and grated
2 tbs  Worcestershire sauce
2kg  Potato, peeled and cut into chunks
¾ cup  Tomato paste (no added salt)
2kg  Pumpkin, peeled and cut into chunks
1 ½ cups  Reduced salt beef stock
2-3  Celery stalks, chopped
1 cup  Reduced fat cheese, grated

STEPS

1. Heat approx. half the oil in a pan or saucepan, add the mince. Cook until brown (about 5 minutes). Stir occasionally. Remove meat from the pan.
2. Add remainder of the oil to the pan then add onion, carrot and celery and stir fry for 5 mins.
3. Combine stir fried vegetables, meat, tomato paste, beef stock and Worcestershire sauce. Bring to the boil, turn heat down and simmer gently with lid on for about 15 minutes. Stir occasionally.
4. While the meat is cooking, boil potato and pumpkin until soft.
5. Mash cooked potato and pumpkin together along with the margarine.
6. Spoon vegetables and meat into oven proof dishes and spread with the mashed potato and pumpkin. Smooth the top with a knife dipped in milk. Sprinkle with the grated cheese.
7. Place in a moderate oven (180°C) and heat for about 10 minutes or until a light brown colour.

SERVING SUGGESTION

Serve with 1 cup of salad per child

HELPFUL TIPS

- Sweet potato could replace pumpkin.
- Mashed vegetables could be served with the meat instead of making into a ‘pie’.
- Minced meat should be cooked for at least 20 minutes to ensure it is cooked thoroughly.
- The reduced fat cheese could be replaced with ½ cup parmesan cheese. Mix it through the mashed potato and pumpkin.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences), 2014
Beef and Vegetable Soup

Prep Time: 10 mins  Cook Time: 60 mins  Serves: 20  Serve size: 1 cup (approx.)

INGREDIENTS

- 900g Lean beef, cut into small cubes
- 1 ½ L Salt reduced beef stock
- 1 tbs Olive oil
- 3x 400g cans Diced tomatoes
- 2 Onions, diced
- 2x 420g cans Five bean mix, drained
- 1 ½ cups Frozen peas/carrots/corn mixture
- 4 Bay leaves
- 3 small Celery stalks, finely chopped
- 4 tbs Tomato paste
- 5 large Potatoes, diced
- 20 slices Wholemeal bread, toasted to serve

STEPS

1. In a large saucepan, heat oil and sauté onion until soft.

2. Add beef and cook until browned. Add all other ingredients, and bring to the boil and then simmer for 45-60 minutes.

3. Remove bay leaves prior to serving. Serve with wholemeal bread toasted and cut into fingers.

HELPFUL TIPS

- Use up any leftover vegetables such as capsicum, zucchini, pumpkin, sweet potato
- Replace beef with chicken (and beef stock with chicken stock)
Beef Curry

Prep Time: 30 mins  Cook Time: 60 mins  Serves: 20

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
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<tbody>
<tr>
<td>1.4kg</td>
<td>Lean beef, diced</td>
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<tr>
<td>1 ½ tsp</td>
<td>Cumin seeds, ground</td>
</tr>
<tr>
<td>500ml</td>
<td>Salt reduced beef stock</td>
</tr>
<tr>
<td>1 ½ tsp</td>
<td>Sweet paprika</td>
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<td>Diced tomatoes</td>
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<tr>
<td>6</td>
<td>Potatoes, cubed</td>
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<tr>
<td>2 tbs</td>
<td>Olive oil</td>
</tr>
<tr>
<td>800g</td>
<td>Pumpkin, cubed</td>
</tr>
<tr>
<td>4</td>
<td>Zucchini, diced</td>
</tr>
<tr>
<td>1 ½ tbs</td>
<td>Curry powder</td>
</tr>
<tr>
<td>3 ⅓ cups</td>
<td>Basmati rice, uncooked</td>
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<td></td>
<td>Reduced fat serving</td>
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</table>
Beef Stroganoff

INGREDIENTS

1 Onion, chopped
¼ cup Plain flour
4 Carrots, sliced
1.8kg Lean beef strips
4 Celery stalks, sliced
8 tbs Worcestershire sauce
8 cups Salt reduced beef stock
½ cup Tomato paste
2 tbs Olive oil
½ cup Light sour cream
1kg Button mushrooms, sliced
4 cups Wholemeal pasta, uncooked
800g Potatoes small, finely sliced

STEPS

1. Cook pasta according to packet instructions.

2. Heat oil in a large frying pan over medium heat. Add onion, carrots and celery. Cook gently for 5 minutes. Add potatoes to pan, and cook for 3 minutes.

3. Increase heat to high. Add mushrooms. Cook for 4 minutes or until tender. Set aside.

4. Sprinkle flour into a shallow dish. Lightly coat beef strips in flour. In a non-stick pan, cook beef in small batches until brown. Return beef, onion, potatoes and mushrooms to frying pan. Add stock, Worcestershire sauce and tomato paste. Bring to the boil. Reduce heat to medium-low. Simmer for 10 minutes, or until sauce has thickened slightly.

5. While stroganoff is simmering, cook pasta according to instructions on packet.

6. Remove from heat. Stir through sour cream. Serve with ½ cup of pasta per child.

HELPFUL TIPS

- Replace pasta with couscous or rice.

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Beef Tacos

Prep Time: 30-40 mins  Cook Time: 30-40 mins  Serves: 40

INGREDIENTS

Taco shells (2 per child)
3 Zucchini, grated
2.8kg Lean beef mince
6 Tomatoes, chopped
2 Onions, chopped or grated
1 Lettuce small, chopped
2 packets Taco seasoning
500g Reduced fat cheese, grated
2x 400g cans Red kidney beans, pureed or mashed
2 Capsicums, cut into strips
2 cloves Garlic, crushed or chopped finely
8 Carrots, cut into sticks
4 tbs Olive or canola oil
4 Cucumbers, cut into chunks

STEPS

1. Heat oil in a large saucepan or frying pan.
2. Add the meat, onion, garlic and stir fry until meat is brown.
3. Add the taco seasoning, red kidney beans and grated zucchini and taco sauce to the meat and cook for a further 15 minutes.
4. While the meat is cooking, warm the taco shells in a moderate oven.
5. Serve taco shells and meat filling, chopped tomatoes, chopped lettuce and cheese along with a vegetable platter of capsicum strips, carrot strips and cucumber chunks.

HELPFUL TIPS

- Tacos offer the perfect opportunity for children to serve themselves.
- Salsa or other sauces can be used instead of the taco sauce
- The vegetable platter accompanies the tacos to increase the vegetable serves.
- Bread wraps, soft tacos or mini burritos could be used instead of taco shells.

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Bolognaisne

Prep Time: 30 mins  
Cook Time: 45 mins  
Serves: 40

INGREDIENTS

2.8kg  Lean beef mince
¾ cup  Tomato paste (no added salt)
4  Onions, chopped
2 tsp  Mixed herbs
6  Carrots, chopped or grated
800g can  Tomatoes, chopped
½ bunch  Celery, finely chopped
4 tbs  Olive or canola oil
3 cloves  Garlic, crushed
½ cup  Fresh parsley, chopped

STEPS

1. Heat the oil in a large pan, add the onion, carrot, celery and crushed garlic. Stir fry for approx. 5 minutes.
2. Add the minced beef and stir fry until meat is browned. This will take 5-10 minutes.
3. Add the tomato paste, mixed herbs and tomatoes.
4. Simmer gently for 15 minutes then fold through the chopped parsley and simmer for a further 5 minutes.

SERVING SUGGESTION

Serve with ½ cup cooked wholemeal pasta as a source of iron and 1 cup of salad per child.

HELPFUL TIPS

- Other vegetables could be used or added e.g. grated or diced sweet potato, peas, corn and legumes such as butter beans, red kidney beans and baked beans.
- Using fresh parsley is an opportunity to use fresh herbs from the garden. Chopped fresh oregano could also be used.
- Fresh tomatoes could be used instead of canned tomatoes.
- Small pasta shells are easier for small children to eat than spaghetti or penne pasta.
- Provide bowls of parmesan cheese for children to help themselves.

Recipe has been modified from *Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014.
Cheesy Beef Rissoles

Prep Time: 45 mins    Cook Time: 30 mins    Serves: 20

INGREDIENTS

1.2kg   Lean beef mince
1 ½  cups   Reduced fat cheese, grated
2   Onions, grated
5 tbs   Plain flour
2   Carrots, grated
3   Eggs
2   Zucchini, grated
1 ½  cups   Breadcrumbs
1 ½  cups Mixed peas and corn
6 tbs   Olive oil
6 tbs   Tomato sauce

STEPS

1. Combine mince, onion, carrot, zucchini, peas and corn, tomato sauce, cheese, flour and egg in a bowl.
2. Place breadcrumbs in a separate bowl or plate.
3. Divide mince mixture into 20 portions, shape into balls, roll in breadcrumbs, place on baking tray and flatten slightly. Cover and refrigerate for 15 minutes.
4. Heat oil in a large non-stick frypan over medium heat. Cook the patties until cooked through, about 5 mins on each side. Drain on absorbent paper.

HELPFUL TIPS

• Refrigerating the uncooked patties helps to bind the ingredients, however if time is limited you can skip this step.
• If mixture is too sloppy, add extra breadcrumbs.
• Patties can be baked in the oven instead of frying.

Recipe has been modified from original recipe sourced from Illawarra Shoalhaven Local Health District, *Healthy Food for babies and toddlers*, 2013
Chicken and Corn Slice

Prep Time: 15 mins    Cook Time: 45 mins    Serves: 20

INGREDIENTS

1.2kg    Skinless chicken breast
Water    Cover chicken in saucepan
8        Eggs, lightly beaten
500ml    Natural yoghurt
2 x 420g cans    Creamed corn
2        Zucchinis, grated
1 ½ cups    Plain flour
2 cups    Corn kernels
1 cup    Frozen peas
1 cup    Capsicum, chopped up small
1 ½ cups    Reduced fat tasty cheese, grated
½ cup    Parmesan cheese, grated

STEPS

1. Place chicken in a large saucepan, cover with cold water and bring to simmer over medium heat. Poach for 4-5 mins or until chicken is cooked through. Drain chicken and cool.

2. Preheat oven to 180°C. Process cooked chicken in a food processor for 30 seconds or until finely chopped.

3. Whisk eggs, yoghurt and creamed corn in a bowl. Squeeze the excess liquid from the zucchini and add it to the egg mixture, along with the chicken, flour, corn, capsicum and peas, and parmesan cheese.

4. Pour the mixture into a lined baking pan, sprinkle with grated cheese, and bake for 40-50 mins or until cooked through.

SERVING SUGGESTION

Serve warm with 1 cup of salad or ½ cup of steamed seasonal vegetables per child.

HELPFUL TIPS

- Use whatever veggies are in season for a tasty veggie slice – spinach, carrot, mushrooms, broccoli, yum!
- Replace chicken with tuna for a variation.
- The creamed corn can be replaced with cottage cheese if desired.
Chicken and Vegetable Ragout

Prep Time: 30-40 mins  Cook Time: 60-90 mins    Serves: 40

INGREDIENTS

3kg    Chicken breast fillets, cut into bite sized pieces
250g   Frozen spinach
4      Onions, chopped
1 cup   Plain flour
1kg    Carrots, chopped
4-5 tbs Olive or canola oil
1.5kg   Pumpkin, cut into bite sized pieces
4 tbs   Margarine
2kg    Potato, peeled and cut into bite sized piece
2-3    Salt reduced chicken stock powder (to taste)
500g   Broccoli, broken into small pieces
2 tbs   Garlic
2 x 800g cans Chopped tomato
8 cups  Basmati rice, uncooked
410g can Soy beans, drained

STEPS

1. Heat the oil in a large saucepan or pan, lightly brown the chicken in batches and
   set aside.
2. Place the chopped onion, garlic, pumpkin, potato, carrot and broccoli in the pan.
   Cook gently until the vegetables are tender and then add the browned chicken
   and soy beans.
3. Add the margarine to the vegetables and chicken and when the margarine is
   melted, sprinkle in the flour, stirring all the time.
4. Add the canned tomatoes and stock powder. Continue to stir while bringing the
   ragout to the boil. Turn heat down and simmer gently, lid on, for 20 minutes. Stir
   occasionally.
5. While ragout is simmering, cook the rice
6. Add defrosted spinach to the ragout after it has simmered for 20 minutes, reheat.
7. Serve ragout with rice.

HELPFUL TIPS

- 4-5 leaves of fresh spinach could be used instead of frozen spinach. Wash fresh spinach
  well and chop up. Add to ragout with other vegetables.
- Soy beans could be replaced with other legumes such as butter beans, chick peas or red
  kidney beans.
Chicken Fingers with Sweet Corn Dip

Prep Time: 20 mins  Cook Time: 20 mins  Serves: 20
Serving Size: 4 Fingers and 1 ½ tablespoons of dip

INGREDIENTS

Chicken Fingers
1.5kg   Chicken thighs, fat trimmed
2 tbs   Lemon juice
2 tbs   Fresh flat-leaf parsley, chopped
1 tbs   Olive oil
1 tsp   Minced garlic
1kg     Sweet potato, peeled, cut into 5mm-thick rounds
3 punnets  Cherry tomatoes, halved
4       Cucumbers, sliced thinly
3       Capsicums, sliced into thin sticks
2 cups   Snow peas or sugar snap peas
7 small  Wholemeal pita bread, cut into triangles

Sweet Corn Dip
400g can Creamed corn
2 tbs   Sweet chilli sauce
300ml   Reduced fat
        plain yoghurt

Olive oil spray

STEPS

1. Cut chicken thigh into strips and place in a glass or ceramic bowl with the lemon juice, parsley, olive oil and garlic. Mix to combine. Cover and refrigerate for 10 minutes to marinate.

2. Drain chicken from marinade. Preheat a non-stick pan and spray lightly with olive oil. Cook chicken, turning, for 6-8 minutes or until cooked through.

3. In a separate non-stick pan, cook sweet potato for 5 minutes on each side or until tender.

4. Serve 4 chicken fingers on a plate with sweet potato slices, cherry tomatoes, sliced cucumber, capsicum sticks, snow peas, and pita bread.

5. To make the Sweet Corn Dip, place all ingredients into a food processor and blend until smooth. Serve 1½ tablespoons of dip on each plate.

HELPFUL TIPS

- The strength of sweet chilli sauce varies by brand. Always taste test the dip to determine how much you need to use. If it is too spicy, add extra yoghurt.
- Large tomatoes can be used instead of cherry tomatoes. Simply cut into small bite sized wedges to serve.
- 1 slice of wholemeal toast could be used instead of pita bread.
Creamy Tuna Pasta

INGREDIENTS

6 cups Penne pasta, uncooked
800g Corn kernels
4 cups Broccoli florets
2x 375ml cans Reduced fat evaporated milk
8 large Carrots
1 tbs Cornflour
200ml Water
3 x 425g can Tuna in spring water

STEPS

1. Wash broccoli florets. Wash and finely slice carrots.

2. Cook pasta in large saucepan of boiling water, following packet instructions. Add broccoli 5 minutes before pasta is cooked.

3. Add carrots and water to large saucepan over low heat. Cover and allow to cook for 5 minutes or until carrots are soft.

