

**AFTERNOON  
TEA MENU &  
RECEIPES**

# Menu

## Easy & Quick Afternoon Teas

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|---|-----------------------------------|
| 1. Banana Slice                         | 12. Hot Dogs                      |
| 2. Bruschetta & Garlic Bread            | 13. Ice-blocks & Crackers         |
| 3. Corn Thins                           | 14. Milo & Biscuits - Hot or Cold |
| 4. Corn In A Cup                        | 15. Muesli Slice                  |
| 5. Cheesy Scrolls                       | 16. Party Pies & Sausage Rolls    |
| 6. Crunchy Snack Mix                    | 17. Pikelets                      |
| 7. Guacamole & Salsa with Corn Chips    | 18. Quesadillas                   |
| 8. Falafel Slice, Dips & Lebanese Bread | 19. Raisin Bread                  |
| 9. Fruit Smoothies & Biscuits           | 20. Savoury Scone Slice           |
| 10. Fruity Thick Custard Cups           | 21. Wraps                         |
| 11. Ham, Cheese & Veggie Slice          | 22. Yogurt & Muesli               |

## Regular Afternoon Teas

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| 1. Alfredo Pasta                         | 16. Mac & Cheese Pasta          |
| 2. Apple Crumble                         | 17. Mini Pizzas                 |
| 3. Baked Beans & Spaghetti with Bread    | 18. Nachos                      |
| 4. Bangers and Mash                      | 19. Pasta Salad                 |
| 5. BBQ Day                               | 20. Pesto Pasta                 |
| 6. Beef Stir Fry                         | 21. Potato Salad                |
| 7. Cheese & Crackers                     | 22. San Choy Bow                |
| 8. Chicken Bites & Baked Veggies         | 23. Savoury Mince on Bread      |
| 9. Chicken & Couscous Salad              | 24. Spaghetti & Meatballs       |
| 10. Chicken Stir Fry                     | 25. Sushi Bowls                 |
| 11. Chicken & Sweet Corn Soup with Bread | 26. Sweet & Creamy Coconut Rice |
| 12. Chicken & Veggie Noodle Cups         | 27. Tomato Soup with Bread      |
| 13. Curried Sausages & Rice              | 28. Tuna & Rice                 |
| 14. Fish Fingers & Corn                  | 29. Tuna Pasta Bake             |
| 15. Hawaiian Fried Rice                  | 30. Yellow Chicken Curry & Rice |

## Vacation Care Only Afternoon Teas

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|--------------------------------|-------------|
| 1. Rissoles & Rolls with Salad | 2. Toasties |
|--------------------------------|-------------|

# Our Menu

When developing and reviewing our menu we take into consideration current best practices and recommendations from expert bodies. We refer to The Australian Dietary Guidelines, The National Heart Foundation of Australia (Eat Smart, Play Smart) as well as Network of Community Activities (OOSH Development Factsheet - Menu Planning) when determining the types of food and portion sizes we serve.

Our menu:

- Includes a variety of food.
- Includes servings of fruit & vegetables every afternoon.
- Limits sugary, fatty and salty foods.
- Is portion controlled.
- Caters to dietary and religious requirements where necessary.

## Easy & Quick Afternoon Teas

Banana Slice		SERVING SIZE: 1 adult palm size slice	Prepare in BSC
<b>Ingredients:</b>		<b>Directions:</b>	
Bananas	40	1. Mash bananas with masher	
Desiccated coconut	500g	2. Melt butter in microwave	
Self-raising flour	4kgs	3. Mix dry ingredients in a mixing bowl	
Cinnamon	1/3 cup	4. Mix wet ingredients in a mixing bowl	
Vanilla essence	1/3 cup	5. Combine dry and wet ingredients	
Brown sugar	500g	6. Line silver baking trays with baking paper, over the edges of tray	
Butter	125g	7. Pour banana mixture $\frac{3}{4}$ full in large trays	
Milk	10 cups	8. Preheat oven to 250 degrees at 1pm (set alarm on iPad), bake slices until cooked through	
Woolworths Free From Gluten Banana Bread 4 pack	1 pkt		

Corn thins	As needed	9. Dairy free option: mash banana and honey on top of corn thin							
<b>This recipe is</b>									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Bruschetta &amp; Garlic Bread</b>		SERVING SIZE: 2-3 slice bread with mix	<b>Prepare in BSC</b>						
<b>Ingredients:</b>		<b>Directions:</b>							
Frozen garlic bread	12 pkts	<ol style="list-style-type: none"> <li>1. Remove garlic bread from freezer and from packaging, wrap garlic bread in foil, place in fridge</li> <li>2. Preheat oven to 250 degrees at 1pm (set alarm on iPad), bake for 15-20mins</li> <li>3. Dice tomatoes and onion</li> <li>4. Chop basil and mix through the tomatoes with olive oil and mixed herbs, add salt and pepper</li> <li>5. <u>Dairy free option</u>: reserve 2/3 cup of tomato mixture</li> <li>6. Dice cheese for tomato mixture</li> </ol>							
Gluten free garlic bread	1 pkt								
Tomatoes	8								
Red onion	1								
Mixed herbs	To taste								
Olive oil	Drizzle								
Fresh basil	½ bunch								
Bocconcini	200g								
Balsamic vinegar	To taste								
Salt and pepper	To taste								
<b>This recipe is</b>									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Corn Thins</b>		SERVING SIZE: 2 corn thins	<b>Prepare in BSC</b>						
<b>Ingredients:</b>		<b>Directions:</b>							
Corn thins	12 pkts	<ol style="list-style-type: none"> <li>1. Make cheese and ham and cheese fillings</li> <li>2. Make spreads fillings</li> </ol>							
Sliced ham	200g								
Light tasty cheese slices	2 x 500g								
Bio cheese cheddar slices	200g								
Spreads: jam, vegemite & honey	As needed								
<b>This recipe is</b>									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Corn-In-A-Cup</b>		SERVING SIZE: ¾ cup served with toppings	<b>Prepare in BSC</b>						
<b>Ingredients:</b>		<b>Directions:</b>							
Frozen corn kernels	6 x 1kg pkts	<ol style="list-style-type: none"> <li>1. Remove frozen corn kernels from freezer and place into fridge</li> <li>2. <u>Dairy free option</u>: place 2 cups of corn kernels in small container, heat in microwave for 5-7mins or until cooked</li> <li>3. Place the rest of the corn kernels in microwave containers with the garlic butter evenly distributed in containers, heat on high for 7-9mins or until cooked</li> <li>4. Serve corn kernels in a cup with desired toppings</li> </ol>							
Lite sour cream	400g								
Chicken salt	200g								
True blue garlic butter	150g								
Sweet chilli (squeeze bottle)	As needed								
<b>This recipe is</b>									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Cheesy Scrolls</b>		SERVING SIZE: 2 scrolls	<b>Prepare in BSC</b>
<b>Ingredients:</b>		<b>Directions:</b>	

