

Week Two Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Rice Cakes or Cruskits (½ plain, ½ spread) Cheese slices Veggie Sticks	Pumpkin & Oat Cookies Veggie Sticks	Fruit Platter	Honey Yoghurt Fruit Sauce with Fruit	Fruit Kebabs
LUNCH	Chicken and Veggie Pie	Sandwiches - Ham & Cheese - Spreads - Egg & Lettuce	Meatloaf with Veggie mash (potato, broccoli & carrot)	Wraps - Salad - Chicken & Salad - Spreads - Ham & Cheese	Spaghetti Bolognese with Veggies
AFTERNOON TEA	Blueberry and bran muffins	Yoghurt Bark	Spinach and Feta Dip with Water Crackers & Veggie Platter	Garlic Bread with Cherry Tomatos Veggie Sticks	Vegetarian Rice Paper Rolls
ALTERNATIVES/ ALTERATIONS - Dairy Free Alt - Gluten Free Alt - Vegetarian Alt	Morning Tea: No Cheese Lunch: Dairy and Gluten Free Veggie Pie Afternoon Tea: Gluten and Dairy Free	Morning Tea: Gluten and Dairy Free Lunch: Gluten free bread is to be used instead Afternoon Tea: Use Dairy Free Coconut Yoghurt	Lunch: Falafel Balls (see week 1 menu recipes) with Veggie Mash Afternoon Tea: No dip Gluten Free cracker	Morning Tea: Use Dairy free coconut yoghurt Lunch: Gluten free bread is to be used instead Afternoon Tea: Gluten and Dairy Free	Morning Tea: Use Dairy Free Coconut Yoghurt Lunch: Vegetarian Bolognese
PUREE	Morning Tea: Zucchini, sweet potato & spinach puree Lunch: Beef, Broccoli & Potato puree Afternoon Tea: Spinach & Apple Puree	Morning Tea: Carrot, bean & Pumpkin puree Lunch: Zucchini, sweet potato & spinach puree Afternoon Tea: Fruit Salad Puree with yoghurt	Morning Tea: Spinach & Apple Puree Lunch: Beef, Broccoli & Potato puree Afternoon Tea: Zucchini, sweet potato & spinach puree	Morning Tea: Fruit Salad Puree Lunch: Carrot, bean & Pumpkin puree Afternoon Tea: Zucchini, sweet potato & spinach puree	Morning Tea: Spinach & Apple Puree with yoghurt Lunch: Beef, Broccoli & Potato puree Afternoon Tea: Carrot, bean & Pumpkin puree

* All butter used for cooking and sandwiches will be Nutelex, a dairy free alternative to butter.

Week Two Menu

MONDAY –

Chicken and Veggie Pie



Ingredients (will need to be adjusted according to occupancy):

- 2 sheets of gluten puff pastry, frozen
- 400g chicken breast
- 2 cups frozen diced vegetables
- ½ cup corn kernels
- ½ cup peas
- 1 onion, diced
- 4tbs butter
- 1 ½ tsp onion powder
- 1tsp salt
- Pinch of pepper, to taste
- 6tbs gluten free flour
- 1 ½ cups vegetable broth
- 1 ½ cups coconut milk
- 1 yolk

Method:

1. Lay the pastry out to defrost. Preheat oven to 180°C (160 fan-forced).
2. In a frying pan cook the chicken until it is just done and shred while hot with 2 forks.

Broth

3. In a pot melt butter, add in onion powder, salt and pepper. Stir in flour and cook for a minute or two.
4. Add in vegetable broth and bring to simmer. Add in coconut milk and simmer until it thickens. About 12-15 minutes.

Filling

5. At the same time as the broth. In the same frying pan as the chicken, cook the onion until translucent and add the rest of the vegetables with the broth. Add the chicken and bring to the boil.
6. Spray a pie plate with cooking spray and pour the chicken and vegetable mixture and top with a sheet of pastry.
7. Press edges together and trim off excess pastry. Seal edges with the tines of a fork and brush the lid with egg yolk.
8. Poke a few vent holes in the pastry with a sharp knife.
9. Cook for 30-40 mins.

The vegetarian is the same as the above method except for the chicken. The broth made in the above recipe is a vegetarian broth and therefore can also be used for smaller serving sized vegetarian pies.