4. Add evaporated milk and cornflour. Bring to the boil.

5. Drain tuna, add to pan. Simmer for 2 minutes.


7. Add sauce to pasta and broccoli. Stir gently to combine.

8. Serve immediately.

HELPFUL TIPS

• Small shell pasta can be used if children struggle to eat penne pasta.
Fried Rice with Beef

Prep Time: 10 mins    Cook Time: 25 mins    Serves: 20

INGREDIENTS

- 800g Lean beef, diced
- 4 cups Frozen peas/carrots/corn
- 3 1/3 cups Basmati rice, uncooked
- 2 Tomatoes, diced
- 4 Eggs
- 2 Zucchini, diced
- 2 Capsicum, diced
- 2 tbs Salt reduced soy sauce (to taste)
- 2 Shallots, finely diced
- Olive oil spray

STEPS


2. Spray a large non-stick frypan with oil. Crack eggs to make a large omelette. Remove from pan, and once cool slice into small pieces.

3. Cook beef in pan until brown, and then add all vegetables. Cook until vegetables are nearly soft.

4. Add cooked rice to pan, and sliced egg, and slowly add soy sauce to taste. Cook until rice is warmed through.

HELPFUL TIPS

- Almost any vegetables can be used in this recipe. It’s a great way to use up any leftover vegetables. Frozen, fresh or canned vegetables work equally well.
- Beef can be replaced with chicken, pork or tofu.
INGREDIENTS

Meatballs

- ½ cup Plain flour, for coating meatballs
- 1 ½ cups Rice
- 4 tbs Olive or canola oil
- 3kg Pork mince
- 3 cloves Garlic, crushed
- 2 Onions, chopped
- 1tbs Mixed herbs
- ½ cup Fresh parsley, chopped
- 3 Red capsicums, finely diced
- 6 Eggs, well beaten

Sauce

- 4 x 450g cans Crushed pineapple (don’t drain)
- 200ml Soy sauce
- ¾ cup Tomato or bbq sauce
- 5 tbs Corn flour

STEPS

1. Cook the rice, drain.

2. Mix together the mince, garlic, eggs, capsicum, herbs, parsley and rice.

3. Make meat balls (2 tbs of mince each). Dust with flour and slightly flatten.

4. Heat oil in large pan and cook meat balls in batches. Cook for about 10 mins (5 mins on each side) or until cooked right through. Meat should be well cooked, not rare.

5. As each batch of meatballs is cooked, drain on absorbent paper and keep warm.

6. Make sauce by blending the corn flour with a small amount of water to make a smooth paste. Stir this into all the other sauce ingredients. Stir continuously over moderate heat until it comes to the boil and thickens. Pour over or serve with meat balls.

SERVING SUGGESTION

Serve with 1 slice of wholemeal bread and 1 cup of salad per child.

HELPFUL TIPS

- Meat balls could be cooked in the oven. Place onto a greased oven tray and bake in a moderate oven.
- Serve sauce in small jugs so children can help themselves.
Honey Soy Lamb Stir Fry

INGREDIENTS

- 2 tbs Olive oil
- ¹⁄₃ cup Reduced salt soy sauce
- 1.4kg Lean lamb fillets, cut into strips
- ¹⁄₃ cup Honey
- 1kg Wholemeal noodles
- 10 cups Vegetables, chopped (e.g. bok choy, carrot, capsicum, snow peas, mushrooms, zucchini, tomato, broccoli)

STEPS

1. Heat oil over high heat in non-stick frypan or wok.
2. Add lamb and brown. May need to do this in batches, removing each batch once cooked.
3. Add vegetables and cook for 3-4 minutes. Add lamb back into pan with vegetables.
4. Cook noodles as per the instructions and combine with honey and soy sauce. Stir over gentle heat until heated through.

HELPFUL TIPS

- Adapt amount of soy sauce and honey to taste, depending on which vegetables are used.
- Choose seasonal vegetables for affordability.
- Replace noodles with basmati rice or other pasta.

SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.

Recipe has been modified from original recipe sourced from Illawarra Shoalhaven Local Health District, Healthy Food for babies and toddlers, 2013
Kid's Ratatouille

Prep Time: 15 mins  Cook Time: 30 mins  Serves: 20

INGREDIENTS

2 large  Onion, finely chopped  
3  Capsicums, seeded and diced (mix of colours if available)  
2 tbs  Olive oil  
3 punnets  Cherry tomatoes, halved  
2 large  Zucchini, diced  
2 tsp  Minced garlic  
4 sticks  Celery stalks, finely chopped  
2x 425g cans  Diced tomatoes  
2 tsp  Fresh basil, finely chopped (or 1 tsp dried)  
420g can  Corn kernels

STEPS

1. Heat oil in a large saucepan and sauté onion until soft.

2. Add zucchini, celery, capsicums, corn kernels and garlic. Cover and cook gently for 10 minutes.

3. Add cans of tomatoes and cherry tomatoes and cook for 15-20 minutes or until vegetables are soft.

4. Add basil for last 2 minutes of cooking and stir through well.

SERVING SUGGESTION

Serve as a side-dish with Lamb Meatballs [this would provide an additional ¾ serve of protein per child]. Alternatively, serve Kid’s Ratatouille with other meat/chicken/fish meals.

HELPFUL TIPS

- Drain well to serve for toddlers.
- Place leftovers in a food processor and blend until smooth, and serve as a dip with wholegrain crackers or rice crackers. For a creamier dip, add a tablespoon of reduced fat plain yoghurt.
**Lamb and Noodle Hot Pot**

Prep Time: 30-40 mins  
Cook Time: 60-90 mins  
Serves: 40

**INGREDIENTS**

- 2.8kg Lean lamb, cubed
- 1kg Frozen peas
- 3 Onions, chopped
- 1 tbs Curry powder
- 4 Green apples, skin on, diced
- 2 x 440g cans Beef or lamb soup (ready to eat)
- 8 Carrots, diced or grated
- 300g can Tomato soup (concentrate)
- ½ bunch Celery, chopped
- 1.5kg Wholemeal pasta, cooked and drained
- 4 cups Diced pumpkin
- 4 tbs Olive or canola oil

**STEPS**

1. Lightly brown the lamb and onion in the oil.

2. Add all the other ingredients except the pasta, to the meat.

3. Bring to the boil then reduce the heat, place the lid on and simmer gently until the meat is tender—about 1 hour.

4. About 30 minutes before the meat is finished, cook the pasta.

5. Cooked pasta can be stirred through the meat, or it can be served separately.

**SERVING SUGGESTION**

Serve with 1 cup of salad per child.

**HELPFUL TIPS**

- Pork could be used instead of lamb.
- This dish could be cooked in a slow cooker or casseroled in a moderate oven. If a slow cooker is used, the cooking time will be much longer and will need to be planned for.
- Tomato puree could be used instead of tomato soup.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, *Caring for Children—Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014
**Lamb Burgers**

Prep Time: 30 mins  
Cook Time: 30-40 mins  
Serves: 40

**INGREDIENTS**

- 2.8kg Lamb mince
- 10 Tomatoes, sliced
- 3 tbs Olive or canola oil
- 6 Cucumbers, sliced or cut into sticks
- 1 cup Wheat germ
- 1 small Lettuce, shredded
- 6 Carrots, grated
- 20 slices Reduced fat cheese, cut in half
- 40 Wholemeal hamburger buns or wholemeal bread
- 200g Margarine
- Barbeque sauce (optional)

**STEPS**

1. Mix the wheat germ and grated carrot through the lamb mince. Make mince patties and flatten so as to fit on a hamburger bun.
2. Heat the oil and cook patties for at least 5 minutes on each side.
3. Cut cucumber and carrot into sticks or slices. These can be served alongside the burger as finger food.
4. Slice tomato, shred lettuce and cut cheese slices in half ready to place on the buns.
5. Warm or toast buns if desired, spread with margarine.

**HELPFUL TIPS**

- Cucumber could be sliced and placed in the hamburger bun along with the meat however this may make it difficult for children to manage.
- Wholemeal breads other than hamburger buns could be used, e.g. Turkish bread could be warmed and sliced to make a ‘sandwich type’ hamburger, or pocket bread could be used.
- Meat patties could be baked in a moderate oven instead of cooking in a frypan.
- Extra finger food vegetables could be served e.g. small pieces of cauliflower and broccoli.
- Burgers offer an opportunity for children to participate in assembling their own meal.
- Beef could be used instead of lamb.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, *Caring for Children—Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014
**Lamb Meatballs**

Prep Time: 20 mins  
Cook Time: 40 mins  
Serves: 20  
Serve Size: 3 meatballs with ½ cup cooked rice

### INGREDIENTS

- 3 ¼ cups Basmati rice, uncooked
- **Meatballs**
  - 1.4kg Lamb mince
  - 3 Onions, grated
  - 3 cups Carrot, grated
  - ¾ tsp Cumin, ground
  - ¾ tsp Dried mint
- **Sauce**
  - 2 tbs Olive oil
  - 2 Onions, diced
  - 1 tsp Minced garlic
  - 4 tbs Tomato paste
  - 4 x 400g cans Whole tomatoes, strained and chopped
  - 1 tsp Dried oregano

### STEPS

**To make meatballs:**

1. Preheat oven to 180°C.
2. Add all the meatball ingredients in a large bowl, mix with your hands to combine and roll into tablespoon size balls.
3. Spray 2 oven trays with olive oil and carefully place meatballs in the trays.
4. Place in the oven for 15 minutes and then transfer to the tomato sauce.

**To make sauce:**

1. In a large saucepan, heat oil over medium heat. Add onions and sauté for 1-2 minutes, followed by garlic.
2. After 2-3 minutes, add tomato paste, stir to combine and cook for 3-4 minutes. Once the tomato paste starts sticking to the bottom of the pan, add diced tomatoes and oregano.
3. Reduce heat to a simmer and cook for 15 minutes with the lid on. When meatballs are ready to come out of the oven, add them to the sauce (discarding the meat juices in the pan). Cook for a further 15-20 minutes on low heat with the lid off, stirring occasionally.
4. 10-15 minutes before the meatballs are finished cooking, cook the rice according to the directions on the packet. Serve meatballs and sauce with rice.

Recipe has been modified from original recipe sourced at www.kidspot.com.au
Lasagne

Prep Time: 20 mins  Cook Time: 60 mins  Serves: 40

INGREDIENTS

1 quantity  Bolognaise (see recipe for Bolognaise on page 26)
2.4kg  Ricotta cheese
1.4kg  Instant Lasagne sheets
1 ½ cup  Parmesan cheese, grated

STEPS

1. Preheat oven to 200°C.
2. Prepare bolognaise according to recipe.
3. Place small spread of meat sauce on the base of a large baking dish. Add one layer of lasagne sheets.
4. Top with layer of meat sauce and half the ricotta cheese.
5. Continue layering lasagne sheets and bolognaise sauce, repeating until dish is almost full. Finish with layer of bolognaise sauce.
6. Top with remaining ricotta cheese and sprinkle parmesan over the top.
7. Bake in oven for 60 minutes.

SERVING SUGGESTION

Serve with 1 slice of wholemeal bread and ½ cup of mixed vegetables per child.

HELPFUL TIPS

- Lasagne sheets can be made, using flour and eggs (make a dough using 1 egg per 100g of flour). It’s a great way for the children to be involved by helping to use the pasta roller, and is also a good opportunity to cook with fresh eggs if you have chickens.

Recipe reproduced with permission from Get Up and Grow © 2012, Commonwealth of Australia
Lentil Soup

INGREDIENTS

3 cups Brown or green lentils
3 cups Red lentils
4 Onions, chopped
6 Zucchini, chopped
10 Carrots, sliced thinly or chopped
½ bunch Celery, chopped
2 x 400g cans Soy beans, drained
200ml Salt reduced soy sauce
4 –5 litres Water

STEPS

1. Soak the brown or green lentils overnight in water if possible, covered and refrigerated. Drain and rinse. Red lentils do not need to be soaked.

2. Combine all ingredients in a large saucepan or boiler. Bring to the boil, turn heat down, cover and simmer for about 1 hour.

3. This soup may be pureed.

SERVING SUGGESTION

Serve with 1 slice of wholemeal bread or damper per child.

HELPFUL TIPS

- If soup is to be served to toddlers, leave soy sauce out of the recipe.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences), 2014
Moroccan Lamb with Couscous

Prep Time: 45 mins  Cook Time: 60-90 mins  Serves: 40

INGREDIENTS

- 2.75kg Diced lamb
- 2 Red capsicum, chopped
- 2 Onions, chopped
- 3x 420g cans Mixed beans
- ½ bunch Celery, chopped
- 2 x 800g cans Chopped tomatoes
- 6 Carrots, diced or sliced
- 1kg Pumpkin, cut into ‘chunks’
- 3 Zucchini, chopped
- 5 tbs Olive or canola oil
- 16 cups Couscous

STEPS

1. Heat the oil in a large saucepan and brown the lamb in batches. Set aside.

2. Lightly cook onion in the pan. Add meat, celery, carrot, pumpkin, capsicum and mixed beans. Add the tomatoes and bring to the boil. Turn the heat down and simmer gently until meat is tender. The zucchini doesn’t take long to cook so can be added in the last 15 minutes or so.

3. Make couscous according to the directions on the packet.

SERVING SUGGESTION

Serve sprinkled with chopped fresh coriander or parsley from the garden (optional).

HELPFUL TIPS

- Chicken could be used instead of lamb
- Use wholemeal couscous if available
- Sweet potato could be used instead of pumpkin
- Legumes such as chick peas, butter beans or red kidney beans could be used instead of mixed beans.
- If this recipe is too ‘sloppy’, the amount of tomato could be slightly reduced next time OR up to 1 cup of red lentils could be added at the beginning of the cooking time. Red lentils do not need to be soaked or precooked. They will cook, soften and break up in about 20 minutes.
Pea and Chicken Frittata

INGREDIENTS

2 tbs Olive oil
4 cups Peas
1 Onion, chopped
4 large Boiled potatoes, sliced
18 Eggs
2 cups Reduced fat cheese, grated
900g Chicken, cooked and diced

STEPS

1. Heat oil in pan and add onions. Stir and cook until soft but not brown.
2. Add chicken, peas and potato. Gently stir to heat through.
3. Whisk eggs in separate bowl.
4. Place chicken and vegetables into ovenproof dish.
5. Sprinkle grated cheese over chicken and vegetable mixture.
6. Pour egg mixture over chicken, vegetables and cheese.
7. Bake in oven at 160°C for 30 minutes (or until cooked through).

SERVING SUGGESTION

Serve with 1 slice of wholemeal bread and 1 cup of salad or ½ cup of steamed vegetables per child.

HELPFUL TIPS

- To make tuna and broccoli frittata, replace chicken with 800g drained tuna in spring water, replace peas with equal quantity of broccoli florets, and add 400g corn kernels.
Sausage Rolls

Prep Time: 30 mins  Cook Time: 25 mins
Serves: 20  Serve Size: 3 sausage rolls

INGREDIENTS

1 ½ cups  Breadcrumbs
1   Onion, grated
750g   Lean beef mince
1 tbs   Dried mixed herbs
2   Eggs, plus 1 extra egg
2 tbs   Tomato paste
1   Zucchini, finely grated
6 sheets  Frozen puff pastry, just thawed
2   Carrots, finely grated

Tomato or sweet chilli sauce to serve

STEPS

1. Preheat oven to 200°C and line 4 baking trays with baking paper.
2. Process breadcrumbs, mince, and 2 eggs in a food processor until well combined. Place in bowl and mix well with vegetables, herbs and tomato paste.
3. Cut 1 pastry sheet in half. Spoon 2-3 tbs of the mixture lengthways along the centre of each piece. Fold 1 edge of pastry over and tuck in beside filling, then fold over the other side to make a roll, pressing down lightly to seal. Repeat with remaining pastry and filling.
4. Cut each roll into 4 pieces and cut 2 small incisions into each roll to prevent splitting. Place on baking sheets, cover and chill for 10-20 minutes.
5. Brush with beaten egg. Bake for 25-30 minutes until the rolls are lightly golden and cooked through.

