

Week Three Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Beetroot Dip (<i>see week 1 menu</i>) with Veggie Sticks	Fruit Platter	Fruit Platter	Hummus with Veggie Sticks	Sweet potato, spinach & feta muffins with Veggie platter
LUNCH	Sandwiches - Ham & Cheese - Spreads - Chicken & Lettuce	Fish Bites and Veggie Mash	Wraps - Salad - Chicken & Salad - Spreads	Chicken Fried Rice	Sandwiches - Ham & Salad - Spreads - Egg & Lettuce
AFTERNOON TEA	Apple & Oat Muffins	Water crackers, cheese slices & Veggie Platter	Spinach, Cheese, Ham & Chickpea Scrolls (<i>see week 1 menu</i>)	Nut Free Muesli bars	Fruit Platter & yoghurt
ALTERNATIVES/ ALTERATIONS - Dairy Free Alt - Gluten Free Alt - Vegetarian Alt	Morning Tea: No Dip Lunch: Gluten free bread is to be used instead Afternoon Tea: Gluten and Dairy Free	Lunch: Falafel Balls with Veggie Mash Afternoon Tea: No cheese slices Gluten Free cracker	Lunch: Gluten free wraps or bread is to be used instead Afternoon Tea: No cheese No ham	Morning Tea: Dairy Free Lunch: Vegetarian Fried Rice	Morning Tea: Sweet potato & spinach muffins Gluten Free Lunch: Gluten free wraps or bread is to be used instead Afternoon Tea: Use dairy free coconut yoghurt
PUREE	Morning Tea: Pea, Potato & Sweet Potato Puree Lunch: Mixed Veggies & Rice Puree Afternoon Tea: Apple, Pear & Banana Puree with Oats	Morning Tea: Blueberry & Peach puree Lunch: Pea, Potato & Sweet Potato Puree Afternoon Tea: Pumpkin & Spinach Puree	Morning Tea: Apple, Pear, Banana Puree with yoghurt Lunch: Mixed Veggies & Rice Puree Afternoon Tea: Pumpkin & Spinach Puree	Morning Tea: Mixed Veggies & Rice Puree Lunch: Pea, Potato & Sweet Potato Puree Afternoon Tea: Blueberry & Peach puree	Morning Tea: Pumpkin & Spinach Puree Lunch: Mixed Veggies & Rice Puree Afternoon Tea: Apple, Pear, Banana Puree

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

Week Three Menu

MONDAY –

Apple & Oat Muffins (makes 12)



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

- 2 cups oatmeal, gluten free
- 2tsp baking powder, gluten free
- ¼ tsp baking soda
- 1 ½ tsp ground cinnamon
- ¼ cup dark brown sugar
- ¼ cup coconut yoghurt, dairy free
- ½ cup apple juice
- 2 large eggs, lightly beaten
- 1 egg white
- 2tbs olive oil
- ½ tsp vanilla
- 1 large apple, grated

Method:

1. Preheat oven to 180 degrees (160 degrees fan forced).
2. Process 2 cups of certified gluten-free oats into oat flour.

3. Place oat flour, baking powder, baking soda, brown sugar and cinnamon in a mixing bowl. Whisk to blend.
4. Lightly beat eggs in a separate small bowl. Add yogurt, apple juice, oil, and vanilla. Whisk to blend and pour into bowl with dry ingredients. Stir to combine thoroughly.
5. Fold in grated apple and stir just until blended.
6. Line muffin pan with paper liners, or lightly grease pan and fill each muffin cup about 3/4 full.
7. Bake for 16 minutes or until a toothpick inserted in the center of a muffin comes out clean.

Week Three Menu

TUESDAY –

Fish Bites (makes 20)



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

- 1kg white fish fillet, deboned
- 1/3 cup gluten free flour
- 2 eggs, lightly beaten
- ¾ cup gluten free bread crumbs
- 1tbs lemon juice
- 2 lemon rinds, finely grated
- ¼ cup vegetable oil

Method:

1. Slice the fish into 20 bites – about 2cm x 3cm.
2. Place the flour in a bowl. Break eggs into another bowl and whisk. Combine the crumbs and lemon rind in a third bowl.
3. You just watched
4. Place a fish finger in the flour bowl and cover well, dust off any excess. Dip the flour-coated fish bites in egg and then in the breadcrumb mixture. Repeat for remaining fish bites.

5. Cover the base of a large frypan with oil and heat over high heat. Cook fish bites for 3-4 minutes each side until golden brown. I usually cook two batches.
6. Drain on paper towel and serve immediately.

Week Three Menu

THURSDAY –

Hummus (serves 1 veggie platter)



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

- 200g canned chickpeas
- ¼ cup tahini
- 2tbs olive oil
- 2 garlic cloves, crushed
- 1 lemon, juiced
- ½ tsp ground cumin

Method:

1. Place all hummus ingredients into a tall container and using a stick blender, whizz until a smooth consistency.
2. Transfer to a serving dish or keep in an airtight container in the fridge for up to five days.

Nut Free Muesli Bar



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

- 1 cup rolled oats
- 1 cup desiccated coconut
- ¼ cup sesame seeds
- ½ cup pumpkin seeds
- ½ cup dried apricot
- ½ dried cranberries
- 125g butter
- ½ cup honey
- ¼ cup brown sugar

Method:

1. Toast oats, coconut, seeds and almonds in a non stick frypan over medium heat, stirring frequently for 5-8 minutes or until golden. Transfer to a large bowl to cool, then stir in dried fruit.
2. Add butter, honey and sugar to the frypan and cook stirring for 2-3 minutes or until sugar dissolves. Bring to the boil and simmer over low heat for 5-7 minutes, without stirring, until thickened and glossy.
3. Stir butter mixture into dry ingredients and spoon into a lined 25cm x 16cm slice pan and press down firmly. Cool completely before cutting into small bars or squares for serving

Week Three Menu

FRIDAY –

Sweet potato, spinach & feta muffins (makes 12)



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

- 2 cups gluten free flour
- 1tbs bi-carb soda
- 40g spinach leaves, finely chopped
- 2 shallots, finely chopped
- 100g feta, crumbled
- 2 eggs, beaten
- 2/3 cup plain Greek yoghurt
- 125g creamed corn
- 1 cup sweet potato, pureed
- 50g butter, melted
- ¼ cup parmesan

Method:

1. Preheat oven to 200°C/180°C. Lightly grease a 12 hole muffin pan.
2. Sift flour and bi-carb soda together in a large bowl. Stir in spinach, onion and half of the feta. Combine remaining ingredients in a bowl, whisking well to combine.

3. Fold through dry mixture until just combined. Spoon into prepared cases and sprinkle with remaining feta. Bake for 25-30 minutes until cooked when tested with a skewer.

For a dairy free alternative use the same recipe however removing the feta, making sweet potato and spinach muffins and replacing Greek yoghurt with a dairy free plain yoghurt alternative