Week Two Menu

Blueberry & Bran Muffins (serves 12)



4. Spoon batter into the cupcake liners and bake in the oven for 20-30 minutes at 160 degrees fan forced

Ingredients (will need to be adjusted according to occupancy):

- ¼ cup sugar
- 1 -2 cups blueberries, fresh or frozen
- ¼ canola or vegetable oil
- 1tsp gluten free vanilla
- 1 large egg
- ½ cup rice bran
- 1 cup gluten free flour blend
- 1tsp gluten free baking powder
- 1tsp baking soda
- ¼ tsp salt

Method:

1. In a stand mixer beat the white sugar, oil, egg and vanilla.
2. In a small bowl whisk the gluten free flour, rice bran, baking soda, baking powder and salt. Add dry ingredients to wet and mix on medium speed until batter is quite light.
3. Stir blueberries into the batter

Week Two Menu

TUESDAY –

Pumpkin & Oat cookies (serves 24)



Ingredients (will need to be adjusted according to occupancy):

- 2 cups gluten free flour
- 2 cup rolled oats, gluten free
- 1 cup pumpkin puree (can be canned)
- 1tsp baking powder
- 1tsp baking soda
- ½ tsp salt
- ½ cup olive or coconut oil
- ½ cup honey or maple syrup
- 1 egg
- 1 ½ tsp cinnamon
- 1tsp ground nutmeg
- 1tsp vanilla extract
- ¾ cup raisins (optional)

Method:

1. Preheat the oven to 180° C (160° C fan forced), line two baking sheets with parchment paper.
2. In a large mixing bowl, whisk together the flour, baking soda, baking powder, cinnamon, nutmeg and salt.
3. In a small bowl, whisk together the oil and honey until smooth and well blended. Mix in the egg, pumpkin and vanilla.
4. Add the wet ingredients to the dry, stir to combine well, add in the oats, raisins and flaxseeds, stir until everything is well combined.
5. Drop the batter by rounded tablespoons 2-inches apart on the baking sheets, flatten the dough gently with a fork. Bake the cookies for 18-20 minutes until they are moist and soft but appear to be dull on the outside and are starting to lightly brown. Rotate the baking sheets during baking for even heating (I rotated mine every 6 minutes). Remove the cookies from the baking sheet after a few minutes and allow to cool on a wire rack. Or eat one while they are still warm, you know you want to.
6. Once the cookies are cool, store in an airtight container at room temperature.

Week Two Menu

Yoghurt Bark (serves 12)



Ingredients (will need to be adjusted according to occupancy):

- 3 cups Greek yoghurt
- ½ cup fresh blueberries
- 1 peach (can be canned)
- 4 fresh strawberries
- 3tbs honey
- 1tbs coconut flakes
- 1stp hundreds and thousands

Method:

1. Place the fruit in individual glass bowls and microwave them individually for 90 seconds each.
2. Use a fork to mash the fruit to a smoother consistency.
3. Add one cup of yoghurt and one tablespoon of honey to each bowl of mashed fruit. Mix to combine. You should now have three colourful bowls of fruity yoghurt.
4. Line a shallow baking sheet with baking paper and spoon on half of the blueberry mixture. Spread it to cover most of the sheet, leaving about 5cm of space around the edge.

5. Now splodge the strawberry mixture all over the blueberry and around the edges.
6. Finish by splodging peach yoghurt mixture in all the spaces that are left. Then top that with the remaining blueberry.
7. Now run a knife through the mixture to marble it. Sprinkle with coconut flakes and a smattering of hundreds and thousands (just for extra colour.)
8. Cover in cling film and freeze for two hours.
9. Once it's frozen hard, cut it into squares and store in an airtight container for morning and afternoon snacks.

For Dairy Free alternative use dairy free coconut yoghurt instead of Greek yoghurt

Week Two Menu

WEDNESDAY –

Meat Loaf



Ingredients (will need to be adjusted according to occupancy):

- 1kg lean minced beef
- 2 brown onions, diced
- 2 carrots, grated
- 3 cups frozen mixed frozen vegetables
- 2 cloves garlic, crushed
- 2tsp powdered beef stock
- 2 eggs, lightly beaten
- 2 cups bread crumbs, gluten free
- ½ tsp salt
- ½ tsp white pepper
- 1 cup tomato sauce
- 1tbsp Worcestershire sauce
- 2tbsp brown sugar

Method:

1. Preheat oven to 180°C/160°C fan-forced. Line a loaf pan with baking paper.
2. Combine all ingredients in a large bowl. The ingredients need to be mixed well - I prefer using clean hands or clean gloves to do this.
3. Pat the mixture into a loaf shape and place in the loaf tin. Cook in the oven for 45 minutes.
4. In a small bowl, combine tomato sauce, Worcestershire sauce and brown sugar for the glaze.
5. Remove the loaf from the oven and tip out any excess oil. Pour the glaze over the loaf and return it to the oven for a further 15 minutes.
6. Remove from the oven and leave to stand for 5 minutes before slicing.