SERVING SUGGESTION

Serve with 1 cup of salad or ½ cup of vegetable sticks per child.

HELPFUL TIPS

- Use a piping bag for a quicker way to spread mince filling onto pastry. Ensure it is a bag dedicated to use with meat and is never used for raw foods such as icing!
- Chilling the rolls prior to baking helps the pastry to puff.
- Beef mince can be replaced with chicken mince.
Shepherd's Pie

Prep Time: 15 mins  Cook Time: 30 mins  Serves: 20  Serve size: 1 slice

INGREDIENTS

- 800g Potatoes, peeled and cubed
- ½ cup Reduced fat milk
- 1kg Sweet potato, peeled and cubed
- 2 Carrots, finely chopped
- 2 Celery stalks, finely chopped
- 2 Onions, finely chopped
- 2 Zucchinis, finely chopped
- 20g Margarine
- 1 tbs Olive oil
- 1.2kg Lean beef mince
- 1 tsp Minced garlic
- 2 tbs Worcestershire sauce
- 1 cup Reduced salt tomato sauce
- 2 x 400g cans Diced tomatoes
- 3 tsp Salt reduced beef stock, dissolved in 1 ½ cups water
- 1 cup Frozen green beans
- 1 cup Frozen peas
- 2 tsp Gravy powder
- 1 cup Frozen corn kernels
- 2 cups Mozzarella cheese, grated

STEPS

1. Preheat oven to 200°C.
2. Cook potato and sweet potato in a saucepan of boiling water until tender.
3. Mash potatoes with milk and margarine (or process in a food processor) until smooth. Set aside.
4. Heat oil in a non-stick pan. Add the carrot, zucchini, celery and onion, and sauté with garlic for 10 minutes.
5. Add mince, frozen veg, canned tomatoes, sauces and stock. Cook, stirring, until boiling. Add gravy powder to thicken, and simmer for 3 minutes.
6. Spoon into a large baking tray. Top with mashed potato and sprinkle cheese over top.
7. Bake in oven for 30-35 minutes until golden brown.
8. Cut into 20 even slices to serve.
Sweet Potato and Chickpea Patties

Prep Time: 60 mins  Cook Time: 30 mins  Serves: 25

INGREDIENTS

1.5kg  Sweet potato
2   Zucchinis, grated
1   Red onion, small, finely chopped
4x 400g cans  Chickpeas
2 cups  Breadcrumbs
2 tbs   Lemon juice
4   Eggs

STEPS

1. Preheat oven to 180°C.
2. Peel and chop sweet potato into small pieces.
3. Steam sweet potato for 20 minutes or until tender.
5. Mash sweet potato and chickpeas with lemon juice until smooth. Place in fridge to cool for 30 minutes.
6. Combine sweet potato and chickpeas with onion, zucchini, breadcrumbs and egg.
7. Take small handfuls of mixture and roll into balls. Flatten gently to form patties.
8. Line baking tray with non-stick baking paper. Place patties on lined tray.
9. Spray lightly with olive oil spray.
10. Bake in oven at 180°C, turning once, for 30 minutes or until golden.
11. Serve with Turkish bread, chutney and salad or soft vegetables.

HELPFUL TIPS

• Replace sweet potato with white potato, replace chickpeas with 720g of drained tuna in spring water, and add 500g of canned sweet corn (drained) at step 7.
INGREDIENTS

3kg Chicken breast fillets, diced
500g Sweet potato, finely diced or grated
Juice of 2 Lemons
500g Pumpkin, finely diced
300g Reduced fat plain yoghurt
2 Onions, chopped
1 tbs Crushed garlic
4 tbs Olive or canola oil
1 x 290g T andoori paste
2 Red capsicums, diced
2 Green capsicums, diced
8 cups Basmati rice, uncooked

STEPS

1. Combine half the tandoori paste with the lemon juice and yoghurt. Add chicken and marinate overnight, or if not possible, for at least 2 hours (covered in the refrigerator).
2. Place chicken in baking dishes, bake in a moderate oven until chicken is cooked through.
3. While the chicken is cooking place the rice on to cook.
4. While chicken is cooking, lightly fry the onion in the oil and garlic, add vegetables and continue to stir fry until vegetables are just tender. Capsicums should be added close to the end of the cooking time so that they retain their crispness.
5. Add the remainder of the tandoori paste to the vegetables. Combine the vegetables and chicken and heat through if necessary.

SERVING SUGGESTION

Serve with 1 cup of salad or ½ cup seasonal vegetables per child.

HELPFUL TIPS

- Capsicums could be replaced with chopped celery or chopped green beans.
Toddler Chicken Couscous

Prep Time: 25 mins  Cook Time: 15-20 mins  Serves: 20

INGREDIENTS

1.5kg  Chicken thigh or breast, diced small
1  Onion, peeled and chopped
2 ¼ cups  Salt reduced chicken stock
2  Zucchinis, finely diced or grated
3 cups  Couscous
6  Tomatoes, finely diced
3 tbs  Olive oil
3  Capsicums, finely diced

STEPS

1. Heat oil in a large non-stick frypan. Sauté onion on medium heat until soft.

2. Add diced chicken and stir-fry until chicken is almost cooked through.

3. Place couscous in a separate bowl. Boil chicken stock and pour over couscous. Allow it to stand for approx. 6-8 minutes or until liquid is absorbed.

4. Add zucchini and capsicum to chicken and cook for approx. 6 minutes or until softening, stirring frequently. Add tomatoes and cook for another 2-3 minutes.

5. Fluff the couscous with a fork and mix in the chicken and vegetables. Serve.

HELPFUL TIPS

• Replace vegetables with frozen vegetables such as peas, carrots and corn
• Use up any leftover vegetables such as broccoli, cauliflower, or pumpkin
• If additional couscous is needed, use 1 cup dry couscous to ¾ cup stock.

Recipe has been modified from original recipe sourced from Illawarra Shoalhaven Local Health District, Healthy Food for babies and toddlers, 2013
Tomato Glazed Meatloaf

INGREDIENTS

Meatloaf
2.8kg Lean beef mince
2 cups Wheat germ
3 cups Zucchini, grated
3 cups Carrots, grated
4 Onions, chopped
1 cup Chopped parsley
½ cup Tomato sauce
5 Eggs, beaten

Glaze
1 cup Tomato sauce
¼ cup Worcestershire sauce
¼ cup Brown sugar
1 large Tomato, finely chopped

STEPS

1. Combine all meat loaf ingredients and mix well. Press the mixture into greased oven proof dishes. Bake at 180°C for approx. 60 minutes.

2. When cooked, remove from the oven and drain off any visible fat.

3. Combine all the glaze ingredients in a saucepan and gently heat through.

4. Pour glaze over meatloaf just before serving.

SERVING SUGGESTION

Serve with 1 cup of vegetables such as mashed potato, a green and a yellow vegetable per child.

HELPFUL TIPS

- Wholemeal breadcrumbs can be used instead of wheat germ. 2 slices of bread will make 1 cup of breadcrumbs.
- Worcestershire sauce can be replaced with barbecue sauce.
Tuna and Sweet Corn Bake

Prep Time: 40-45 mins    Cook Time: 30-40 mins    Serves: 40

INGREDIENTS

6 x 425g cans  Tuna, drained
8 cups    Rice
10         Eggs
4          Onions, chopped
100g       Margarine
100g       Plain flour
3L         Reduced fat milk
250g       Reduced fat cheese, grated
500g       Frozen corn kernels
500g       Frozen peas

STEPS

1. Place rice on to cook, and hard boil the eggs. Remove eggs from the hot water as soon as they are cooked.
2. Melt margarine in a large saucepan, add onion and cook gently until soft. Remove from heat.
3. Stir in the flour and cook gently for 3-5 minutes. Remove from heat.
4. Stir in the milk and return to moderate heat. Stir continuously until the sauce comes to the boil. Turn heat down and boil gently for 2-3 minutes.
5. Add the drained tuna, rice, chopped up hard cooked egg, peas, corn and ¾ of the cheese to the sauce.
6. Pour sauce into a greased ovenproof dish, sprinkle with remainder of the grated cheese and bake in a moderate oven (180°C) until heated and the cheese has melted.

SERVING SUGGESTION

Serve with 1 cup of salad and a slice of wholemeal bread spread with margarine per child.

HELPFUL TIPS

- Rice and eggs can be cooked the day before and refrigerated.
- If there is no oven space available, the sauce could be served directly onto the rice and sprinkled with cheese. There is no real need for this dish to be reheated in the oven.
- Choose tuna canned in spring water to reduce the salt content of this recipe.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences), 2014
**Tuna and Vegetable Fritters**

**Prep Time:** 15 mins  
**Cook Time:** 15 mins  
**Serves:** 20  
**Serve size:** 2 fritters

**INGREDIENTS**

- 1 ½ cups Self raising flour
- 425g can Corn kernels
- ½ cup Wholemeal self raising flour
- 2 cups Frozen peas
- 1 ½ cups Carrots, finely chopped
- 4 Eggs
- 2 Onions, finely chopped
- ⅔ cup Reduced fat milk
- ½ cup Parmesan cheese, grated
- 2 x 425g cans Tuna in Brine, well drained
- Olive oil spray

**STEPS**

1. Whisk together eggs, milk and parmesan cheese.
2. Place flour into a mixing bowl. Make a well in the centre and gradually pour in the egg mixture, stirring gently to combine.
3. Fold in the corn kernels, carrots, peas, onion and tuna; taking care not to over-mix or the fritters will be tough.
4. Spray a non-stick pan with oil. Place ¼ cupful’s of mixture into the pan, allowing room for spreading. Press down gently to flatten (if the fritters are too thick, the centre won’t cook properly).
5. Cook for 2-3 minutes on each side until golden brown, ensuring the centre is not doughy. Repeat in batches with the remaining mixture.

**SERVING SUGGESTION**

Serve with ½ cup steamed seasonal vegetables or 1 cup of salad per child.

**HELPFUL TIPS**

- Mixture should be the texture of thick pikelet batter. Add extra reduced fat milk if needed.
Vegetarian Delights


INGREDIENTS

- 2 x 425g cans Lentils, rinsed and drained
- 2 cups Frozen peas
- ½ cup Reduced fat milk
- 4 Spring onions, finely chopped
- 2 Potatoes, peeled and halved
- 2 cups Wholemeal bread crumbs
- 1 Sweet potato, peeled and chopped
- 2 Eggs, slightly beaten
- 1 Carrot, grated
- 1 Zucchini, grated
- 1 ½ cups Parmesan cheese, grated
- ½ tsp Mixed dried herbs
- 1 ½ cups Reduced fat cheddar cheese, grated
- 2 tbs Olive oil

Flour or additional breadcrumbs to coat

STEPS

1. Steam potatoes and sweet potato until soft. Drain and mash, slowly adding milk.
2. Cook peas in microwave for 2-3 minutes.
3. Combine all ingredients in a large bowl and mix well.
4. Roll mixture into small patties and coat in flour or breadcrumbs.
5. Heat oil in non-stick pan. Cook patties for 3-4 minutes either side or until golden brown.

SERVING SUGGESTION

Serve with a wholemeal roll and 1 cup of salad per child.

HELPFUL TIPS

- Substitute carrot, peas and spring onions for zucchini, corn and red onion.
- Substitute potato and sweet potato for pumpkin. If using pumpkin, add an additional egg and extra breadcrumbs to hold mixture together.
Vegetarian Lasagne

Prep Time: 20 mins  Cook Time: 30 mins  Serves: 20

INGREDIENTS

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<th>Quantity</th>
<th>Item</th>
<th>Quantity</th>
<th>Item</th>
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<tbody>
<tr>
<td>3</td>
<td>Carrots, finely chopped</td>
<td>425g can</td>
<td>Cannellini beans or chickpeas, rinsed or drained</td>
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<tr>
<td>1</td>
<td>Sweet potato, peeled and diced</td>
<td>2 x 250ml</td>
<td>Pasta sauce</td>
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<tr>
<td>2 cups</td>
<td>Broccoli, chopped into small chunks</td>
<td>½ cup</td>
<td>Barbeque sauce</td>
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<td>Green capsicums, diced</td>
<td>2 tsp</td>
<td>Dried mixed herbs</td>
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<td>2</td>
<td>Onions, finely chopped</td>
<td>12 large</td>
<td>Lasagne sheets (dried or fresh)</td>
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<tr>
<td>2 cans</td>
<td>Diced tomatoes</td>
<td>600g</td>
<td>Reduced fat ricotta cheese</td>
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<td>4 cups</td>
<td>Mushrooms, sliced</td>
<td>1 cup</td>
<td>Reduced fat Mozzarella cheese, grated</td>
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<tr>
<td>4</td>
<td>Zucchinis, finely chopped</td>
<td>¼ cup</td>
<td>Parmesan cheese, grated</td>
</tr>
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STEPS

1. Preheat the oven to 180°C.
2. Cook carrots and sweet potato in the microwave for approximately 8 minutes. Put into a large saucepan with all the other vegetables, add a little water and stir for approx. 10 mins over a high heat.
3. Lightly mash beans or chickpeas. Stir in sauces and herbs. Add to large saucepan. Cover and simmer for approx. 10 mins until the vegetables are tender.
4. Spray baking dish/s with olive oil. Spoon half the vegetables into the baking dish. Place a layer of lasagne sheets on top of the vegetables and top with ricotta cheese to cover the sheets. Add more vegetables, and more lasagne. Spread another layer of ricotta. Sprinkle parmesan cheese on top of ricotta, then cover with grated cheese.
5. Cook in the oven for approx. 30 mins, or until the lasagne is soft and the cheese is golden.

SERVING SUGGESTION

Serve with 1 slice of wholemeal bread and 1 cup of salad or ½ cup of mixed vegetables per child.

HELPFUL TIPS

- Substitute different vegetables to use what is in season. Alternatively, frozen peas/carrot/corn could be used. Fresh herbs could be used from the vegetable garden instead of the dried mixed herbs.
- Fresh lasagne sheets will cook faster than dried sheets.

Recipe has been modified from original recipe sourced from Better Health Channel at www.betterhealth.vic.gov.au
Zucchini Slice

Prep Time: 45-60 mins  Cook Time: 30-40 mins  Serves: 40

INGREDIENTS

2kg  Zucchini
4  Onions, chopped
500g  Lean ham, chopped
3 cups  Reduced fat cheese, grated
3 cups  Wholemeal self raising flour
2 cups  Frozen corn kernels
2 cups  Frozen peas
24  Eggs, beaten

STEPS

1. Grate the unpeeled zucchinis.
2. Combine all ingredients and pour into greased, ovenproof dishes.
3. Bake in a moderate oven (180°C) for 30-40 minutes.

SERVING SUGGESTION

Serve with 1 slice of wholemeal bread spread with margarine per child.