Frozen puff pastry	6 pkts	<ol style="list-style-type: none"> <li>1. Remove frozen puff pastry and thaw out</li> <li>2. <a href="#">Gluten free &amp; dairy free options</a>: make fillings of vegemite and bio cheese, ham and bio cheese and bio cheese</li> <li>3. Once other pastry is thawed make fillings of vegemite and cheese, ham and cheese and cheese</li> <li>4. Roll single sheet of pastry with filling inside, once rolled cut into 5-6 scrolls</li> <li>5. Preheat oven to 250 degrees at 1pm (set alarm on iPad), bake scrolls for 15-20mins</li> </ol>							
Simply wize puff pastry gluten free	1 pkt								
Bio cheese pizza shred	As needed								
Lite grated cheese	2kg								
Diced ham	200g								
Vegemite	As needed								
<b>This recipe is</b>									
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<b>Crunchy Snack Mix</b>		SERVING SIZE: 1 cup	<a href="#">Prepare in BSC</a>						
<b>Ingredients:</b>		<b>Directions:</b>							
Popping Corn	2x 400g	<ol style="list-style-type: none"> <li>1. Pop corn in air poppers</li> <li>2. <a href="#">Gluten free option</a>: mix some popcorn with some of the sultanas and set aside</li> <li>3. Mix remaining popcorn with pretzels, rice cracker pieces and sultanas</li> </ol>							
Pretzels	3x 400g								
Rice Cracker Pieces	1.5kg								
Sultanas	375g								
<b>This recipe is</b>									
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<b>Guacamole &amp; Salsa with Corn Chips</b>		SERVING SIZE: small handful of corn chips served with desired dip							
<b>Ingredients:</b>		<b>Directions:</b>							
Mission Corn chips	4x 500g	<ol style="list-style-type: none"> <li>1. Dice red onion, capsicum and cherry tomatoes</li> <li>2. <a href="#">Dairy free salsa</a>: ¼ of these ingredients diced tomatoes, red onion, corn kernels, grated bio cheese and taco seasoning</li> <li>3. <a href="#">Dairy free avocado dip</a>: add bio cheese to Obela Classic Guacamole dip</li> <li>4. Mix avocado dip, cherry tomatoes, half corn kernels and half grated cheese</li> <li>5. Mix diced tomatoes, red onion, capsicum, half corn kernels, half grated cheese, taco seasoning and garlic</li> </ol>							
Avocado dip	4								
Obela Classic Guacamole	220g								
Lite grated cheese	250g								
Bio cheese pizza shred	As needed								
Cherry tomatoes	1 punnet								
Red onion	1								
Red capsicum	1								
Tin corn kernels	420g								
Tin diced tomatoes	3x 400g								
Taco seasoning	1 pkt								
<b>This recipe is</b>									
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<b>Falafel Slice, Dips &amp; Lebanese Bread</b>		SERVING SIZE: 1 slice, 2 slices of flat bread & served with desired dip	<a href="#">Prepare in BSC</a>						
<b>Ingredients:</b>		<b>Directions:</b>							
Second House Falafel Mix	4x 200g	<ol style="list-style-type: none"> <li>1. Mix water and veggies in food processor, blend until smooth</li> <li>2. Place falafel mix in large bowl and gradually add the water/veggie mixture, add baking powder, stir well</li> <li>3. Place mixture ½ full in large trays, cover it and place in fridge</li> <li>4. Preheat oven 250 degrees at 1pm (set alarm on iPad)</li> <li>5. Place falafel trays into oven, cook for 15mins or until firm</li> <li>6. Slice Lebanese bread and gluten free flat bread into finger like size</li> <li>7. Slice falafel into slices</li> </ol>							
Lebanese bread	6 pkts								
Dips	3 flavours								
Warm water	6 cups								
Gluten free flat bread	1 pkt								
Baking powder	1 tbsp								
Carrot, cucumber and capsicum	1 of each								
<b>This recipe is</b>									
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Fruity Smoothies & Biscuits		Make 2 different flavours: 1 Banana and 1 Mixed Berry		SERVING SIZE: 1 cup and 1 biscuit						
<b>Ingredients:</b>		<b>Directions:</b>								
Reduced fat milk	9L	<b>** Taste smoothies to make sure flavours are tasty, add sweet ingredients to get the perfect blend</b> 1. <u>Dairy free option:</u> blend <ol style="list-style-type: none"> <li>Berry mix: ½ soy milk, ¼ berries, 2 bananas, honey, cinnamon, vanilla &amp; ½ coconut yoghurt</li> <li>Banana mix: ½ soy milk, 4 bananas, honey, cinnamon, vanilla &amp; ½ coconut yoghurt</li> </ol> 2. <u>Main option:</u> blend <ol style="list-style-type: none"> <li>Berry mix: ½ milk, the rest of the berries, 8 bananas, honey, cinnamon, vanilla &amp; ½ natural yoghurt</li> <li>Banana mix: ½ milk, the rest of the bananas, honey, cinnamon, vanilla &amp; ½ natural yoghurt</li> </ol> 3. Serve with biscuits								
Lite natural yoghurt	2kg									
Bananas	40									
Frozen mixed berries	1kg									
Coconut yoghurt	500g									
Soy milk	As needed									
Honey, cinnamon and vanilla essence	As needed									
Arrowroot biscuits	1 per kid									
Gluten Free Biscuits	As needed									
This recipe is										
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free	

