

Appendix One

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Choose from: Wholegrain cereals (wheat biscuits, dried fruit and flake mix), porridge and wholemeal toast with healthy toppings, served with milk and water				
MORNING	Food	Fresh fruit platter (apple, nectarines, grapes, banana) with pineapple and yoghurt dip	Rainbow platter (banana, rockmelon, plum, beans, cucumber, red capsicum) Cheese cubes	Fruit smoothie small (100mL) Fruit toast with ricotta cheese	Fresh fruit platter (apple, nectarines, grapes, banana) with pineapple and yoghurt dip	Yoghurt, summer sunshine salad (peach, nectarine, passionfruit, mint) and (untoasted) muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	Chicken curry (Main ingredients: chicken, brown rice, carrots, pumpkin, green beans, canned tomatoes, curry spices and yoghurt)	Beef lasagne with fresh salad (Main ingredients: beef mince, brown lentils, carrot, celery, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	Beef and vegetable rissoles with pita bread and salad (Main ingredients: lean beef mince, potato, carrot, zucchini, capsicum, egg, pita bread, salad vegetables)	Creamy tuna pasta bake (Main ingredients: canned tuna, pasta, broccoli, corn, carrot, evaporated milk)	Vegetarian fried rice (Main ingredients: egg brown rice, carrot, capsicum, spring onion, peas, corn, reduced salt soy sauce,)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Toasted wholemeal English muffins with sliced tomato and cheese Rockmelon wedges	Fruity crumble (wholemeal flour, oats, cooked seasonal fruits) served with Greek yoghurt	Rice cakes and toppings (cottage cheese, sliced tomato, cucumber) Watermelon and friends platter (watermelon triangles, grapes, strawberries)	Make your own pizza faces (wholemeal pita bread, salt reduced tomato paste, shredded chicken breast, mushroom, tomato, capsicum, cheese)	Vegetable sticks (beans, celery, carrot) with creamy corn and tuna dip and wholemeal crackers Watermelon and friends platter (watermelon triangles, grape, strawberries)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK		Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, served with water				
Water		Water is freely available throughout the day				
Infants (eating solids)		A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains and milk products. Foods are an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
Allergies		Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				



Fruit smoothies

* EGG FREE * NUT FREE * WHEAT/GLUTEN FREE * VEGETARIAN

Ingredients	6 serves	25 serves	60 serves
Milk	600mL	2.5 litres	6 litres
Yoghurt	300mL	1.75 litres	3 litres
Chopped fruit (see tips)	1½ cups	6 cups	15 cups



Lasagne

* SOY FREE * SUITABLE TO FREEZE * CAN BE PREPARED EARLY

Ingredients	6 serves	25 serves	60 serves
Brown onion	1 small	2 large	4 large
Carrot	1 large	4 large	10 large
Celery	2 stalks (130g)	1kg	2.5kg
Zucchini	1 large	4 large	10 large
Brown lentils (canned)	1 x 125g can	1 x 400g can	3 x 400g cans
Olive or canola oil	½ tablespoon	2 tablespoons	3 tablespoons
Garlic, crushed	1 clove (5g)	2 cloves (10g)	3 cloves (15g)
Lean beef mince	400g	1.75kg	4kg
Reduced salt crushed tomatoes	1 x 800g can	3 x 800g cans	8 x 800g cans
Dried basil	½ teaspoon	1 teaspoon	1½ teaspoons
Dried oregano	½ teaspoon	1 teaspoon	1½ teaspoons
Instant lasagne sheets	225g	1kg	2.25kg
Ricotta cheese	375g	1.5kg	3.5kg
Parmesan cheese or grated cheese	¼ cup	1 cup	2½ cups



Creamy tuna pasta

Ingredients	6 serves	25 serves	60 serves
Penne pasta (uncooked)	1 ½ cups	6 cups	15 cups
Broccoli florets	1 cup	4 cups	10 cups
Corn kernels (frozen)	200g (1 cup)	800g	2kg
Carrot	3 large	13 large (1kg)	30 large (2kg)
Water	50mL	200mL	500mL
Low fat evaporated milk	1 x 185mL can	2 x 375mL cans	5 x 375mL cans
Cornflour	1 teaspoon	1 tablespoon	2 tablespoons
Tuna (canned in spring water)	1 x 425g can + 1 x 95g can	5 x 425g cans	11 x 425g cans