HELPFUL TIPS

- Vegetables other than corn and peas could be used, e.g. grated pumpkin, grated sweet potato or finely diced capsicum.
- Remove ham for a vegetarian option.
- Add herbs such as chopped thyme or parsley for added flavour.
- Serve with a garden salad.
Snacks
**Apricot and Banana Muffins**

**STEPS**

1. Preheat the oven to 180°C and lightly grease muffin trays.

2. Place apricots and nectar in a saucepan, bring to the boil. Remove from heat and allow to cool.

3. Sift flours into a large bowl. Add sugar.

4. In a separate bowl, combine apricots and nectar, bananas, eggs, margarine and milk.

5. Add liquid ingredients to dry ingredients, mix well until just combined. Do not over mix.

6. Spoon mixture into lightly greased muffin trays, bake for 15-20 minutes until golden brown.

**HELPFUL TIPS**

- Use over-ripe bananas for a stronger flavour. When bananas get too ripe in the fruit bowl, put them in the freezer. Then simply defrost and add to recipes.
- Freeze leftover muffins to use for 'late snacks'.

**INGREDIENTS**

- 2 cups Dried apricots, chopped small
- ½ cup Sugar
- 1 cup Apricot nectar
- 4 Bananas, mashed
- 2 cups Wholemeal self raising flour
- 2 cups Self raising flour
- 2 Eggs, lightly beaten
- 3 tbs Margarine, melted
- ½ cup Reduced fat milk

**Prep Time:** 20 mins  
**Cook Time:** 15-20 mins  
**Serves:** 24  
**Serve Size:** 1 Muffin

Recipe has been modified from original recipe sourced from Better Health Channel at www.betterhealth.vic.gov.au
Banana Bread

INGREDIENTS

- 2 cups Self raising flour
- 6 tbs Golden syrup
- 2 cups Wholemeal self raising flour
- 4 Eggs
- 2 tsp Baking powder
- 4 Ripe bananas, large (or 6 smaller ones)
- 3 cups Infant rice cereal (iron enriched)
- 2 cups Reduced fat milk
- 1 cup Wheat germ
- ½ cup Olive or canola oil
- 1 cup Brown sugar
- 2 cups Sultanas or chopped dates (optional)

STEPS

1. Combine all the dry ingredients (flour, cereal, wheat germ, brown sugar and baking powder). Mix well making sure there are no lumps. If using sultanas or chopped dates, add now.

2. Beat the eggs and add the mashed banana, golden syrup, milk and oil. Stir and add to the dry ingredients. Mix well.

3. Grease and line the base of cake tin[s], then spoon mixture into them.

4. Bake at 170°C for 20-30 minutes. Test with a skewer to make sure the centre is cooked.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences), 2014.
Carrot, Banana and Sultana Muffins


INGREDIENTS

| ¼ cup     | Caster sugar |
| 3         | Eggs         |
| 1 ½ tbs   | Lemon rind, finely grated |
| ¾ cup     | Canola oil |
| 1 ½ cups  | Wholemeal self raising flour |
| 1 tsp     | Bicarb soda |
| 2         | Bananas |
| 2 cups    | Carrot, grated |
| ½ cup     | Sultanas |
| Pinch     | Table salt |

HELPFUL TIPS

- Dates can be used instead of sultanas. Chop them up small.

STEPS

1. Preheat oven to 180°C.
2. In a bowl, combine eggs, sugar and grated lemon zest. Mix in the oil, flour, bicarb soda and salt.
3. Mash 1 of the bananas and stir into mixture, along with grated carrot and sultanas.
4. Evenly spoon the mixture into muffin tins to make 20 medium sized muffins. Thinly slice the second banana and place a slice on top of each muffin.
5. Bake in the oven for approx. 20 – 25 minutes. Remove from oven and cool on a wire rack before serving.

Recipe has been modified from original recipe sourced from Better Health Channel at www.betterhealth.vic.gov.au
Cheese and Vegemite Scrolls

**Prep Time: 10 mins  Cook Time: 20 mins  Serves: 20  Serves Size: 1 Scroll**

**INGREDIENTS**

- 6 cups Self raising flour
- 650ml Reduced fat milk approx.
- Pinch Table salt
- 3-4 tbs Vegemite
- 100g Margarine
- 400g Reduced fat tasty cheese, grated

**STEPS**

1. Preheat oven to 220°C.
2. Sift flour and salt into a bowl then rub through margarine. Stir in enough milk to make a soft dough.
3. Working with half the dough at a time, knead gently on a lightly floured surface and roll out to form a 40cm x 25cm rectangle.
4. Spread the vegemite over the dough then sprinkle ¾ of the cheese. Roll up along the long side to enclose the cheese.
5. Cut each roll into 12 x 2cm thick pieces and place close together, cut side up, on a greased baking tray.
6. Sprinkle with the remaining cheese and bake for 15-20 mins or until cooked and golden.

**HELPFUL TIPS**

- Tomato paste can be used as a variation to vegemite. Sprinkle some basil or oregano onto the tomato paste before sprinkling the cheese.
- Lean diced ham and tomato paste could be used to make pizza scrolls.

Recipe has been modified from the original recipe sourced from www.vegemite.com.au/#recipes
Creamy Avocado Dippers

Prep Time: 10 mins  Cook Time: 0 mins  Serves: 20
Serve size: 1 tablespoon dip with ½ cup vegetable sticks and ¼ slice pita bread

INGREDIENTS

Dip:
1 ½ cup  Reduced fat Greek-style plain yoghurt
6 Ripe avocados
1 tsp  Minced garlic
Juice of 2 Lemons
¼ tsp  Ground cumin

Dippers:
10 cups  Seasonal vegetables such as capsicum, cucumber, snow peas, celery, cut into small sticks
5 slices  Wholemeal pita bread, cut into small triangles and toasted.

STEPS

1. To make dip, place all ingredients in a food processor and process until smooth.
   Serve immediately as it will turn brown over time.

2. Serve each child a small bowl containing 1 tablespoon of dip, ½ cup of vegetable sticks and ¼ piece of pita bread triangles.

HELPFUL TIPS

• Leftover dip can be stored in the fridge covered with plastic wrap that is flush with dip (i.e. no air pockets) to minimise browning.
Date Loaf

Prep Time: 15 mins  Cook Time: 60-75 mins  Serves: 40

INGREDIENTS

4 cups Dates
½ cup Orange juice
2 cups Water
4 cups Self raising wholemeal flour
4 Eggs, beaten
2 tsp Cinnamon
½ cup Golden syrup
Olive oil spray

STEPS

1. Combine dates and water in a saucepan and simmer gently for about 5 minutes or until dates have softened and blended in with the water. Stir occasionally. Allow mixture to cool.

2. Combine the beaten eggs, golden syrup and orange juice then add to the cooled dates.

3. Gently fold in the flour, do not over mix.

4. Pour into 2 greased, lined loaf tins and bake at 170°C for about 60 minutes. Test with a skewer to make sure the centre of the loaf is cooked.

5. Turn onto a cake cooler. Slice when cold.

HELPFUL TIPS

- 2 cups of grated carrot could be added.
- Mixture can be cooked in mini muffin tins, which will reduce the cooking time.
- If cooking in a loaf tin, the oven temperature may need to be reduced slightly in the second half of the cooking time to prevent the loaf over browning.
- Cutting dates in half (using kitchen scissors) will speed up the softening time and help ensure there are no seeds.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences), 2014
Iron Rich Muffins

Prep Time: 30 mins  Cook Time: 15 mins  Serves: 40  Serve Size: 1 Muffin

INGREDIENTS

¾ cups Margarine
2 cups Iron fortified infant cereal
½ cup Sugar
1 cup Wholemeal self raising flour
3 tbs Golden syrup
2 cups Self raising flour
4 Eggs, beaten
1 ½ cups Reduced fat milk
Vanilla to taste

STEPS

1. Cream together the margarine, sugar and golden syrup. Gradually add the beaten eggs.
2. Gently stir in the milk.
3. Fold through the combined flour and cereal.
4. Spoon into patty papers or well greased cupcake tins.
5. Bake in a moderate oven (180°C) for about 15 minutes. Test with a skewer.

HELPFUL TIPS

• The mixture can be cooked as a slab cake then cut into 40 serve size pieces, or as a fruit upside down cake. Cook it for 20-30 minutes at 150°-170°C.
• All wholemeal self raising flour could be used.
• For variety, try adding some dried fruit like sultanas.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences), 2014
Mini Peach Muffins

Prep Time: 20 mins  Cook Time: 15 mins  Serves: 40  Serve Size: 2 mini muffins

INGREDIENTS

- ¼ cup Sugar
- 820g can Peaches, diced
- 2 cups Reduced fat milk
- 2 cups Wholemeal self raising flour
- 2 cups Self raising flour
- 1 ½ tbs Ground cinnamon
- 4 tbs Olive oil

STEPS

1. Preheat the oven to 180°C and lightly grease muffin trays.
2. In a large bowl mix sugar, milk and oil, then stir in peaches.
3. Add flour and cinnamon, and mix until just combined. Don’t over mix.
4. Spoon mixture into prepared muffin tray and bake in moderate oven for 12-15 mins.

SERVING SUGGESTION

Serve with ½ cup of reduced fat yoghurt per child or serve with ½ cup chopped up seasonal fresh fruit per child.

HELPFUL TIPS

- Instead of peaches, try 2 cups grated carrot and ½ cup sultanas; or 2 cups grated/canned apples and 1 tsp cinnamon; or 2 cups blueberries.
- Peaches could be pureed before adding to mixture for a smoother texture. If doing this, you may need less milk.
- Can also make large muffins. This recipe would make approx. 24 large muffins.

Recipe has been modified from original recipe sourced from Illawarra Shoalhaven Local Health District, Healthy Food for babies and toddlers, 2013
Mini Pizza Rounds

Prep Time: 20 mins  Cook Time: 10 mins  Serves: 20  Serve Size: ½ muffin

INGREDIENTS

10  Wholemeal English muffins
1   Onion, finely diced
400g Tomato paste
200g Mushrooms, finely diced
1   Red capsicum, finely diced
5   Tomatoes, finely diced
1   Green capsicum, finely diced
250g Reduced fat cheese, grated

STEPS

1. Cut muffins in half. Spread with tomato paste.
2. Place small amounts of onion, tomato, capsicum and mushroom on each slice.
3. Top with grated cheese.
4. Place under the grill for 3-4 minutes or until golden brown.

SERVING SUGGESTION

Serve pizzas with ½ cup of vegetable sticks or 1 cup of salad.

HELPFUL TIPS

- Mini Pizza Rounds served with vegetable sticks or salad on the side become an easy meal option. When serving as a meal, cook 500g of lean mince to add with diced vegetables and cheese as the pizza filling.
- Use up leftover vegetables for pizza toppings.
- Chicken or lean ham could also be added to toppings, however a vegetarian pizza will be tasty and less expensive.
- Fresh herbs could be added for extra flavour, particularly basil or oregano. This is a great opportunity to use fresh herbs from your vegetable garden.
- Children could assemble their own pizzas.
**Muesli Fruit Slice**

**Prep Time:** 10 mins  
**Cook Time:** 25-30 mins  
**Serves:** 40

**INGREDIENTS**

- 200g Margarine
- ⅔ cup Brown sugar
- ½ cup Honey
- 1 cup Sultanas
- 4 cups Untoasted muesli/bran mix
- ½ cup Dried apricots, chopped small
- ½ cup Pepitas
- 2 cups Self raising flour
- 2 Eggs
- Olive oil spray

**STEPS**

1. Preheat oven to 180°C.
2. In microwave, melt margarine with honey.
3. In a large mixing bowl combine all dry ingredients, diced fruit and pepitas. Add margarine mixture and eggs, combine well.
4. Press into large slab tins coated with spray oil.
5. Bake 25-30 mins or until golden brown. Allow to cool before cutting into 40 slices.

**HELPFUL TIPS**

- Dried fruit medley mix could replace sultanas and apricots
- Slice is a dry mixture. If too dry and crumbly, add extra honey (warmed) or some hot water when mixing.

**SAFETY TIP**

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.
Pumpkin Scones

INGREDIENTS

2 tbs   Margarine
2   Eggs
1 cup   Sugar
2 cups  Cold mashed pumpkin
1 tsp   Mixed spice
4 ½ cups  Self raising flour

PREP TIME: 25 mins  COOK TIME: 15 mins  SERVES: 20  SERVE SIZE: 2 large or 2 small scones

HELPFUL TIPS

- Butternut pumpkin works particularly well to give a sweet, mild flavour to these scones.
- The amount of flour needed to make a dough will vary depending on the moistness of the pumpkin. If required, add extra flour gradually to reduce the stickiness of the dough.
- These scones freeze and re-heat well.

STEPS

1. Preheat oven to 225°C (205°C fan forced).
2. In a bowl, combine margarine and sugar with electric mixer. Add eggs, spice and pumpkin and beat until well combined.
3. With a spatula, stir through the flour and turn out on bench. Combine with your hands and flatten the dough out to 2.5cm thickness– add more flour if needed.
4. Flour a scone cutter, and cut out 40 scones.
5. Place scones on a greased tray with 1cm space around each scone and brush the tops with milk.
6. Bake for 10-15 mins, depending on the size of the scone. When cooked they should be golden brown on top.
7. Serve warm with a smear of margarine.

Recipe has been modified from original recipe sourced at www.kidspot.com.au
Toasted Pita Chips with Roasted Beetroot Dip

Prep Time: 20 mins  
Cook Time: 40 mins  
Serves: 20

Serve Size: ½ piece pita bread with 2 tablespoons of dip

INGREDIENTS

10 slices Wholemeal pita bread
Olive oil spray

Dip:
5-6 medium Fresh beetroot OR
2 x 400g cans Whole beetroots, drained
250g Reduced fat natural yoghurt (a thick variety is best)

STEPS

1. Preheat oven to 180°C. If using fresh beetroot, wash beetroot and trim off the tops and bottoms. Generously spray baking dish with olive oil. Place beetroot in baking dish and cover with foil. Bake for 30-35 mins or until tender.
2. Slice the pita bread into triangles– cut each slice into half and then each half into 4–5 triangles. Arrange in a single layer on a baking tray and spray with oil, bake for 3-4 minutes on each side until crispy. Cook in small batches if necessary.
3. Remove beetroot from oven and allow to cool off. Remove skin gently (it should rub off easily) and chop into smaller pieces. If using canned beetroot chop beetroots up. It’s a good idea to wear gloves when handling the beetroot as they will turn your hands pink.
4. Place yoghurt and beetroot in a food processor, blend until smooth. Chill in a refrigerator before serving.

HELPFUL TIPS

- Pita chips and dip can be made the previous day and stored in different airtight containers.
- For variety, parmesan cheese can be sprinkled on the chips prior to baking.
- For a fuller flavour, try adding some reduced fat feta cheese and/or crushed garlic to the beetroot mixture.
- Salsa can be used as an alternative to the dip.
- Children may need a spoon to assist with placing dip onto pita chips.

SERVING SUGGESTION

Serve with ½ cup of vegetable sticks to dip along with the pita chips.
Wholemeal Cheese Scones

Prep Time: 30 mins  Cook Time: 15 mins  Serves: 40  Serve Size: 1 Scone

INGREDIENTS

4 cups  Self raising flour
4 cups  Wholemeal self raising flour
4 tbs  Margarine
2 cups  Reduced fat cheese, grated
2 cups  Reduced fat milk
4  Eggs

STEPS

1. Beat eggs and milk together.
2. Rub margarine into combined flours then add grated cheese.
3. Stir the combined egg and milk into the flour to make a soft dough. Lightly knead the dough on a lightly floured surface.
4. Pat dough out to approx. 2cm thick. Cut with a sharp, lightly floured cutter or knife into at least 40 scones.
5. Place onto a greased tray and bake in a hot oven (200°-220°C) for 10-15 minutes.