Fruity Thick Custard Cups & biscuits		SERVING SIZE: 1 cup and 1 biscuit							
<b>Ingredients:</b>		<b>Directions:</b>							
Lite custard	6L	1. Serve custard with biscuit and canned fruit salad 2. <u>Dairy free option:</u> serve dairy free yoghurt with biscuit and canned fruit salad							
Dairy free yoghurt	500g								
Scotch fingers biscuits	1 per kid								
Gluten Free Biscuits	1 pkt								
Canned Fruit Salad in Juice	820g								
This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

Ham, Cheese & Veggie Slice		SERVING SIZE: 1 palm sized slice		Prepare in BSC					
<b>Ingredients:</b>		<b>Directions:</b>							
Frozen puff pastry	4 pkts	1. Take out frozen puff pastry to thaw out 2. Line baking trays with baking paper over edge of trays 3. Grated zucchinis and squeeze out excess water from them with clean tea towel 4. Mix eggs 5. <u>Dairy/gluten &amp; vegetarian option:</u> combined ¼ of the vegetable and bio cheese with the 3 - 4 cups of eggs							
Simply wize pastry puff gluten free	1 pkt								
Grated lite cheese	1.5kg								
Bio cheese pizza shred	As needed								
Diced ham	250g								
Eggs	4x dozen								
Lite thickened cream	3x 600g								
Zucchinis	4								
Frozen corn kernels	500g								

Salt & pepper	To taste	<ol style="list-style-type: none"> <li>6. Add thickened cream with left over mixed eggs, add grated cheese leaving 500g aside</li> <li>7. Mix liquid mixture and the rest of the vegetables together</li> <li>8. Place thawed puff pastry over lined baking trays, overlapping the edges of the trays and other pastries sheets, cover trays with foil and place in fridge</li> <li>9. Gluten free pastry sheets to lay within mini silicone muffin tray</li> <li>10. Pour main mixture over large trays and dietary requirements mixture over the mini muffin tray</li> <li>11. Sprinkle diced ham and left-over cheese on top of regular mixture</li> <li>12. Preheat oven 250 degrees at 1pm (set alarm on iPad), place slice in oven for 40mins</li> </ol>
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**This recipe is**

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<b>Hot Dogs</b>		SERVING SIZE: 1 Frankfurt, 1 bun with desired toppings
<b>Ingredients:</b>		<b>Directions:</b>
Cocktail frankfurts	4kg	<ol style="list-style-type: none"> <li>1. Cut hot dog buns in half and slice down the middles</li> <li>2. Bring water to a simmer, place frankfurts in water for 5-10mins</li> <li>3. Cut vegetarian sausages in half and fry in pan on stove top</li> </ol>
Hot dog buns	12 pkts	
Vegetarian sausages	1 pkt	
Gluten free rolls	1 pkt	
Lite grated cheese	500g	
Bio cheese pizza shred	As needed	
Sauces	As needed	

**This recipe is**

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<b>Ice Blocks and Crackers</b>		SERVING SIZE: 1 ice block and 4 crackers
<b>Ingredients:</b>		<b>Directions:</b>
Assorted flavours water ice blocks	1 per kid	<ol style="list-style-type: none"> <li>1. Serve ice blocks with biscuits.</li> </ol>
Plain Rice Crackers	12 pkts	

**This recipe is**

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<b>Milo &amp; Biscuits (hot or cold)</b>		SERVING SIZE: 1 cup & 2 biscuits
<b>Ingredients:</b>		<b>Directions:</b>
Reduced fat Milk	6 x 3L	<ol style="list-style-type: none"> <li>1. Melt milo with a small amount of boiling water, stir to dissolve</li> <li>2. <u>Dairy free option:</u> melted Milo and soy milk - mix, enough to make 2 cups</li> <li>3. <u>Gluten free option:</u> hand blend banana smoothie with bananas, milk, Greek yoghurt, vanilla essence, cinnamon, enough to make 2 - 4 cups</li> </ol>
Milo	1 x 1.5kg	
Bananas	3	
Lite Greek yoghurt	170g	
Vanilla essence & cinnamon	To taste	
Soy milk	1L	
Arrowroot Biscuits	8 pkts	
Gluten Free Biscuits	1 pkt	

		4. <u>Main option</u> : melted Milo and milk, stir to combine
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This recipe is									
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<b>Muesli Slice</b>	SERVING SIZE: 1 palm sized slice	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Honey	1 & ½ cup	<ol style="list-style-type: none"> <li>Mix all dry ingredients in large mixing bowl</li> <li>Heat honey, butter and vanilla essence over stove top on medium heat</li> <li>Pour wet ingredients over dry ingredients, mix well. If still too dry melt more butter and add little more honey to both dry and wet ingredients until well combined</li> <li>Transfer muesli in lined large baking trays, push mixture flat down and place in fridge</li> <li>Cut slice into palm size squares</li> </ol>
Butter (unsalted)	2 x 250g	
Rolled oats	750g	
Rice bubbles	350g	
Sultanas	2 cups	
Desiccated coconut	250g	
Chia seeds	150g	
Pepitas	300g	
Sunflower seeds	200g	
Cinnamon	1 tbsp	
Vanilla essence	1 tbsp	
Mini choc chips	250g	

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<b>Party Pies &amp; Sausage Rolls</b>	SERVING SIZE: 2 party foods	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Frozen party pack of pies and sausage rolls	6 x 30 pkts	<ol style="list-style-type: none"> <li>Take out all frozen pies, sausages and triangles and place in fridge</li> <li>Preheat oven 250 degrees at 1pm (set alarm on iPad), place pies, sausages and triangles on foil lined oven racks and bake for 15-20mins</li> </ol>
Frozen chicken and vegetable pie	1 pkt	
Spinach and ricotta triangles	1 pkt	
Gluten free party pack	1 pkt	
Sauces	To serve	

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<b>Pikelets</b>	SERVING SIZE: 2 pikelets	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Pikelet mix	10 pkts	<ol style="list-style-type: none"> <li>Create pancake mix, following instructions on back of packet</li> <li>Create gluten free pancake mix, cook on frypans</li> <li>Cook main pancakes on frypans (can start in BSC if possible)</li> </ol>
Eggs	18	
Milk	3 x 3L	
Honey (squeeze bottles)	3 x 375g	
Free From Gluten Pancake Mix Buttermilk	1 pkt (300g)	