Week Two Menu

Spinach & Feta Dip (serves 1 veggie platter)



Ingredients (will need to be adjusted according to occupancy):

- 120g spinach leaves
- 240g (1 cup) fresh ricotta
- 200g creamy feta, crumbled
- 4 green shallots, finely chopped
- 2tbsp lemon juice
- 1 garlic clove, crushed
- Pinch of salt

Method:

1. Place the spinach in a medium saucepan. Cover with a tight-fitting lid and place over low heat. Cook, shaking the pan occasionally, for 1-2 minutes or until spinach is just wilted. Remove from heat. Transfer to a colander and set aside for 5 minutes to cool slightly. Use your hands to squeeze out as much excess liquid as possible. Place the spinach in the bowl of a food processor.
2. Add the ricotta, feta, green shallot, lemon juice and garlic and process until almost smooth and well combined. Taste and season with salt. Transfer to a serving bowl.

Week Two Menu

THURSDAY –

Honey Yoghurt Fruit Sauce (serves 1 fruit platter)



Ingredients (will need to be adjusted according to occupancy):

- 1 cup plain yoghurt
- ¼ cup honey
- ½ tsp vanilla extract
- 1 orange, juiced

Method:

1. Begin by making the sauce. Combine the yoghurt, honey, and vanilla extract in a small bowl; whisk and set aside. Combine the fresh orange juice with all the fresh fruit. Top with honey yoghurt sauce or serve the sauce as a dip. You can also place honey yoghurt sauce in a bowl and top with the fresh fruit. .

For Dairy Free alternative use dairy free coconut yoghurt instead of plain yoghurt

Garlic Bread (serves 4)



Ingredients (will need to be adjusted according to occupancy):

- 35cm baguette
- 60g butter, softened
- 2 garlic cloves, crushed
- 1tbs fresh flat parsley leaves, finely chopped

Method:

1. Preheat oven to 220°C/200°C fan-forced. Cut bread into 2.5cm-thick slices without cutting all the way through.
2. Combine butter, garlic and parsley in a bowl. Season with salt and pepper. Spread mixture over cut sides of bread slices. Wrap loaf in foil.
3. Bake for 12 to 15 minutes or until butter is melted and bread crisp. Serve.

Week Two Menu

FRIDAY –

Spaghetti Bolognese



Ingredients (will need to be adjusted according to occupancy):

- 1tbs vegetable oil
- 700g beef mince
- Pinch of salt and pepper
- 1 brown onion, diced
- 1tsp garlic, minced
- 2 tbs tomato paste
- 1 cup carrot, gated
- 1 cup zucchini, grated
- 400g tomatoes, diced
- 1tsp dried oregano
- 2 bay leaves
- 50g butter, chopped
- 1 packet spaghetti

Method:

1. Place a large frying pan on high heat.
2. Add oil and swirl to cover pan, when it's very hot add mince, salt and pepper and brown- cook for about 5 minutes or until meat juices have evaporated, stirring occasionally.
3. Add onion and sauté for 1-2 minutes.
4. Add garlic and tomato paste, stirring to coat the meat.
5. Once tomato paste has started sticking to the bottom of the pan and the meat is reddish, add the carrot, zucchini and diced tomato.
6. Stir to thoroughly combine then add oregano, bay leaves and butter.
7. Place a lid on top, bring to the boil then turn the heat down to a simmer and cook for 20 minutes, stirring occasionally.
8. Check for seasoning then leave to rest for 5-10 minutes for flavours to meld.
9. Cook pasta according to packet instructions and serve meat sauce over pasta garnished with grated parmesan cheese.

Week Two Menu

Vegetarian Rice Paper Rolls (serves 12)



Ingredients (will need to be adjusted according to occupancy):

- 1 cucumber
- 1 red capsicum
- 1 carrot
- 1 avocado
- 50g snow pea sprouts
- ¼ cup coriander
- 3tbs sweet chilli sauce
- 1 ½ tbs soy sauce
- 3tbs lime juice

Method:

1. Slice all vegetables into strips, dice the coriander, remove ends of snow pea sprouts and place on a platter, ready to roll.
2. Combine the soy sauce, sweet chilli sauce and lime juice and mix well.
3. Soak one rice paper roll in a bowl of warm water for a few seconds, until soft, then place a few pieces of each of the remaining ingredients on the wrapper, about 3cm from the base.

4. Fold up the bottom of the wrapper. Fold in the sides and roll up to enclose filling. Place on a tray and cover with damp paper towels. Repeat with the remaining wrappers and filling ingredients. Serve rice paper rolls with the dipping sauce.