HELPFUL TIPS

- Two cups of sultanas could be added (before adding the milk and egg).
- If dough is too sticky to knead, divide the mixture between two greased loaf tins and bake in a moderate oven (180°) for 30-40 minutes or until cooked. Dough could also be cooked as a damper.
- Instead of using a scone cutter, pat dough out to approx. 2cm thick and, using a sharp knife, cut into square (or rectangle) scones.
- Scones freeze well.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences), 2014
Desserts
Apple-Berry Sponge Delight

Prep Time: 15 mins  Cook Time: 30 min  Serves: 20

INGREDIENTS

Olive oil spray
1 cup Caster sugar
4 cups Stewed or canned apples, well drained
¼ cup Honey
2 cups Frozen berries
1 tsp Vanilla essence
2 ¼ cups Self raising flour, sifted
3 tbs Reduced fat milk, hot
9 Eggs

STEPS

1. Pre-heat oven to 180°C, and lightly spray baking pan/s with oil.
2. Drain fruit until no liquid remains, and place in the baking pan, spreading evenly over the bottom of the pan.
3. Using an electric mixer, whisk eggs and sugar until very thick and creamy (approx. 5 mins). Add honey and vanilla essence.
4. As lightly as possible, fold in flour and hot milk using a spatula.
5. Pour mixture over the fruit to cover it, and bake for 30-40 minutes until golden brown and firm to touch.

SERVING SUGGESTION

Serve with ¾ cup reduced fat custard per child.

HELPFUL TIPS

• For variety, try canned peaches, plums, or apricots.

SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.
Banana Pudding

Prep Time: 20-30 mins  Cook Time: 30 mins  Serves: 40

INGREDIENTS

250ml Olive or canola oil  
3 cups Self raising flour  
1 cup Sugar  
3 cups Wholemeal self raising flour  
800ml Orange juice  
12 small Bananas, sliced  
7 Eggs, beaten

STEPS

1. Beat the oil, sugar and juice together, then add the beaten eggs and mix well.
2. Fold in the flour.
3. Stir through the sliced bananas.
4. Pour into greased baking dishes and bake in a moderate oven (180°C) for 30 minutes.

SERVING SUGGESTION

Serve with ½ cup of reduced fat custard per child.

Recipe has been reproduced with permission of the NSW Health Ministry of Health, Caring for Children- Birth to 5 years (Food, Nutrition and Learning Experiences), 2014
**Fruit Crumble**

Prep Time: 20-30 mins  
Cook Time: 20-30 mins  
Serves: 40

**INGREDIENTS**

3 x 800g cans Solid pack (pie) apples  
1 cup Coconut  
1 cup Plain wholemeal flour  
1 cup Brown sugar  
1 cup Wheat germ  
200g Margarine  
1 cup Rolled oats

**STEPS**

1. Place fruit in oven dishes  
2. Mix dry ingredients together  
3. Melt margarine and pour over all the dry ingredients and mix well.  
4. Sprinkle crumble over the fruit and bake in a moderate oven (180°C) for about 15 minutes.

**SERVING SUGGESTION**

Serve with ½ cup low fat custard per child.

**HELPFUL TIPS**

- Any fruit could be used instead of apple  
- If canned fruit in natural juice is used, consider that most of the liquid will need to be drained off. This will mean that more than 3 cans of fruit will be needed.  
- Stewed, fresh or dried fruit can also be used.
Fruit Parfait

Prep Time: 20 mins  Cook Time: 0 min  Serves: 20  Serve Size: 1 Parfait

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5kg</td>
<td>Chopped fresh seasonal fruit (e.g. melons, banana, kiwi fruit, strawberries, peaches, pineapple, plums) OR 10 cups Frozen berries, canned fruit salad (drained)</td>
</tr>
<tr>
<td>2kg</td>
<td>Reduced fat vanilla yoghurt</td>
</tr>
<tr>
<td>3 cups</td>
<td>Untoasted muesli</td>
</tr>
</tbody>
</table>

STEPS

1. Chop fruit and place in individual bowls on the tables, along with yoghurt and muesli.

2. Using 100g of yoghurt, approx. 75g or ½ cup of fruit and 1 tablespoons of muesli have children assemble their own snack, layering spoonful’s of fruit, muesli and yoghurt into a small cup.

3. Top with a sprinkle of muesli.

HELPFUL TIPS

- Berry flavoured yoghurt could be used for variety
- Tinned passionfruit pulp can be added to the top, for extra taste.
- Stewed fruit could be used
Fruity Bread Pudding

Prep Time: 20 mins  Cook Time: 45 min  Serves: 25

INGREDIENTS

- 25 slices  Fruit bread
- 2L  Reduced fat milk
- 12  Eggs
- ¼ cup  Sugar

STEPS

1. Preheat oven to 180°C.
2. Cut each slice of bread into 4, and layer slices in a deep baking dish.
3. Lightly whisk eggs in a jug. Add milk and sugar, and whisk to combine.
4. Pour mixture evenly over bread. Allow to stand for 10 minutes, so bread absorbs liquid.
5. Bake in oven for 45 minutes or until custard sets in centre and top layer of bread is golden brown.

HELPFUL TIPS

- Serve with 1 cup of chopped banana or other fresh fruit.
Vanilla Berry Smoothie

Prep Time: 10 mins  Cook Time: 0 min  Serves: 20  Serve size: 1 cup (250ml)

INGREDIENTS

- 5 cups  Frozen or fresh berries
- 2L  Reduced fat milk
- 1.5kg  Reduced fat vanilla yoghurt
- 1 tbs  Vanilla essence (to taste)

STEPS

1. Place fruit in blender and puree.
2. Add yoghurt, milk and vanilla, blend until smooth. Add vanilla gradually, to taste.
3. Pour into 20 small glasses to serve.

HELPFUL TIPS

- Replace berries with banana, blueberries, peach (fresh or tinned), or other frozen fruit.
- Berry flavoured yoghurt could be used for extra flavour.
- For a sweeter smoothie, add 2 tablespoons honey.

SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.
**Weetbix™ Slice**

**Steps**

1. Grease and line a baking tin (approx. 20 x 28cm).
2. Combine the flour, wheat germ, crushed Weetbix™, sultanas and Milo™ in a mixing bowl.
3. Melt margarine, brown sugar and golden syrup together (warm only, don't allow to become hot).
4. Stir the beaten eggs and the margarine together then pour into the dry ingredients and mix well.
5. Lightly press the mixture into the prepared baking tin.
6. Bake at 150°C for 20-30 minutes. Cut into squares while still warm but leave to cool in the tin. This slice is soft when first removed from the oven but will firm up as it cools. Don’t cook for longer than 30 minutes or slice may become too hard when cold.

**Helpful Tips**

- Other chocolate flavourings or powders cannot replace the Milo™, as it is included to provide iron.

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Recipe has been reproduced with permission of the NSW Health Ministry of Health, *Caring for Children – Birth to 5 years (Food, Nutrition and Learning Experiences)*, 2014
Yoghurt Sundae

Prep Time: 10 mins       Cook Time: 0 mins       Serves: 20       Serve size: 1 sundae

INGREDIENTS

2kg   Reduced fat vanilla yoghurt
400g   Passionfruit pulp (fresh or canned)
1.5kg   Frozen berries, defrosted
3 cups   Untoasted muesli
1 ¾ cup   Frozen berries, defrosted to serve

STEPS

1. Puree berries in a blender until the consistency of a ‘chunky’ sauce.
2. In small cups (1 per child) place 1 tablespoon of passionfruit pulp. Add 100 grams of yoghurt to cup.
3. Top with approx. 3 tablespoons of berry puree.
4. Add 1 tablespoon of muesli and a few berries on top to decorate and serve.

Alternatively, place the berry puree, muesli and fruit in bowls on the table for children to decorate the top of their own yoghurt filled cups.

HELPFUL TIPS

- Stewed fruit can be used instead of berries, e.g stewed peaches, plums, apples—whatever is in season.
- Passionfruit pulp may be added on top as well.
- Sliced banana could be put in the bottom of the cup to make a yoghurt banana split.
Beef and Tomato Patties

Prep Time: 15 mins  Cook Time: 15 mins  Serves: 6-8

INGREDIENTS

500g  Lean beef mince  
1  Egg  
1  Onion, grated  
½  Zucchini, grated  
½  Carrot, grated  
2 tbs  Tomato paste  
1 tsp  Seeded mustard  
1 tsp  Minced garlic  
½ tsp  Dried mixed herbs  
2 tbs  Olive oil, for frying

STEPS

1. Blend all ingredients in a food processor until smooth.
2. Shape mixture into round patties, using 3 tablespoons of mixture for each patty.
3. Heat oil in a non-stick frypan. Flatten and cook patties for approx. 4-5 mins on each side or until golden brown in colour and cooked through.

SERVING SUGGESTION

Serve with 1 cup of seasonal vegetables per person or serve in a wholemeal bread roll with 1 cup of salad per person.

HELPFUL TIPS

- For variety or for young children, use 1½ tablespoons of mixture per patty and serve 2 patties per child, more for young adults and adults.
Beef and Vegetable Soup

Prep Time: 10 mins  Cook Time: 60 mins  Serves: 6

INGREDIENTS

1 tbs    Olive oil
1   Onion, diced
300g    Lean beef, cut into small cubes
1L   Salt reduced beef stock
400g can  Diced tomatoes
420g can  Five bean mix, drained
½ cup Frozen peas/carrots/corn mixture
1 small Celery stalk, finely chopped
2 tbs   Tomato paste
2 large Potatoes, diced
2   Bay leaves

STEPS

1. In a large saucepan, heat oil and sauté onion until soft.

2. Add beef and cook until browned. Add all other ingredients, and bring to the boil and then simmer for 45-60 minutes.

3. Remove bay leaves prior to serving. Serve with wholemeal bread toasted and cut into fingers.

SERVING SUGGESTION

Serve with 1 slice of wholemeal bread toasted and cut into fingers per person.

HELPFUL TIPS

- Use up any leftover vegetables such as capsicum, zucchini, pumpkin, sweet potato.
- Replace beef with chicken (and beef stock with chicken stock).

Recipe has been provided by the Better Health Channel at www.betterhealth.vic.gov.au
Beef Curry

Prep Time: 30 mins  Cook Time: 60 mins  Serves: 6-8

INGREDIENTS

2 tbs  Olive oil
1  Onion, finely diced
3 tbs  Curry powder
1 tsp  Cumin seeds, ground
1 tsp  Sweet paprika
500g  Diced beef
400g can  Diced tomatoes
3  Potatoes, cubed
300g  Pumpkin, cubed
250ml  Beef stock
2  Zucchini, diced
1 cup  Basmati rice, uncooked
Reduced fat, plain Greek yoghurt, for serving

STEPS

1. In a large pot on medium heat, place the oil and onion. Cook until the onion becomes translucent. Add the curry powder, cumin and paprika and cook with the onion until fragrant.

2. Add the beef to the pot with the onion and spices and cook, stirring constantly, until browned.

3. Once the beef has browned, add the tomatoes, potatoes, pumpkin, and stock. Stir constantly to remove any of the beef or spices that may have stuck to the bottom of pan.

4. Cover with a lid and cook on low heat for 30 minutes, stirring occasionally. After 30 minutes, add the zucchini to the pot. Stir through, and then cover and cook for a further 30 minutes or until the meat is tender. Remember to stir occasionally to ensure the curry is not sticking to the pan.

5. 10-15 minutes before curry is finished cooking, cook rice following packet instructions.

6. Serve with a dollop of yoghurt and ½ cup cooked basmati rice.
Chicken and Corn Slice

Prep Time: 15 mins  Cook Time: 45 mins  Serves: 6-8

INGREDIENTS

1 large  Skinless chicken breast
Water  Cover chicken in saucepan
4  Eggs, lightly beaten
250g  Natural yoghurt
420g can  Creamed corn
1  Zucchini, grated
½ cup  Plain flour
¾ cup  Corn kernels
½ cup  Capsicum, chopped up small
⅔ cup  Frozen peas
1 cup  Reduced fat tasty cheese, grated
¼ cup  Parmesan cheese, grated

STEPS

1. Place chicken in a large saucepan, cover with cold water and bring to simmer over medium heat. Poach for 4-5 mins or until chicken is cooked through. Drain chicken and cool.

2. Preheat oven to 180°C. Process cooked chicken in a food processor for 30 seconds or until finely chopped.

3. Whisk eggs, yoghurt and creamed corn in a bowl. Squeeze the excess liquid from the zucchini and add it to the egg mixture, along with the chicken, flour, corn, capsicum and peas, and parmesan cheese.

4. Pour mixture into a lined baking pan, sprinkle with grated cheese and bake for 35-45 mins or until cooked through.

SERVING SUGGESTION

Serve warm with 1 cups of salad or ½ cup of steamed seasonal vegetables per person.

HELPFUL TIPS

- Use whatever veggies are in season for a tasty veggie slice—spinach, carrot, mushrooms, broccoli - yum!
- Replace chicken with tuna for a variation.
- The creamed corn can be replaced with cottage cheese if desired.

Recipe has been provided by the Better Health Channel at www.betterhealth.vic.gov.au
Chicken Fingers with Sweet Corn Dip

Prep Time: 20 mins  Cook Time: 20 mins   Serves: 6-8

INGREDIENTS

| 500g | Chicken thighs, fat trimmed | 3 | Capsicums, sliced into thin sticks |
| 1 tbs | Lemon juice | 2 cups | Snow peas or sugar snap peas |
| 1 tbs | Fresh flat-leaf parsley, chopped | 6 small | Wholemeal pita bread, cut into triangles |
| 2 tsp | Olive oil | | Olive oil spray |
| 1 tsp | Minced garlic | | |
| 500g | Sweet potato, peeled, cut into 5mm-thick rounds | | |
| 250g | Cherry tomatoes, halved | | |
| 2 | Cucumbers, sliced thinly | | |

Sweet Corn Dip

200g Creamed corn
150ml Reduced fat, plain yoghurt
1 tbs Sweet chilli sauce

STEPS

1. Cut chicken thigh into strips and place in a glass or ceramic bowl with the lemon juice, parsley, olive oil and garlic. Mix to combine. Cover and refrigerate for 10 minutes to marinate.

2. Drain chicken from marinade. Preheat a non-stick pan and spray lightly with olive oil. Cook chicken, turning, for 6-8 minutes or until cooked through.

3. In a separate non-stick pan, cook sweet potato for 5 minutes on each side or until tender.

4. Serve chicken fingers on a plate with sweet potato slices, cherry tomatoes, sliced cucumber, capsicum sticks, snow peas and pita bread.

5. To make the Sweet Corn Dip, place all ingredients in a food processor and blend until smooth. Serve approx 2 ½ tablespoons of mixture on each plate for dipping.