This recipe is									
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<b>Quesadillas</b>	SERVING SIZE: 2 pieces of Quesadilla	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Gluten Free Tortilla	1 pkt	<ol style="list-style-type: none"> <li>Dice capsicum and chicken</li> <li>Drain diced tomatoes</li> <li>Mix diced tomatoes, corn kernels and red capsicum, store in container in fridge</li> <li><u>Dairy and gluten free options:</u> <ol style="list-style-type: none"> <li>Gluten free tortilla, salsa and bio cheese</li> </ol> </li> </ol>
Woolworths Jumbo Tortillas	8 x 6 pk	
Lite grated cheese	2kg	
Bio cheese pizza shred	As needed	
Red capsicum	1	
Tin corn kernels	420g	
Tin diced tomatoes	2x 800g	



Diced chicken	2kg	<p>b. Gluten free tortilla, shredded chicken and bio cheese</p> <p>5. <u>Regular options:</u></p> <p>a. Tortilla, salsa and cheese</p> <p>b. Tortilla, shredded chicken and cheese</p> <p>6. On 1 tortilla, spread the chicken option evenly around then place another tortilla over the top. Store in fridge, layer baking paper between each quesadilla</p> <p>7. Repeat step 6 for the salsa option in the afternoon</p> <p>8. Place filled tortillas on electric fry pan, fry pans and sandwich press for 2 mins or until cheese is melted – flip and repeat on other side</p> <p>9. Cut into quarters and serve</p>
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This recipe is

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<b>Raisin Bread</b>		SERVING SIZE: 2 halves	<b>Prepare in BSC</b>
<b>Ingredients:</b>		<b>Directions:</b>	
Raisin Bread	1 loaf = 15 kids	<ol style="list-style-type: none"> <li>1. Remove bread from freezer</li> <li>2. Butter half of raisin bread loaves with canola spread and leave the other half plain</li> <li>3. Repeat step 2 for gluten free fruit bread</li> </ol>	
Gluten Free Fruit Bread	1 loaf		
Canola Spread	500g		

This recipe is

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<b>Savory Scone Slice</b>		SERVING SIZE: 1 slice	<b>Prepare in BSC</b>
<b>Ingredients:</b>		<b>Directions:</b>	
Self-raising flour	15 cups	<ol style="list-style-type: none"> <li>1. Chop butter into cubes and leave aside to soften</li> <li>2. Finely chop capsicum</li> <li>3. Grate zucchinis and drain excess water with tea towel</li> <li>4. Drain corn kernels</li> <li>5. Line large trays with baking paper</li> <li>6. Sift flour and salt</li> <li>7. Use fingers to rub in butter to create a crumb consistency</li> <li>8. Slowly add milk, stir with knife</li> <li>9. Combine vegetables, grated cheese and scone mix</li> <li>10. Preheat oven to 250 degrees at 1pm (set alarm on iPad)</li> <li>11. Bake for 35-45 minutes, check if cooked with skewer</li> <li>12. <u>Gluten &amp; dairy free option:</u> butter ½ of gluten free bread</li> </ol>	
Salt	8 tsp		
Butter	600g		
Milk	7.5 cups		
Capsicum	2		
Zucchini	2		
Tin corn kernels	400ml		
Lite tasty shredded cheese	2kg		
Gluten free fruit bread – gluten + dairy free children	1 pkt		

This recipe is

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<b>Wraps</b>		SERVING SIZE: ½ wrap	<b>Prepare in BSC</b>
<b>Ingredients:</b>		<b>Directions:</b>	
Flat bread	7x 8pk	<ol style="list-style-type: none"> <li>1. Prep for ASC, store in separate containers: <ol style="list-style-type: none"> <li>a. Grate carrot</li> <li>b. Slice tomato and cucumber</li> <li>c. Cut sliced cheese in half</li> <li>d. Mix together tuna (drained), mayonnaise, salt and pepper (to taste)</li> </ol> </li> </ol>	
Gluten free flat bread	1x 4pk		
Light Mayonnaise	525g		
Light Cheese Slices	250g		
Bio cheese slices	200g		
Shaved Ham	500g		
Tuna Chunks in Spring Water	2x 425g		

Tomato	2	<p>2. Use ingredients listed below to assemble wraps, evenly spreading out the ingredients amongst the wraps</p> <p>3. Roll wraps up tightly then cut into 4, toothpicks to hold in place</p> <p><u>Note:</u></p> <ul style="list-style-type: none"> <li>Layering cheese or lettuce first onto the wrap helps prevent it going soggy.</li> <li>Gluten and dairy free options to be made with gluten free wraps and bio cheese</li> <li>If there is time in BSC start to assemble the ham wraps</li> <li><b>Ham Wrap:</b> 3 flat bread pkts, ham, cheese and mayonnaise</li> <li><b>Salad Wrap:</b> 1 flat bread pkt, gem lettuce leaves, tomato, cucumber and carrot</li> <li><b>Tuna Wrap:</b> 3 flat bread pkts, gem lettuce leaves and cucumber</li> </ul>
Cucumber	4	
Carrot	3	
Gem lettuce	6	
Toothpicks	As needed	

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<b>Yoghurt &amp; Muesli</b>		<b>SERVING SIZE: 1 cup</b>
<b>Ingredients:</b>		<b>Directions:</b>
Yoghurt - 3 Flavours	9 x 1kg	1. Serve yoghurt with muesli
Coconut Yoghurt	500g	
Freedom Foods Cereal Muesli Gluten and Wheat Free	500g x2	

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## Regular Afternoon Teas

<b>Alfredo Pasta</b>		<b>SERVING SIZE: 1 cup served with cheese</b>
<b>Ingredients:</b>		<b>Directions:</b>
Garlic	To taste	<p>1. Boil gluten free pasta in small pot, drain</p> <p>2. Boil pasta in two large pots, drain</p> <p>3. <u>Dairy and gluten free option:</u></p> <p style="padding-left: 20px;">a. microwave 1 cup of the frozen vegetables and</p>
Frozen onions	500g	
Frozen peas, corn and carrot	1kg	