Chicken curry

EGG FREE * NUT FREE * CAN BE PREPARED EARLY

Ingredients	6 serves	25 serves	60 serves
Rice (uncooked)	1 cup	4 cups	10 cups
Brown onion	1 small	1 large	2 large
Pumpkin	1 cup (150g)	4 cups (600g)	10 cups (1.4kg)
Carrot	1 medium	4 medium	10 medium (700g)
Celery	1 stalk (40g)	2 stalks (80g)	4 stalks (160g)
Zucchini	1 medium	2 medium	5 medium (500g)
Green beans	1 cup (120g)	4 cups (500g)	10 cups (1.2kg)
Chicken thigh fillets (skinless and boneless)	350g	1.5kg	3.5kg
Olive or canola oil	½ tablespoon	2 tablespoons	3 tablespoons
Curry powder	1 teaspoon	3 teaspoons	2 tablespoons
Reduced salt crushed tomatoes	1 x 800g can	4 x 800g cans	8 x 800g cans
Sultanas	1 tablespoon	4 tablespoons	8 tablespoons
Pineapple	120g	500g	1.2kg
Natural yoghurt	¼ cup	1 cup	4 cups



Fruity crumble

*EGG FREE *NUT FREE *VEGETARIAN

Ingredients	6 serves	25 serves	60 serves
Wholemeal flour	100g	400g	1kg
Oats	100g	400g	1kg
Brown sugar	2 tablespoons	¼ cup	¾ cup
Margarine	1 tablespoon	125g	300g
Canned fruit (see tips)	1 x 400g can	2 x 800g cans	5 x 800g cans
Cinnamon	1 teaspoon	2 teaspoons	3 teaspoons



Meat and vegetable rissoles

* NUT FREE * CONTAINS EGGS

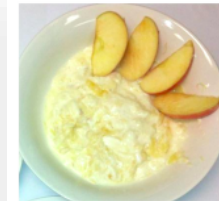
Ingredients	6 serves	25 serves	60 serves
Brown onion	1 small	1 large	2 large
Potato	1 medium	4 medium	10 medium
Carrot	1 medium	4 medium	10 medium
Zucchini	½ small	2 small	5 small
Capsicum, finely diced	1	4	10
Lean beef mince	400g	1.75kg	4kg
Breadcrumbs	2 tablespoons	¼ cup	¾ cup
Eggs	1	4	10
Olive or canola oil spray	1 spray (4g)	2 sprays (8g)	3 sprays (12g)
Wholemeal pita bread	3 medium	13 medium	30 medium
Lettuce (sliced)	3 leaves (20g)	½ medium head (270g)	1 medium head (540g)
Tomato (sliced)	1 medium	2 medium	4 medium



Vegetarian fried rice

* MILK PROTEIN FREE * NUT FREE * LACTOSE FREE * LOW FODMAP * VEGETARIAN * CONTAINS EGGS

Ingredients	6 serves	25 serves	60 serves
Brown rice (uncooked)	1½ cups	6 cups	14 cups
Carrot	1 large	3 large	10 large
Red capsicum	1	3	10
Spring onion	3 stems (45g)	1 bunch (90g)	2 bunches (180g)
Canola oil	½ tablespoon	2 tablespoons	3 tablespoons
Minced ginger	1 teaspoon	1 tablespoon	2 tablespoons
Peas, frozen	1 cup	750g	1.5kg
Corn kernels, frozen	1 cup	750g	1.5kg
Reduced salt soy sauce	1 tablespoon	170mL	400mL
Eggs	6	25	60



Pineapple and yoghurt dip

* VEGETARIAN * SOY FREE * EGG FREE * LACTOSE FREE * MILK PROTEIN FREE

Ingredients	6 serves	25 serves	60 serves
1 serve = approx 30g (1 heaped tablespoon)			
Crushed pineapple (canned)	120g	500g	1.2kg
Natural yoghurt	3 tablespoons	1 cup	600g

Perfect Italiano

RECIPES PRODUCTS OUR STORY CONTACT US

Ingredients ×

Ingredients

Milk, Milk Solids, Acidity Regulator (260), Salt, Preservative (202).


Origin

Made in Australia.

Nutrition Information

Servings per package: 4

Ricotta



Perfect Italiano

PERFECT PIZ
MOZZARELLA, CHEDDAR & PARM

• 3 CHEE
MELT &
DOESN'T
ANTHEN

Ingredients ×

Ingredients

Cheese (Milk, Salt, Cultures, Enzymes), Anticaking Agent (460), Preservative (200). Mozzarella Cheese (71%), Cheddar Cheese (19%), Parmesan Cheese (10%)

Origin

Packed in Australia from New Zealand and Australian cheeses.

Nutrition Information

Servings per package: 18
Serving size: 25

Average Quantity per Serving	% Daily Intake† (per Serving)	Average Quantity per 100 g

*Recommended dietary intake †Percentage Daily intakes are based on an average adult daily diet of 8700kJ.

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