HELPFUL TIPS

- The strength of sweet chilli sauce varies by brand. Taste the dip to determine how much sauce to use. If it is too spicy, add extra yoghurt.
- Large tomatoes can be used instead of cherry tomatoes. Simply cut into small bite sized wedges to serve.
- 1 slice of wholemeal toast could be used instead of pita bread.
Fried Rice with Beef

Prep Time: 10 mins    Cook Time: 25 mins    Serves: 6

INGREDIENTS

1 \(\frac{1}{3}\) cups  Basmati rice, uncooked
2  Eggs
500g  Lean beef, diced
2  Tomatoes, diced
1 cup  Mixed frozen peas/carrots/corn
1  Zucchini, diced
1  Capsicum, diced
2  Shallots, finely diced
1 tbs  Salt reduced soy sauce (to taste)
Olive oil spray

STEPS


2. Spray a large non-stick frypan with oil. Crack eggs to make a large omelette. Remove from pan, and once cool slice into small pieces.

3. Cook beef in pan until brown, and then add all vegetables. Cook until vegetables are nearly soft. Add cooked rice to pan, and sliced egg pieces, and slowly add soy sauce to taste. Cook until rice is warmed through.

HELPFUL TIPS

- Almost any vegetables can be used in this recipe. It’s a great way to use up any leftover vegetables. Frozen, fresh or canned vegetables work equally well.
- Beef can be replaced with chicken, pork or tofu.
**Kid’s Ratatouille**

**INGREDIENTS**

1 tbs  Olive oil  
1 large  Onion, finely chopped  
1 large  Zucchini, diced  
2  Celery stalks finely chopped  
2  Capsicums, seeded and diced  
½ cup  Corn kernels  
1 tsp  Minced garlic  
425g can  Diced tomatoes  
1 ½ punnets  Cherry tomatoes, halved  
1 tsp  Fresh basil, finely chopped (or ½ tsp dried)

**STEPS**

1. Heat oil in a large saucepan and sauté onion until soft.

2. Add zucchini, celery, capsicum, corn and garlic. Cover and cook gently for 10 minutes.

3. Add can of tomatoes and cherry tomatoes and cook for 15-20 minutes or until vegetables are soft.

4. Add basil for final minutes of cooking and stir through well.

**SERVING SUGGESTION**

Serve as a side-dish with Lamb Meatballs. Alternatively, serve Kid’s Ratatouille with other meat/chicken/fish meals.

**HELPFUL TIPS**

- Place leftovers in a food processor and blend until smooth. Serve as a dip with wholegrain crackers or rice crackers. For a creamier dip, add a tablespoon of low fat plain yoghurt.
Lamb Meatballs

Prep Time: 20 mins  Cook Time: 40 mins  Serves: 6-8

INGREDIENTS

- 1 cup Basmati rice, uncooked
- **Meatballs**
  - 500g Lamb mince
  - 1 Onion, grated
  - 1 cup Carrot, grated
  - ½ tsp Cumin, ground
  - ¼ tsp Dried mint
  - Olive oil spray
- **Sauce**
  - 2 tbs Olive oil
  - 1 Onion, diced
  - 1 tsp Minced garlic
  - 2 tbs Tomato paste
  - 1 tsp Dried oregano
  - 400g can Whole tomatoes, strained and chopped

STEPS

**To make meatballs:**

1. Preheat oven to 180°C.
2. Add all the meatball ingredients in a large bowl, mix with your hands to combine and roll into tablespoon size balls.
3. Spray 2 oven trays with olive oil and carefully place meatballs in the trays.
4. Place in the oven for 15 minutes and then transfer to the tomato sauce.

**To make sauce:**

1. In a large saucepan, heat oil over medium heat. Add onions and sauté for 1-2 minutes, followed by garlic.
2. After 2-3 minutes, add tomato paste, stir to combine and cook for 3-4 minutes. Once the tomato paste starts sticking to the bottom of the pan, add diced tomatoes and oregano.
3. Reduce heat to a simmer and cook for 15 minutes with the lid on.
4. When meatballs are ready to come out of the oven, add them to the sauce (discarding the meat juices in the pan). Cook for a further 15-20 minutes on low heat with the lid off, stirring occasionally.
5. 10-15 minutes before the meatballs are finished cooking, cook the rice according to the directions on the packet. Serve meatballs and sauce with rice.

SERVING SUGGESTION

Serve with Kid’s Ratatouille or 1 cup of seasonal cooked vegetables per person.

Recipe has been modified from original recipe sourced at www.kidspot.com.au
Sausage Rolls

Prep Time: 30 mins  Cook Time: 25 mins  Serves: 6-8

INGREDIENTS

1 cup  Breadcrumbs  
500g  Lean beef mince  
1  Egg, plus 1 extra egg  
1  Zucchini, finely grated  
1  Carrot, finely grated  
½  Onion, grated  
1 tbs  Tomato paste  
2 tsp  Dried mixed herbs  
4 sheets  Frozen puff pastry, just thawed 
Tomato or sweet chilli sauce to serve

STEPS

1. Preheat oven to 200°C and line 4 baking trays with baking paper.
2. Process breadcrumbs, mince, and egg in a food processor until well combined. Place in a bowl and mix well with vegetables, tomato paste and herbs.
3. Cut 1 pastry sheet in half. Spoon 2-3 tbs of the mixture lengthways along the centre of each piece. Fold 1 edge of pastry over and tuck in beside filling, then fold over the other side to make a roll, pressing down lightly to seal. Repeat with remaining pastry and filling.
4. Cut each roll into 4 pieces and cut 2 small incisions into each roll to prevent splitting. Place on baking sheets, cover and chill for 10-20 minutes.
5. Brush with beaten egg. Bake for 25-30 minutes until the rolls are lightly golden and cooked through.

SERVING SUGGESTION

Serve with 1-2 cups of salad or 1 cup of seasonal vegetables per person.

HELPFUL TIPS

• Use a piping bag for a quicker way to spread mince filling onto pastry. Ensure it is a bag dedicated to use with meat and is never used for raw foods such as icing!
• Chilling the rolls prior to baking helps the pastry to puff.
• Beef mince can be replaced with chicken mince.
Shepherd’s Pie

Prep Time: 15 mins  Cook Time: 30 mins  Serves: 6-8

INGREDIENTS

400g Potatoes, peeled and cubed  ½ cup Reduced fat milk
400g Sweet potato, peeled and cubed  1 Carrot, finely chopped
20g Margarine  1 stick Celery, finely chopped
1 tbs Olive oil  1 Onion, finely chopped
1 Zucchini, finely chopped  400g Lean beef mince
1 tsp Minced garlic  2 tbs Worcestershire sauce
½ cup Reduced salt tomato sauce  400g can Diced tomatoes
½ cup Frozen green beans  ¼ cup Salt reduced beef stock
½ cup Frozen corn kernels  1 tsp Gravy powder
½ cup Frozen peas  1 cup Mozzarella cheese

STEPS

1. Preheat oven to 200°C.

2. Cook potatoes and sweet potato in a saucepan of boiling water until tender.

3. Mash potatoes with milk and margarine (or process in a food processor) until smooth. Set aside.

4. Heat oil in a non-stick pan. Add the carrot, zucchini, celery and onion, and sauté with garlic for 10 minutes.

5. Add mince, frozen vegetables, canned tomatoes, sauces and stock. Cook, stirring, until boiling. Add gravy powder to thicken, and simmer for 3 minutes.

6. Spoon into a large baking tray. Top with mashed potato and sprinkle cheese over top.

7. Bake in oven for 30-35 minutes until golden brown.

SERVING SUGGESTION

Serve with a 1 cup of salad or ½ cup of seasonal vegetables per person.
Tuna and Vegetable Fritters

Prep Time: 15 mins  Cook Time: 15 mins  Serves: 6-8

INGREDIENTS

¾ cup  Self raising flour
425g can  Corn kernels
¼ cup  Wholemeal self raising flour
¾ cup  Carrots, finely chopped
2  Eggs
1 cup  Frozen peas
½ cup  Reduced fat milk
1  Onion, finely chopped
425g can  Tuna in Brine, well drained
1 ½  tbs  Parmesan cheese, grated
Olive oil spray

STEPS

1. Whisk together eggs, milk and parmesan cheese.

2. Place flour into a mixing bowl. Make a well in the centre and gradually pour in the egg mixture, stirring gently to combine.

3. Fold in the corn kernels, carrots, peas, onion and tuna; taking care not to over-mix or the fritters will be tough.

4. Spray a non-stick pan with oil. Place ¼ cupful’s of mixture into the pan, allowing room for spreading. Press down gently to flatten (if the fritters are too thick, the centre won’t cook properly).

5. Cook for 2-3 minutes on each side until golden brown, ensuring the centre is not doughy. Repeat in batches with the remaining mixture.

SERVING SUGGESTION

Serve with 1 cup of salad or ½ cup of steamed seasonal vegetables per person.

HELPFUL TIPS

• Mixture should be the texture of thick pikelet batter. Add extra milk if needed.
Vegetarian Delights

INGREDIENTS

1   Potato, peeled and halved
1   Sweet potato, peeled and chopped
¼ cup  Milk
1 cup   Frozen peas
1 cup   Wholemeal bread crumbs
425g can  Lentils, rinsed and drained
1   Egg, slightly beaten
1 small  Zucchini, grated
1 small  Carrot, grated
½  tsp   Dried mixed herbs
2 tbs   Olive oil
2   Spring onions, finely chopped
¾ cup   Reduced fat cheddar cheese, grated
¾ cup   Parmesan cheese, grated
Flour or additional breadcrumbs to coat

Prep Time: 25 mins   Cook Time: 25 mins   Serves: 6-8

STEPS

1. Steam potato and sweet potato until soft. Drain and mash, slowly adding milk.
2. Cook peas in microwave for 2-3 minutes.
3. Combine all ingredients in a large bowl and mix well.
4. Roll mixture into small patties and coat in flour or breadcrumbs.
5. Heat oil in non-stick pan. Cook patties for 3-4 minutes either side or until golden brown.

SERVING SUGGESTION

Serve with 1 cup of salad and a wholemeal bread roll per person.

HELPFUL TIPS

• Substitute carrot, peas and spring onions for zucchini, corn and red onion.
• Substitute potato and sweet potato for pumpkin. If using pumpkin, add an additional egg and extra breadcrumbs to hold mixture together.
Vegetarian Lasagne

Prep Time: 20 mins  Cook Time: 30 mins  Serves: 6-8

INGREDIENTS

2 Carrots, finely chopped  ½ Sweet potato, peeled and diced
1 cup Broccoli, chopped into small chunks  200g can Cannelini beans or chickpeas, rinsed and drained
1 Green capsicum, diced  ¼ cup Barbeque sauce
1 Red capsicum, diced  1 tsp Dried mixed herbs
1 Onion, finely chopped  6 large Lasagne sheets [dried or fresh]
400g can Diced tomatoes  200g Reduced fat ricotta cheese
2 Zucchinis, finely chopped  ½ cup Reduced fat Mozzarella cheese, grated
2 cups Mushrooms, sliced  2 tbs Parmesan cheese, grated
250ml Pasta sauce  Olive oil spray

STEPS

1. Preheat the oven to 180°C.
2. Cook carrots and sweet potato in the microwave for approximately 6 minutes. Put into a large saucepan with all the other vegetables, add a little water and stir for approx. 10 mins over a high heat.
3. Lightly mash beans or chickpeas. Stir in sauces and herbs. Add to large saucepan. Cover and simmer for approx. 10 mins until the vegetables are tender.
4. Spray baking dish with olive oil. Spoon a half the vegetables into the baking dish. Place a layer of lasagne sheets on top of the vegetables and top with ricotta cheese to cover the sheets. Add more vegetables, and more lasagne. Spread another layer of ricotta. Sprinkle parmesan cheese on top of ricotta, then cover with grated cheese.
5. Cook in the oven for approx. 30 mins, or until the lasagne is soft and the cheese is golden.

SERVING SUGGESTION

Serve with 1 slice of wholemeal bread and 1 cup of salad or ½ cup of mixed vegetables per person.

HELPFUL TIPS

• Substitute different vegetables to use what is in season. Alternatively, frozen peas/carrot/corn could be used. Fresh herbs could be used from the vegetable garden instead of the dried mixed herbs.
• Fresh lasagne sheets will cook faster than dried sheets.

Recipe has been provided by the Better Health Channel at www.betterhealth.vic.gov.au
Apricot and Banana Muffins

Prep Time: 20 mins    Cook Time: 15-20 mins    Serves: 12

INGREDIENTS

| 1 cup   | Dried apricots, chopped small |
| ½ cup   | Apricot nectar               |
| 1 cup   | Self raising flour           |
| 1 cup   | Wholemeal self raising flour |
| ¼ cup   | Sugar                        |
| 2       | Bananas, mashed              |
| 1       | Egg, lightly beaten          |
| 2 tbs   | Margarine, melted            |
| ¼ cup   | Reduced fat milk             |

STEPS

1. Preheat the oven to 180°C and lightly grease muffin trays.
2. Place apricots and nectar in a saucepan, bring to the boil. Remove from heat and allow to cool.
3. Sift flours into a large bowl. Add sugar.
4. In a separate bowl, combine apricots and nectar, bananas, egg, margarine and milk.
5. Add liquid ingredients to dry ingredients, mix well until just combined. Do not over mix.
6. Spoon mixture into lightly greased muffin trays, bake for 15-20 minutes until golden brown.

HELPFUL TIPS

- Use over-ripe bananas for a stronger flavour. When bananas get too ripe in the fruit bowl, put them in the freezer. Then simply defrost and add to recipes.
- Leftover muffins can be frozen.

Recipe has been provided by the Better Health Channel at www.betterhealth.vic.gov.au
Carrot, Banana and Sultana Muffins

**Prep Time:** 10 mins  **Cook Time:** 20-25 mins  **Serves:** 12

**INGREDIENTS**

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<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Egg</td>
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<tr>
<td>2 tbs</td>
<td>Caster sugar</td>
</tr>
<tr>
<td>½ tbs</td>
<td>Lemon rind, finely grated</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Canola oil</td>
</tr>
<tr>
<td>¾ cup</td>
<td>Wholemeal self raising flour</td>
</tr>
<tr>
<td>½ tsp</td>
<td>Bicarb soda</td>
</tr>
<tr>
<td>1 large</td>
<td>Banana</td>
</tr>
<tr>
<td>⅔</td>
<td>Carrot, grated</td>
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<tr>
<td>¼ cup</td>
<td>Sultanas</td>
</tr>
<tr>
<td>Pinch</td>
<td>Table salt</td>
</tr>
</tbody>
</table>

**STEPS**

1. Preheat oven to 180°C

2. In a bowl, combine egg, sugar and grated lemon zest. Mix in the oil, flour, bicarb soda and salt.

3. Mash ¾ of the banana and stir into mixture, along with grated carrot and sultanas.

4. Evenly spoon the mixture into muffin tins. Thinly slice the remaining banana and place on top of each muffin.

5. Bake in the oven for approx. 20–25 minutes. Remove from oven and cool on a wire rack before serving.

**HELPFUL TIPS**

- Dates can be used instead of sultanas. Chop them up small.
- Leftover muffins can be frozen.

Recipe has been provided by the Better Health Channel at www.betterhealth.vic.gov.au
Cheese and Vegemite Scrolls

INGREDIENTS

3 cups  Self raising flour, preferably wholemeal
50g   Margarine
375ml  Reduced fat milk approx.
1-2 tbs  Vegemite
200g   Reduced fat tasty cheese, grated
Pinch   Table salt

STEPS

1. Preheat oven to 220°C.
2. Sift flour and salt into a bowl then rub through margarine. Stir in enough milk to make a soft dough.
3. Knead gently on a lightly floured surface and roll out to form a 40cm x 25cm rectangle.
4. Spread the vegemite over the dough then sprinkle ¾ of the cheese. Roll up along the long side to enclose the cheese.
5. Cut roll into 12 x 2cm thick pieces and place close together, cut side up, on a greased baking tray.
6. Sprinkle with the remaining cheese and bake for 15-20 mins or until cooked and golden.