Light grated cheese	1kg to serve	b. mix 2 - 4 cups of gluten pasta with cooked vegetables 4. Cook the vegetables, onion and garlic together with the pasta sauce in medium pot, slowly adding thickened cream until thick and cooked 5. Pour vegetable and sauce mix over main pasta
Garlic & herb alfredo pasta base	6 x 125g	
Light thickened cream	600g x3	
Pasta	2kg	
Gluten free pasta	As needed	

This recipe is

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>Apple Crumble</b>	SERVING SIZE: 1 cup	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Tin Pie Apple Filling	10 x 800g	<ol style="list-style-type: none"> <li>1. Spread apples across large baking trays</li> <li>2. Mix oats, flour, melted butter, sugar, coconut and cinnamon in a mixing bowl</li> <li>3. Cover the apples with the oat mix, store in fridge</li> <li>4. Preheat oven to 250 degrees at 1pm (set alarm on iPad), place apple crumble in oven for 30-45 minutes</li> <li>5. Follow free from gluten apple pie packet instructions</li> <li>6. Split thickened cream into 3 containers for serving</li> </ol>
Butter	500g	
Rolled Oats	8 cups	
Flour	3 cups	
Desiccated Coconut	4 cups	
Brown Sugar	1 cup	
Cinnamon	To taste	
Free from gluten apple pie	1	
Lite thickened cream	2 x 600ml	

This recipe is

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>Baked Beans &amp; Spaghetti with Bread</b>	SERVING SIZE: 1 cup and 1 slice of toast	
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<b>Ingredients:</b>		<b>Directions:</b>
Baked Beans	6 x 420g	<ol style="list-style-type: none"> <li>1. Separate baked beans and spaghetti over 6 containers</li> <li>2. Heat baked beans and spaghetti in the microwave for 5 - 10mins until hot</li> <li>3. Make toast while heating baked beans and spaghetti</li> <li>4. <u>Gluten free option:</u> make sandwiches</li> </ol>
Spaghetti	8 x 420g	
Gluten Free Bread	1 loaf	
Wholemeal Bread	1 loaf = 22 kids	

This recipe is

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>Bangers &amp; Mash</b>	SERVING SIZE: 1 cup mash & 1 sausage	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Thin Beef & Chicken Sausages (half of each)	1 per child	<ol style="list-style-type: none"> <li>1. Chop potatoes into small pieces, place in pots and cover with water</li> <li>2. Boil potatoes in 2 large pots</li> <li>3. Cook sausages on BBQ or large frypans (last option), once cooked place in large trays (not containers)</li> <li>4. Separate 2 cups of boiled potatoes and mash for dairy free option</li> </ol>
Veggie Sausages	1 pkt	
Whitewashed Potatoes	6kg	
Milk and/or butter	To taste	
Gravox Gravy Liquid Brown Onion	3x 165g	

Sauces	To serve	5. Mash the rest of potatoes with butter and/or milk and salt to taste 6. Heat brown onion gravy to instructions on packet (no need for separate containers, can stay in packets)
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**This recipe is**

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>BBQ Day</b>	SERVING SIZE: 1 sausage on bread	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Thin Beef & Chicken Sausages (half of each)	1 per child	<ol style="list-style-type: none"> <li>1. <a href="#">Get bread out from freezer</a></li> <li>2. Cook sausages on BBQ or in large frypans (last option)</li> <li>3. Cook veggie sausages in small frypan</li> <li>4. Serve on bread with grated cheese and sauces</li> </ol>
Veggie Sausages	1 pkt	
Wholemeal Bread	1 loaf = 22 kids	
Gluten Free Bread	1 loaf	
Light Grated Cheese	1kg	
Bio grated cheese	As needed	
Sauces	To serve	

**This recipe is**

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>Beef Stir Fry</b>	SERVING SIZE: 1 cup
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<b>Ingredients:</b>		<b>Directions:</b>
Diced Beef	4kg	<ol style="list-style-type: none"> <li>1. Fry onions, garlic and ginger in 2 frypans/wok</li> <li>2. Add diced beef to one and tofu to the other, cook until brown</li> <li>3. Add frozen vegetables to both frypans and cook through</li> <li>4. Mix in sweet &amp; sour stir-fry sauce to both mixtures</li> <li>5. Boil kettle, add boiling water over noodles in a large bowl</li> <li>6. Mix the noodles with beef and tofu mixtures</li> </ol>
Tofu	250g	
Frozen Onions	500g	
Frozen Stir Fry Mix	2kg	
Crushed Garlic	1 tbsp	
Crushed Ginger	1 tbsp	
Vermicelli Noodles	3 pkts	
Kan Tong Stir Fry Sauce Sweet & Sour	3 x 500g	

**This recipe is**

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>Cheese &amp; Crackers</b>	SERVING SIZE: 4 crackers, 4 cheese cubes	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Woolworths Sea Salt Brown Rice Crackers	9 boxes	<ol style="list-style-type: none"> <li>1. <a href="#">Cut light and dairy-free cheese into cubes</a></li> <li>2. <a href="#">Slice Primo Cabanossi</a></li> <li>3. Cut carrots, cucumbers and tomatoes</li> <li>4. Served on serving trays (not containers, like a platter) with crackers, cheese, vegetables and dips (1 flavour of dip on each trolley)</li> </ol>
Gluten Free Crackers	1 box	
Light Cheese Blocks	2kg	
Bio Cheese Block	As needed	
Dips	3 x flavours	
Lebanese Cucumber	10	

Carrots	10	
Cherry Tomatoes	6 punnets	
Primo Cabanossi	6 x 375g	

This recipe is

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>Chicken Bites &amp; Baked Veggies</b>	SERVING SIZE: 1 cup	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Whitewashed Potatoes	8kg	
Mixed Herbs	To season	
Olive Oil	To bake/fry	
Diced Chicken	4kg	
Vegan Nuggets	1pkt	
Frozen Broccoli & Cauliflower Mix	1kg	
Sauces	To serve	