HELPFUL TIPS

• Tomato paste can be used as a variation to vegemite. Sprinkle some basil or oregano onto the tomato paste before sprinkling the cheese.
• Lean diced ham and tomato paste could be used to make pizza scrolls.

Recipe has been modified by Vegemite at www.vegemite.com.au/#recipes
Creamy Avocado Dippers

**INGREDIENTS**

**Dip:**
- ½ cup Reduced fat Greek-style plain yoghurt
- 2 Ripe avocados
- ½ tsp Minced garlic
- Juice of 1 Lemon
- ¼ tsp Ground cumin

**Dippers:**
- 6 cups Vegetable sticks such as capsicum, cucumber, snow peas, carrot, and celery
- 3 slices Pita bread, cut into triangles and toasted

**STEPS**

1. To make dip, place all ingredients in a food processor and process until smooth. Serve immediately as it will turn brown over time.

2. Serve with ½ cup of vegetable sticks and ½ slice of toasted pita bread for dipping.

**HELPFUL TIPS**

- Leftover dip can be stored in the fridge covered with plastic wrap that is flush with dip (i.e. no air pockets) to minimise browning.
**Mini Peach Muffins**

 Prep Time: 20 mins  
 Cook Time: 15 mins  
 Serves: 22-24

### INGREDIENTS

<table>
<thead>
<tr>
<th>2 tbs</th>
<th>Sugar</th>
</tr>
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<tbody>
<tr>
<td>1 cup</td>
<td>Reduced fat milk</td>
</tr>
<tr>
<td>2 tbs</td>
<td>Olive oil</td>
</tr>
<tr>
<td>410g can</td>
<td>Peaches, diced</td>
</tr>
<tr>
<td>1 cup</td>
<td>Wholemeal self raising flour</td>
</tr>
<tr>
<td>1 cup</td>
<td>Self raising flour</td>
</tr>
<tr>
<td>¾ tsp</td>
<td>Ground cinnamon</td>
</tr>
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</table>

### STEPS

1. Preheat the oven to 180°C and lightly grease muffin trays.
2. In a large bowl mix sugar, milk and oil, then stir in peaches.
3. Add flour and cinnamon and mix until just combined. Don’t over mix.
4. Spoon mixture into prepared muffin tray and bake in moderate oven for 12-15 minutes.

### HELPFUL TIPS

- Instead of peaches, try 1 cup grated carrot and ½ cup sultanas; or 1 cup grated/canned apples and 1 teaspoon cinnamon; or 1 cup blueberries.
- Peaches could be pureed before adding to mixture for a smoother texture. If doing this, you may need less milk.
- Could also make regular sized muffins — this recipe would make approx. 12 regular muffins.

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Recipe has been modified from original recipe sourced from Illawarra Shoalhaven Local Health District, *Healthy Food for babies and toddlers*, 2013.
Mini Pizza Rounds

Prep Time: 10 mins  Cook Time: 4 mins  Serves: 6

INGREDIENTS

- 6 Wholemeal English muffins
- 140g Tomato paste
- 1 Onion, finely diced
- 2 Tomatoes, finely diced
- ½ Red capsicum, finely diced
- ½ Green capsicum, finely diced
- ½ cup Mushrooms, finely diced
- 75g Reduced fat cheese, grated

STEPS

1. Cut muffins into half. Spread each half with tomato paste.
2. Place small amounts of onion, tomato, capsicum and mushroom on each slice.
3. Top with grated cheese.
4. Place under the grill for 3-4 minutes or until golden brown.

HELPFUL TIPS

- Use up leftover vegetables for pizza toppings.
- Chicken or lean ham could also be added to toppings, however a vegetarian pizza will be tasty and less expensive.
- Fresh herbs could be added for extra flavour, particularly basil or oregano. This is a great opportunity to use fresh herbs from your vegetable garden.
- Children or family members could assemble their own pizzas.
Muesli Fruit Slice

Prep Time: 10 mins  Cook Time: 25-30 mins  Serves: 20

INGREDIENTS

<table>
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<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
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<tbody>
<tr>
<td>90g</td>
<td>Margarine</td>
</tr>
<tr>
<td>½ cup</td>
<td>Honey</td>
</tr>
<tr>
<td>2 cups</td>
<td>Untoasted muesli/bran mix</td>
</tr>
<tr>
<td>1 cup</td>
<td>Self raising flour</td>
</tr>
<tr>
<td>½ cup</td>
<td>Brown sugar</td>
</tr>
<tr>
<td>1</td>
<td>Egg</td>
</tr>
<tr>
<td>½ cup</td>
<td>Sultanas</td>
</tr>
<tr>
<td>¼ cup</td>
<td>Dried apricots, chopped small</td>
</tr>
<tr>
<td>½ cup</td>
<td>Pepitas</td>
</tr>
<tr>
<td></td>
<td>Olive oil spray</td>
</tr>
</tbody>
</table>

Olive oil spray

STEPS

1. Preheat oven to 180°C.

2. In microwave, melt margarine with honey.

3. In a large mixing bowl combine all dry ingredients, dried fruit and pepitas. Add margarine mixture and egg, combine well.

4. Press into slab tin coated with spray oil.

5. Bake 25-30 mins or until golden brown. Allow to cool before cutting into slices.

HELPFUL TIPS

- Dried fruit medley mix could replace sultanas and apricots
- Slice is a dry mixture. If too dry and crumbly, add extra honey (warmed) or some hot water when mixing.

SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.
Pumpkin Scones

Prep Time: 25 mins  Cook Time: 15 mins  Serves: 24 small or 12 large scones

INGREDIENTS

1 tbs  Margarine
½ cup  Sugar
1     Egg
½ tsp  Mixed spice
1 cup  Cold mashed pumpkin
2 cups Self-raising flour
Extra flour for rolling
Olive oil spray

STEPS

1. Preheat oven to 225°C (205°C fan forced).
2. In a bowl, combine margarine and sugar with electric mixer. Add egg, spice and pumpkin and beat until well combined.
3. With a spatula, stir through the flour and turn out on bench. Combine with your hands and flatten the dough out to 2.5cm thickness– add more flour if needed.
4. Flour a scone cutter, and cut out scones.
5. Place scones on a greased tray with 1cm space around each scone and brush the tops with milk.
6. Bake for 10-15 mins, depending on the size of the scone. When cooked they should be golden brown on top.
7. Serve warm with a smear of margarine.

HELPFUL TIPS

• Butternut pumpkin works particularly well to give a sweet, mild flavour to these scones.
• The amount of flour needed to make a dough will vary depending on the moistness of the pumpkin. If required, add extra flour gradually to reduce the stickiness of the dough.
• These scones freeze and re-heat well.

Recipe has been provided by Kidspot at www.kidspot.com.au
Toasted Pita Chips with Roasted Beetroot Dip

**INGREDIENTS**

3 slices  Wholemeal pita bread
Olive oil spray

**Dip:**
2 medium  Fresh beetroot OR 400g can Whole beetroots, drained
100g  Reduced fat natural yoghurt (a thick variety is best)
3 cups  Vegetable sticks, such as sliced carrot, celery, cucumber, capsicum, snow peas, blanched broccoli and cauliflower florets.

**STEPS**

1. Preheat oven to 180°C. If using fresh beetroot, wash beetroot and trim off the tops and bottoms. Generously spray baking dish with olive oil. Place beetroot in baking dish and cover with foil. Bake for 30 to 35 mins or until tender.

2. Slice the pita bread into triangles– cut each slice into half and then each half into 4 –5 triangles. Arrange in a single layer on a baking tray and spray with oil, bake for 3-4 minutes on each side until crispy. Cook in small batches if necessary.

3. Remove beetroot from oven and allow to cool off. Remove skin gently (it should rub off easily) and chop into smaller pieces. If using canned beetroot, chop beetroots up. It’s a good idea to wear gloves when handling the beetroot as it will turn your hands pink.

4. Place yoghurt and beetroot in a food processor, blend until smooth. Chill in a refrigerator before serving.

5. Serve the dip with ½ cup of vegetable sticks and ½ slice toasted pita bread per person.

**HELPFUL TIPS**

- Pita chips and dip can be made the previous day and stored in airtight containers.
- For variety, parmesan cheese can be sprinkled on the chips prior to baking.
- For a fuller flavour, try adding some reduced fat feta cheese and/or crushed garlic to the beetroot mixture.
- Salsa can be used as an alternative to the dip.
- Children may need a spoon to assist with placing dip onto pita chips.
Apple-Berry Sponge Delight

Prep Time: 15 mins  Cook Time: 30 mins  Serves: 6-8

INGREDIENTS

- ½ cup Frozen berries
- 1 ½ cups Stewed or canned apples, well drained
- 3 Eggs
- ½ cup Caster sugar
- 2 tbs Honey
- ½ tsp Vanilla essence
- ¾ cup Self raising flour, sifted
- 1 tbs Skim milk, hot
- Olive oil spray

STEPS

1. Pre-heat oven to 180°C, and lightly spray baking pan with oil.
2. Drain fruit until no liquid remains, and place in the baking pan, spreading evenly over the bottom of the pan.
3. Using an electric mixer, whisk eggs and sugar until very thick and creamy (approx. 5 mins). Add honey and vanilla essence.
4. Fold in flour and hot milk as lightly as possible using a spatula.
5. Pour mixture over the fruit to cover it, and bake for 30-40 minutes until golden brown and firm to touch.

SERVING SUGGESTION

Serve with ¾ cup low fat custard per person.

HELPFUL TIPS

- Try canned peaches, apricots, or plums.

SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.
**Fruit Parfait**

**INGREDIENTS**

- 500g Chopped seasonal fruit (e.g. melons, banana, kiwi fruit, strawberries, peaches, pineapple, plums) OR
- 3 cups Frozen berries or canned fruit salad (drained)
- 600g Reduced fat vanilla yoghurt
- 1 ½ cup Unasted muesli

**STEPS**

1. Chop fruit.

2. Using 100g of yoghurt, approx. 75g or ½ cup of fruit and ¼ cup of untoasted muesli, layer spoonful’s of yoghurt, fruit and muesli into a small cup.

3. Top with a sprinkle of muesli.

**HELPFUL TIPS**

- Berry flavoured yoghurt could be used for variety.
- Tinned passionfruit pulp could be added to the top, for extra taste.
- Stewed fruit could be used.
Vanilla Berry Smoothie

Prep Time: 10 mins  Cook Time: 0 mins  Serves: 6

INGREDIENTS

3 cups  Frozen or fresh berries
750ml  Reduced fat milk
300g   Reduced fat vanilla yoghurt
1 tsp   Vanilla essence (to taste)

STEPS

1. Place fruit in blender and puree.
2. Add milk, yoghurt and vanilla, blend until smooth. Add vanilla gradually, to taste.
3. Pour into 6 glasses to serve.

HELPFUL TIPS

• Replace berries with banana, blueberries, or peach (fresh or tinned) or other frozen fruit.
• Berry flavoured yoghurt could be used for extra flavour.
• For a sweeter smoothie, add 2 tablespoons honey.

SAFETY TIP

Honey can contain botulism so should not be given to any infants under 12 months of age. This includes honey used as an ingredient in a recipe as cooking honey does not destroy any botulism present.
Yoghurt Sundae

Prep Time: 10 mins  Cook Time: 0 mins  Serves: 6

INGREDIENTS

- 600g Reduced fat vanilla yoghurt
- 6 tbs Passionfruit Pulp (fresh or canned)
- 2 ½ cups Frozen berries, defrosted to puree
- 1 cup Untoasted muesli
- ½ cup Frozen berries, defrosted to serve

HELPFUL TIPS

- Stewed fruit can be used instead of berries, e.g stewed peaches, plums, apples—whatever is in season.
- Passionfruit pulp may be added on top as well.
- Sliced banana could be put in the bottom of the cup to make a yoghurt banana split.

STEPS

1. Puree berries in a blender until the consistency of a ‘chunky’ sauce.
2. In small cups place 1 tablespoon of passionfruit pulp. Add 100 grams of yoghurt to cup.
3. Top with approx. 3 tablespoons of berry puree.
4. Add 1 tablespoon of muesli and a few berries on top to decorate and serve.
Appendix
The tables below will help you order and prepare foods and drinks in quantities that meet the Nutrition Checklist for Menu Planning, support children’s nutrition needs and help reduce food wastage.

**Lean meat and poultry, fish, eggs, tofu, seeds, and legumes/beans** (protein rich foods)
Offer \(\frac{3}{4}\) of a serve of protein rich food per child per day.

Example: for 20 children you need 1kg of cooked red meat to provide \(\frac{3}{4}\) of a serve of meat for each child.

<table>
<thead>
<tr>
<th>Food</th>
<th>% of a serve is equal to</th>
<th>To serve 5 children</th>
<th>To serve 10 children</th>
<th>To serve 20 children</th>
<th>To serve 30 children</th>
<th>To serve 40 children</th>
<th>To serve 50 children</th>
<th>To serve 60 children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean red meat, pork, (raw, boneless)</td>
<td>70g</td>
<td>350g</td>
<td>700g</td>
<td>1.4kg</td>
<td>2.1kg</td>
<td>2.8kg</td>
<td>3.5kg</td>
<td>4.2kg</td>
</tr>
<tr>
<td>Lean red meat (cooked)</td>
<td>50g</td>
<td>250g</td>
<td>500g</td>
<td>1kg</td>
<td>1.5kg</td>
<td>2kg</td>
<td>2.5kg</td>
<td>3kg</td>
</tr>
<tr>
<td>Poultry (raw, boneless)</td>
<td>75g</td>
<td>375g</td>
<td>750g</td>
<td>1.5kg</td>
<td>2.25kg</td>
<td>3kg</td>
<td>3.75kg</td>
<td>4.5kg</td>
</tr>
<tr>
<td>Poultry (cooked, skin off)</td>
<td>60g</td>
<td>300g</td>
<td>600g</td>
<td>1.2kg</td>
<td>1.8kg</td>
<td>2.4kg</td>
<td>3kg</td>
<td>3.6kg</td>
</tr>
<tr>
<td>Fish (raw)</td>
<td>85g</td>
<td>425g</td>
<td>850g</td>
<td>1.7kg</td>
<td>2.55kg</td>
<td>3.4kg</td>
<td>4.25kg</td>
<td>5.1kg</td>
</tr>
<tr>
<td>Fish (cooked/canned)</td>
<td>75g</td>
<td>375g</td>
<td>750g</td>
<td>1.5kg</td>
<td>2.25kg</td>
<td>3kg</td>
<td>3.75kg</td>
<td>4.5kg</td>
</tr>
<tr>
<td>Egg</td>
<td>1 large egg</td>
<td>5 large eggs</td>
<td>10 large eggs</td>
<td>20 large eggs</td>
<td>30 large eggs</td>
<td>40 large eggs</td>
<td>50 large eggs</td>
<td>60 large eggs</td>
</tr>
<tr>
<td>Legumes (dry)</td>
<td>55g</td>
<td>275g</td>
<td>550g</td>
<td>1.1kg</td>
<td>1.65kg</td>
<td>2.2kg</td>
<td>2.75kg</td>
<td>3.3kg</td>
</tr>
<tr>
<td>Legumes/beans (cooked/canned, drained weight)</td>
<td>115g</td>
<td>575g</td>
<td>1.15kg</td>
<td>2.3kg</td>
<td>3.45kg</td>
<td>4.6kg</td>
<td>5.75kg</td>
<td>6.9kg</td>
</tr>
<tr>
<td>Tofu</td>
<td>130g</td>
<td>650g</td>
<td>1.3kg</td>
<td>2.6kg</td>
<td>3.9kg</td>
<td>5.2kg</td>
<td>6.5kg</td>
<td>7.8kg</td>
</tr>
</tbody>
</table>

Note: You may combine different proteins to make a meal. For example a meal may have fish and eggs to make up the protein serve.

---

Vegetables and legumes/beans
Offer 2 serves of vegetables or legumes/beans per child per day. The 2 serves can be broken up across morning tea, lunch and/or afternoon tea.

Any two of these will provide each child with their daily requirement of vegetables while in care for 8 hours.

Example: for 20 children you will need 1.5kg of vegetables and 1.5kg of legumes to provide 2 serves of vegetables for each child.

<table>
<thead>
<tr>
<th>Food</th>
<th>1 serve is equal to</th>
<th>To serve 5 children</th>
<th>To serve 10 children</th>
<th>To serve 20 children</th>
<th>To serve 30 children</th>
<th>To serve 50 children</th>
<th>To serve 100 children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables (fresh/frozen)</td>
<td>75g</td>
<td>375g</td>
<td>750g</td>
<td>1.5kg</td>
<td>2.25kg</td>
<td>3kg</td>
<td>3.75kg</td>
</tr>
<tr>
<td>Vegetables (cooked/canned, drained)</td>
<td>75g (1/2 cup)</td>
<td>375g</td>
<td>750g</td>
<td>1.5kg</td>
<td>2.25kg</td>
<td>3kg</td>
<td>3.75kg</td>
</tr>
<tr>
<td>Vegetables (salad)</td>
<td>75g (1 cup)</td>
<td>375g</td>
<td>750g</td>
<td>1.5kg</td>
<td>2.25kg</td>
<td>3kg</td>
<td>3.75kg</td>
</tr>
<tr>
<td>Legumes (cooked, dried or canned, drained weight)</td>
<td>75g (1/2 cup)</td>
<td>375g</td>
<td>750g</td>
<td>1.5kg</td>
<td>2.25kg</td>
<td>3kg</td>
<td>3.75kg</td>
</tr>
</tbody>
</table>

Fruit
Offer 1 serve of fruit per child per day.

Example: for 20 children you will need 3kg of fruit to provide 1 serve of fruit for each child.

<table>
<thead>
<tr>
<th>Food</th>
<th>1 serve is equal to</th>
<th>To serve 5 children</th>
<th>To serve 10 children</th>
<th>To serve 20 children</th>
<th>To serve 30 children</th>
<th>To serve 50 children</th>
<th>To serve 100 children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit (fresh/frozen)</td>
<td>150g (1 medium or 2 small pieces)</td>
<td>750g</td>
<td>1.5kg</td>
<td>3kg</td>
<td>4.5kg</td>
<td>6kg</td>
<td>7.5kg</td>
</tr>
<tr>
<td>Fruit (cooked/canned, drained)</td>
<td>150g (1 cup)</td>
<td>750g</td>
<td>1.5kg</td>
<td>3kg</td>
<td>4.5kg</td>
<td>6kg</td>
<td>7.5kg</td>
</tr>
<tr>
<td>Dried fruit</td>
<td>30g</td>
<td>150g</td>
<td>300g</td>
<td>600g</td>
<td>900g</td>
<td>1.2kg</td>
<td>1.5kg</td>
</tr>
</tbody>
</table>
### Wholegrain cereal foods and breads

Offer **2 serves** of wholegrain cereal foods and breads per child per day. The 2 serves can be broken up across morning tea, lunch and/or afternoon tea, or served within one meal.

Any two of these will provide each child with their daily requirement of cereal foods and breads while in care for 8 hours.

Example: for 20 children you will need 20 slices (1 loaf) of bread and 600g of pasta to provide 2 serves of cereal foods and breads for each child.

<table>
<thead>
<tr>
<th>Food</th>
<th>1 serve is equal to</th>
<th>To serve 5 children</th>
<th>To serve 10 children</th>
<th>To serve 20 children</th>
<th>To serve 30 children</th>
<th>To serve 10 children</th>
<th>To serve 50 children</th>
<th>To serve 60 children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread (all types)</td>
<td>1 slice</td>
<td>5 slices (¼ loaf)</td>
<td>10 slices (½ loaf)</td>
<td>20 slices (1 loaf)</td>
<td>30 slices (1½ loaves)</td>
<td>40 slices (2 loaves)</td>
<td>50 slices (2 ½ loaves)</td>
<td>60 slices (3 loaves)</td>
</tr>
<tr>
<td>Pita bread</td>
<td>½ large pocket (40g)</td>
<td>2½ pockets (200g)</td>
<td>5 pockets (400g)</td>
<td>10 pockets (800g)</td>
<td>15 pockets (1.2kg)</td>
<td>20 pockets (1.6kg)</td>
<td>25 pockets (2kg)</td>
<td>30 pockets (2.4kg)</td>
</tr>
<tr>
<td>Breakfast cereal flakes</td>
<td>30g</td>
<td>150g</td>
<td>300g</td>
<td>600g</td>
<td>900g</td>
<td>1.2kg</td>
<td>1.5kg</td>
<td>1.8kg</td>
</tr>
<tr>
<td>Breakfast cereal (wheat biscuit)</td>
<td>2 biscuits</td>
<td>10 biscuits</td>
<td>20 biscuits</td>
<td>40 biscuits</td>
<td>60 biscuits</td>
<td>80 biscuits</td>
<td>100 biscuits</td>
<td>120 biscuits</td>
</tr>
<tr>
<td>Bread roll</td>
<td>½ medium</td>
<td>2½ rolls</td>
<td>5 rolls</td>
<td>10 rolls</td>
<td>15 rolls</td>
<td>20 rolls</td>
<td>25 rolls</td>
<td>30 rolls</td>
</tr>
<tr>
<td>Pasta/noodles/rice/cous cous (dry)</td>
<td>30g</td>
<td>150g</td>
<td>300g</td>
<td>600g</td>
<td>900g</td>
<td>1.2kg</td>
<td>1.5kg</td>
<td>1.8kg</td>
</tr>
<tr>
<td>Cracker biscuits/crispbreads</td>
<td>35g (3 crispbreads)</td>
<td>175g</td>
<td>350g</td>
<td>700g</td>
<td>1.05kg</td>
<td>1.4kg</td>
<td>1.75kg</td>
<td>2.1kg</td>
</tr>
<tr>
<td>Crumpet/English muffin</td>
<td>1</td>
<td>5</td>
<td>10</td>
<td>20</td>
<td>30</td>
<td>40</td>
<td>50</td>
<td>60</td>
</tr>
</tbody>
</table>
Milk, yoghurt, cheese and alternatives

Offer 1 serve of milk, yoghurt, cheese or alternatives per child per day.*

This can be broken up across morning tea, lunch and/or afternoon tea, or served within one meal. For example, this may be 125ml of milk at morning tea, and 20g of cheese with lunch to equal one serve in total.

Example: for 20 children you will need 5 litres of milk to provide 1 serve of dairy food for each child.

<table>
<thead>
<tr>
<th>Food</th>
<th>1 serve is equal to</th>
<th>To serve 5 children</th>
<th>To serve 10 children</th>
<th>To serve 20 children</th>
<th>To serve 30 children</th>
<th>To serve 50 children</th>
<th>To serve 60 children</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>250mL</td>
<td>1.25L</td>
<td>2.5L</td>
<td>5L</td>
<td>7.5L</td>
<td>10L</td>
<td>12.5L</td>
</tr>
<tr>
<td>Soy milk (with at least 100mg added calcium per 100ml)</td>
<td>250mL</td>
<td>1.25L</td>
<td>2.5L</td>
<td>5L</td>
<td>7.5L</td>
<td>10L</td>
<td>12.5L</td>
</tr>
<tr>
<td>Hard cheese (2 slices)</td>
<td>40g</td>
<td>200g</td>
<td>400g</td>
<td>800g</td>
<td>1.2kg</td>
<td>1.6kg</td>
<td>2kg</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>200g</td>
<td>1kg</td>
<td>2kg</td>
<td>4kg</td>
<td>6kg</td>
<td>8kg</td>
<td>10kg</td>
</tr>
<tr>
<td>Evaporated milk</td>
<td>120mL</td>
<td>600mL</td>
<td>1.2L</td>
<td>2.4L</td>
<td>3.6L</td>
<td>4.8L</td>
<td>6L</td>
</tr>
<tr>
<td>Milk powder (1/4 cup)</td>
<td>25g</td>
<td>125g</td>
<td>250g</td>
<td>500g</td>
<td>750g</td>
<td>1kg</td>
<td>1.25kg</td>
</tr>
<tr>
<td>Ricotta cheese</td>
<td>120g</td>
<td>600g</td>
<td>1.2kg</td>
<td>2.4kg</td>
<td>3.6kg</td>
<td>4.8kg</td>
<td>6kg</td>
</tr>
</tbody>
</table>

* Choose reduced fat milk and dairy products for children over 2 years of age.

Serving sizes are based on the standard serve sizes in the Australian Dietary Guidelines www.eatforhealth.gov.au

This guide is adapted from the ‘Ingredient quantity guide for long day care menus’, Healthy Eating Advisory Service, Early childhood services, Victoria.

The above material has been reproduced with the permission of the NSW Ministry of Health, from Caring for Children – Birth to 5 years (Food, Nutrition and Learning Experiences), 2014. For further information on this resource please visit www.healthykids.nsw.gov.au
Below are some tips for modifying The Yummy Tummy Book recipes and meal plans to suit your local resources, service needs and/or children’s likes, whilst maintaining their nutritional value!

**FUSSY EATERS**
Support children to eat a range of healthy foods through healthy eating experiences and positive mealtimes i.e. encourage them to touch, smell and discuss foods they refuse. Children can also help with food preparation and cooking. Remember: praise is key! Ask your Munch & Move Support Officer about the helpful [Healthy Eating Learning Experiences Resource](#) and [Managing Fussy Eating](#) fact sheet (both available for download).

**COST OF INGREDIENTS**
If your budget is tight, consider buying multiple canned or packet ingredients on special and store in the cupboard, fridge or freezer. For example, wholegrain bread can be bought and kept in the freezer. Buy locally for cheap and fresh produce or grow your own. Limit food waste to save money, or contact your local supermarket to enquire about donation arrangements.

**MODIFICATION EXAMPLES TO CONSIDER**
- If your menu needs a white meat meal, swap beef mince for canned tuna in the beef and tomato patties (p20) and serve with wholegrain bread
- If your service cannot source fresh vegetables, use frozen carrot and broccoli in the chicken and vegetable ragout (p29)
- Ask parents for family favourite recipes and swap them with a similar dish on your menu. For example, if a family favourite is beef chow mein, swap this for the beef and tomato patties
- Make extra meatballs, burger patties and fritters to freeze for later use (pages 20, 27, 33, 37, 38, 45, 50) if your service’s cook is on leave or is time poor
- Local shop only stocks one kind of potato? Use only sweet OR white potato in the vegetarian delights recipe (p51) instead of both
- If you have children in your service with milk allergies, swap cow’s milk for soy milk in recipes to avoid producing two meal variations
- Is there a recipe that all the children LOVE? Alter the recipe slightly and rename it! Children love the moroccan lamb with cous cous recipe? Use the lamb meat to make toasted sandwiches or wraps!
- To reduce waste, slice and freeze leftover bananas and defrost later to use as an ingredient in baking dishes like the banana pudding (p70)

**ACCESS TO FRESH PRODUCE**
If your service cannot access quality fresh fruit and vegetables at affordable prices - choose frozen or canned alternatives to substitute in recipes. Dried options i.e. herbs and spices are also suitable. These are usually readily available, last longer, can be cheaper and also provide the same nutrition as fresh fruit and vegetables! When buying canned alternatives, be sure to choose ones with minimal added salt and sugar.

**PROTEIN OPTIONS**
Offering a variety of protein sources such as lamb, beef, ham, chicken, fish and turkey is important however some meats are less accessible. Consider offering eggs, legumes, canned tuna, tofu or veggie patties if meat options are not available. Remember to serve iron containing foods throughout your menu and fruit/veg high in vitamin C with vegetarian meals.

**REMEMBER**
Substituting ingredients or altering a recipe can change the nutritional content of the meal. If your service alters a recipe or meal plan, use the Two Week Menu Cycle Planning Tool in *Caring for Children: Birth to 5 years* to recheck that the menu meets the guidelines OR send your menu to your local Munch & Move team to review.
Appendix 3

ALLERGEN SUBSTITUTES FOR SNACK AND DESSERT RECIPES IN THE YUMMY TUMMY BOOK

The following substitutions are useful when catering for children with allergies but should not be used when planning entire menus. Services should discuss food allergies, menus and management plans with the child’s family and encourage families to seek advice from health professionals when appropriate. See the Munch & Move Manual or Caring for Children for more information.

Recipes in The Yummy Tummy Book that contain common allergens:

- p55 - Apricot and Banana Muffins
- p56 - Banana Bread
- p57 - Carrot, Banana and Sultana Muffins
- p58 - Cheese and Vegemite Scrolls
- p59 - Creamy Avocado Dippers
- p60 - Date Loaf
- p61 - Iron Rich Muffins
- p62 - Mini Peach Muffins
- p63 - Mini Pizza Rounds
- p64 - Muesli Fruit Slice
- p65 - Pumpkin Scones
- p66 - Toasted Pita Chips with Roasted Beetroot Dip
- p67 - Wholemeal Cheese Scones
- p69 - Apple-Berry Sponge Delight
- p70 - Banana Pudding
- p71 - Fruit Crumble
- p72 - Fruit Parfait
- p73 - Fruity Bread Pudding
- p74 - Vanilla Berry Smoothie
- p75 - Weetbix Slice
- p76 - Yoghurt Sundae

Alternate ingredients for allergens

**EGG**

Experiment replacing one egg with:
- ¼ cup applesauce
- ¼ cup greek yoghurt
- ¼ cup mashed banana
- ¼ cup pureed silken tofu
- Commercial egg replacer
- 1 tsp baking soda & 1 tbsp vinegar
- 1 tbsp ground flax or chia seeds mixed with 3 tbsp water and left for 1 min to thicken
- 3 tbsp aquafaba

**DAIRY**

- Replace cows milk with alternative such as soy milk. Choose brands with added nutrients (e.g. Vitamin D and B12 and calcium)
- Replace yoghurt with silken tofu or dairy free yoghurt alternatives (e.g. soy)
- Replace cheese with dairy free alternatives (e.g. store bought soy cheese)

**GLUTEN**

- Use gluten free bread, wraps, pasta and noodles
- Use quinoa flakes, buckwheat, cornflour, brown rice flour instead of wheat based flours/products

REMEMBER

Substituting ingredients or altering a recipe can change the nutritional content of the meal.

If your service alters a recipe, use the Two Week Menu Cycle Planning Tool in Caring for Children: Birth to 5 years to recheck that the menu meets the guidelines OR send your menu to your local Munch & Move team to review.