This recipe is

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>Chicken &amp; Couscous Salad</b>	SERVING SIZE: 1 cup	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Diced Chicken	3kg	
Dried Couscous	1kg	
Sunrice Super Grains Gluten Free Multigrain Blend Cup	250g	
Vegetable Stock Powder	To instructions	
Cherry Tomatoes	4 punnets	
Cucumbers	6	
Canned Corn Kernels	800g	
Lemon Juice	To taste	
Mixed Herbs	To taste	
Dijon mustard	To taste	
Olive oil	To taste	

This recipe is

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>Chicken Stir Fry</b>	SERVING SIZE: 1 cup	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Rice	1.5kg	
Diced Chicken	3kg	
Tofu	250g	
Fountain Soy & Honey Sauce	2 bottles	
Frozen Onions	500g	

Frozen Sir Fry Oriental Vegetable	850g	6. Add soy and honey sauce to both mixtures 7. Serve with cooked rice
Garlic	To taste	
Ginger	To taste	

This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Chicken &amp; Sweet Corn Soup with Bread</b>	SERVING SIZE: 1 cup	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Diced Chicken	3kg	<ol style="list-style-type: none"> <li>1. <a href="#">Get bread out from the freezer</a></li> <li>2. Cover chicken with water and stock, boil until cooked</li> <li>3. Place cornflour in a bowl and gradually stir in water until smooth and combined</li> <li>4. Add the cornflour mixture to the pots gradually, stirring occasionally until it thickens</li> <li>5. Add creamed corn, corn kernels, diced spring onions, gluten free soy sauce and heat through</li> <li>6. <u>Vegetarian option:</u> cook soup to can instructions</li> </ol>
Chicken Stock	4 tbsp	
Gluten Free Soy Sauce	To taste	
Cornflour	3 tbsp	
Canned Creamed Corn	2 x 400g	
Canned Corn Kernels	2 x 400g	
Spring Onions	½ bunch	
Gluten Free Bread	1 loaf	
Wholemeal Bread	1 loaf = 22 kids	
Amy's Kitchen Organic Chunky Vegetables Soup	2 cans	

This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Chicken &amp; Veggie Noodle Cups</b>	SERVING SIZE: 1 cup
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<b>Ingredients:</b>		<b>Directions:</b>
Diced Chicken	3kg	<ol style="list-style-type: none"> <li>1. Cover chicken with water and stock in 2 large pots, boil until cooked</li> <li>2. Add mixed vegetable in the pots with soy sauce, salt and pepper</li> <li>3. With 5 minutes until to serving the soup to add the 2-minute noodles into the pots</li> <li>4. <u>Gluten free &amp; vegetarian options:</u> cook soups to can instructions</li> </ol>
Chicken Stock	4 tbsp	
Gluten Free Soy Sauce	To taste	
Frozen Mixed Vegetables	500g	
Maggi 2 Minute Instant Noodles (Chicken)	12 pkts	
La Zuppa Soup Pouch Creamy Chicken & Vegetable Soup	540g	
Campbell's Country Ladle Garden Vegetable & Wholegrain Barley Soup	500g	

This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Curried Sausages &amp; Rice</b>	SERVING SIZE: 1 cup	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Beef Sausages	3kg	<ol style="list-style-type: none"> <li>1. <a href="#">Cut beef and veggie sausages into 2cm pieces, using scissors</a></li> <li>2. <a href="#">Add onion, mixed vegetables, garlic, curry powder, gluten free flour and vegetable stock to 3 slow cookers – 1 small and 2 large</a></li> <li>3. <u>Main option:</u> add beef sausage pieces to larger slow cookers on, cook on low for 4-5 hours</li> </ol>
Veggie Sausages	300g	
Frozen Onions	500g	
Garlic	2 tsp	
Curry Powder	1 tbsp	
Gluten Free Plain Flour	2 tbsp	

Vegetable Stock Powder	1 tbsp	4. <a href="#">Vegetarian option</a> : add veggie sausage pieces to smaller slow cooker, cook on low for 2-4 hours 5. Cook rice in rice cooker 6. Serve curried sausages with rice							
Frozen Mixed Vegetables	2kg								
Rice	1.5kg								
This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Fish Fingers &amp; Corn</b>		SERVING SIZE: 3 fish fingers & 1 corn piece	<b>Prepare in BSC</b>						
<b>Ingredients:</b>		<b>Directions:</b>							
Frozen Fish Fingers	3 per child	1. <a href="#">Remove frozen food from freezer and place in fridge</a> 2. Preheat oven at 250 degrees at 1pm (set alarm on iPad) 3. Boil water in large pots with salt, add corn 4. Follow packet instructions to bake fish fingers, 5. Vegetarian & gluten free options: cook Hoki Bites and vegan nuggets to packet instructions							
Frozen Corn Cobs	1 per child								
Sealord Gluten Free Hoki Bites	350g								
Quorn Vegan Nuggets	2 x 280g								
Tartare Sauce	1 x 250ml								
Sauces	To serve								
This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Hawaiian Fried Rice</b>		SERVING SIZE: 1 cup	<b>Prepare in BSC</b>						
<b>Ingredients:</b>		<b>Directions:</b>							
Rice	1.5kg	1. <a href="#">Cook rice in a rice cooker, allow to cool in fridge</a> 2. <a href="#">Fry diced chicken and ham until brown in frypan, store in fridge</a> 3. Fry garlic, ginger, onion and mixed vegetables in a large wok/frypan, remove from heat once cooked 4. <a href="#">Vegetarian option</a> : a. add 2 cups of vegetables, ¼ can of pineapple, soy and oyster sauces and cooked rice, b. Cook in the wok/frypan until hot 5. Combine the leftover vegetables, soy and oyster sauces, pineapple, rice, cooked chicken and ham in wok/frypan, heat through, may need to do in batches							
Diced Chicken	3kg								
Diced Ham	500g								
Frozen Mixed Vegetables	2kg								
Tinned Pineapple Pieces	3 x 400g								
Frozen Onions	500g								
Garlic	4 tsp								
Ginger	4 tsp								
Gluten Free Soy Sauce	To taste								
Ayam Oyster Sauce Gluten Free	To taste								
Sweet Chilli Sauce	To serve								
This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Mac &amp; Cheese Pasta</b>		SERVING SIZE: 1 cup
<b>Ingredients:</b>		<b>Directions:</b>
Macaroni pasta	2kg	1. Boil pasta in 2 large pots, until al dente, drain 2. Melt butter in 2 medium pots over medium heat, add flour to pots and mix 3. Slowly stir in milk, bring to simmer 4. Add garlic powder, onion powder, salt and pepper 5. Add cheese, stirring it through until cheese melted 6. Combined pasta sauce and pasta together
Milk	3L	
Butter	500g	
Flour	3 cups	
Lite grated cheese	2kg	
Garlic powder	To taste	
Onion powder	To taste	

Salt & pepper	To taste	7. Gluten and dairy free options: cook pastas to packet instructions
Amy's Kitchen Gluten Free Rice Mac & Cheese	1 x 255g	
Tutto Pasta Fettuccini with Bolognese & Lentil Sauce	2 x 300g	

This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Mini Pizzas</b>	SERVING SIZE: 2 pizza per child	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>	
English muffins	15 pkts	<b>Pizza Toppings:</b> <ul style="list-style-type: none"> <li>• Ham and Cheese</li> <li>• Cheese</li> </ul> <ol style="list-style-type: none"> <li>1. Mix diced canned tomatoes, tomato paste, mixed herbs, salt &amp; pepper</li> <li>2. Dice ham into small pieces</li> <li>3. Spread pizza sauce over English muffins and <a href="#">gluten free English muffins (keep separate)</a>, store in large trays, layer of baking paper between each layer in fridge</li> <li>4. Preheat oven to 250 degrees at 1pm (set alarm on iPad)</li> <li>5. Add the rest of the pizzas with toppings listed above</li> <li>6. <u>Dairy free option:</u> use bio cheese with English muffins</li> <li>7. Bake mini pizzas in oven until the cheese has melted</li> </ol>	
Free From Gluten English Muffins	2 pkts		
Tomato paste	3 x 500g		
Tin diced tomatoes	3 x 800g		
Diced ham	300g		
Mixed herbs	To taste		
Bio grated cheese	As needed		
Lite grated cheese	2kg		

This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Nachos</b>	SERVING SIZE: 1 cup	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>	
Beef Mince	3kg	<ol style="list-style-type: none"> <li>1. <u>Vegetarian/gluten/dairy option:</u> Mix ¼ of onions, corn, 400g diced tomatoes, four bean mix and ½ packet of taco seasoning, store in fridge</li> <li>2. <u>Main option:</u> add in 2 large slow cookers ¾ of onions, corn, 2x800g diced tomatoes, tomato paste, red kidney beans, beef mince and taco seasoning, cooking on low for 4-5 hours</li> </ol>	
Red Kidney Beans	1 x 400g		
Four Bean Mix	2 x 400g		
Taco Seasoning	4 pkts		
Tinned Diced Tomatoes	2 x 800g 1 x 400g		



Tomato Paste	2 x 500g	<ol style="list-style-type: none"> <li>3. <a href="#">Mash avocados and mix with lemon juice, salt to taste</a></li> <li>4. Preheat oven to 250 degrees at 1pm (set alarm on iPad)</li> <li>5. <u>Vegetarian/gluten/dairy option:</u> <ol style="list-style-type: none"> <li>a. line a small baking tray with baking paper and cover with some of the corn chips</li> <li>b. top with vegetarian/gluten/dairy mixture and sprinkle with bio grated cheese</li> </ol> </li> <li>6. <u>Main option:</u> <ol style="list-style-type: none"> <li>a. Line 2 large baking trays with baking paper and cover with the remaining corn chips</li> <li>b. Top corn chips with meat mince mixture and sprinkle with grated cheese</li> </ol> </li> <li>7. Bake all trays in oven for a short amount of time until cheese has melted, smaller tray on bottom and the larger trays on top</li> <li>8. Serve with avocado mash and sour cream</li> </ol>
Tinned Corn Kernels	2 x 400g	
Mission Corn Chips	6 x 500g pkts	
Frozen Onions	500g	
Avocados	3	
Lemon Juice	1 tsp	
Light Sour Cream	1 x 600g	
Light Grated Cheese	1kg	
Bio grated cheese	As needed	

**This recipe is**

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>Pasta Salad</b>	SERVING SIZE: 1 cup	<a href="#">Prepare in BSC</a>
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<b>Ingredients:</b>		<b>Directions:</b>
Bow tie pasta	2kg	<ol style="list-style-type: none"> <li>1. Grate carrots</li> <li>2. Drain corn</li> <li>3. Dice cherry tomatoes and dill</li> <li>4. Add all vegetables and herb in container, store in container fridge</li> <li>5. Mix sour cream, lemon, Dijon mustard, olive oil, salt and pepper to make salad dressing, store in container in fridge</li> <li>6. <u>Main option:</u> <ol style="list-style-type: none"> <li>a. boil pasta in 2 large pots, cook, drain</li> <li>b. add ¾ of vegetables and herb to pasta</li> <li>c. add salad dressing, mix until all combined</li> </ol> </li> <li>7. <u>Gluten and dairy free option:</u> <ol style="list-style-type: none"> <li>a. boil gluten free pasta in small pot</li> <li>b. add ¾ of vegetables, herb, salt and pepper to pasta</li> </ol> </li> </ol>
Gluten free pasta	As needed	
Carrots	3	
Tin corn kernels	420g	
Cherry tomatoes	2 x punnets	
Dill	Small handful	
Lite sour cream	600ml	
Lemon juice	To taste	
Dijon mustard	To taste	
Olive oil	To taste	
Salt & paper	To taste	

**This recipe is**

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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<b>Pesto Pasta</b>	SERVING SIZE: 1 cup	<a href="#">Prepare in BSC</a>
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<b>Ingredients:</b>		<b>Directions:</b>
Penne pasta	2kg	<ol style="list-style-type: none"> <li>1. Place garlic, basil, spinach, lemon, salt and pepper in food processor/blender, using only ¼ cup of the oil to begin.</li> <li>2. Slowly adding the oil until blended smooth</li> <li>3. <u>Gluten &amp; dairy free option:</u> store ¾ cup of pesto sauce in fridge</li> <li>4. <u>Main option:</u> add parmesan cheese into blender, blend further until smooth, store pesto sauce in fridge</li> <li>5. <u>Gluten &amp; dairy free option:</u></li> </ol>
Gluten free pasta	As needed	
Garlic	3 tbsps	
Shaved parmesan Cheese	250g	
Basil	4 bunches	
Baby leaf spinach	300g	
Olive Oil	1.5 cups	

Lemon Juice	6 tsp	a. boil gluten free pasta in small pot, drain once al dente b. add gluten and dairy pesto sauce to pasta 6. <u>Main option:</u> a. Boil pasta in two large pots, drain once al dente b. Add main pesto sauce to pasta
Salt and Pepper	To taste	

This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Potato Salad</b>	SERVING SIZE: 1 cup	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Baby Potatoes	6kg	<ol style="list-style-type: none"> <li>Cut baby potatoes into small bite-sized pieces</li> <li>Boil potatoes for 15min, until soft then drain</li> <li>Thinly slice and dice capsicums, celery and chives</li> <li>Dice bacon and fry in large frypan</li> <li><u>Vegetarian &amp; dairy free option:</u> <ol style="list-style-type: none"> <li>Add 1 cup of the diced vegetable with 4 cups of cooked potatoes</li> <li>Mix mayonnaise into the potato salad</li> </ol> </li> <li>Mix together the mayonnaise, sour cream, Dijon mustard, lemon juice, salt and pepper in bowl</li> <li>Combine the remaining vegetables, potatoes, bacon and salad dressing, mix together until dressing coats all food</li> </ol>
Short Cut Bacon	500g	
White Wine Vinegar	To taste	
Capsicums	3	
Celery	½ bunch	
Chives	¼ bunch	
Whole Egg Mayonnaise	1 x 440g	
Sour cream	1 x 250g	
Dijon mustard	To taste	
Lemon juice	To taste	
Salt & pepper	To taste	

This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>San Choy Bow</b>	SERVING SIZE: 1 cup	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Chicken Mince	4kg	<ol style="list-style-type: none"> <li>Fry onions, garlic, ginger and mixed vegetables and soy sauce to taste</li> <li><u>Vegetarian option:</u> <ol style="list-style-type: none"> <li>Cook the tofu on the sandwich press until crispy and dice tofu once cooked</li> <li>Combined 2 cups of vegetables &amp; tofu</li> </ol> </li> <li>Add the chicken mince to the remaining vegetable mixture and fry until cooked through</li> <li>Soak the noodles in boiled water until soft</li> <li>Mix the noodles with chicken and vegetables</li> <li>Chop lettuce and stir through both mixtures</li> </ol>
Tofu	250g	
Gluten Free Soy Sauce	1 bottle	
Garlic	4 tbsp	
Ginger	4 tbsp	
Chang's Rice Vermicelli	3 pkts	
Frozen Mixed Vegetables	1kg	
Frozen Onions	500g	
Gem Lettuce	4	

This recipe is									
Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free

<b>Savoury Mince on Bread</b>	SERVING SIZE: ½ cup and 1 slice of bread	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Beef Mince	3kg	<ol style="list-style-type: none"> <li>Get bread out of freezer to defrost</li> <li>In two frypans, 1 large and 1 medium, add onions, garlic, mixed vegetables, gluten free flour, beef stock and Worcestershire sauce, stir to combine</li> <li><u>Vegetarian option:</u> add mince to medium frypan and cook through</li> </ol>
Vegie Delight Vegie Mince	400g	
Frozen Onions	500g	
Frozen Mixed Vegetables	1kg	
Garlic	To taste	
Gluten Free Flour	3 tbsp	

Beef Stock	To instructions	4. <u>Main option</u> : add beef mince to larger frypan and cook through 5. Serve with bread, cheese and sauces
Worcestershire Sauce	3 tbsp	
Wholemeal Bread	1 loaf = 22 kids	
Gluten Free Bread	As needed	
Sauces	As needed	
Light Grated Cheese	500g	
Bio grated cheese	As needed	

This recipe is

Vegetarian	Halal	Gluten free	Dairy free	Barley free	Sesame free	Beef free	Pork free	Berry free	Kiwi fruit free
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Spaghetti Meatballs		SERVING SIZE: 1 cup	Prepare in BSC
<b>Ingredients:</b>		<b>Directions:</b>	
Meatballs	5kg	1. Break meatballs into smaller bite-sized meatballs 2. Combined garlic, diced tomatoes, tomato paste, mixed vegetables and mixed herbs into container 3. Preheat oven to 250 degrees at 1pm (set alarm on iPad) 4. Place meatballs in oven on large trays, cook for 40mins 5. Boil water in two large pots and one small pot, add salt 6. Add spaghetti to the large pots, cook until al dente, drain 7. Add gluten free pasta to the small pot, cook until al dente, drain 8. Cook through tomato pasta sauce mixture in frypan 9. <u>Vegetarian option</u> : a. Cook veggie meatballs to packet instructions b. Combine the veggie meatballs mixture with a portion of the cooked spaghetti and pasta sauce 10. <u>Gluten free option</u> : a. Heat Latina Fresh Bolognese Pasta sauce to container instructions b. Combine the gluten free pasta with Latina Fresh Bolognese pasta sauce 11. <u>Main option</u> : Combine the meatballs with the remaining spaghetti and pasta sauce	
Vegie Delights Meatless Meatballs	1 pkt		
Latina fresh Bolognese pasta sauce	1 pk		
Garlic	To taste		
Diced Canned Tomatoes	4 x 800g		
Tomato paste	1 x 500g		
Frozen Onions	500g		
Frozen Mixed Vegetables	1kg		
Mixed Herbs	To taste		
Spaghetti pasta	2kg		
Gluten Free Pasta	As needed		

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Sushi Bowls		SERVING SIZE: 1 cup	Prepare in BSC
<b>Ingredients:</b>		<b>Directions:</b>	
White Rice	1.5kg	1. Marinate chicken in soy sauce 2. Marinate tofu in soy sauce 3. Cook rice in a rice cooker (with water), stir occasionally to ensure rice doesn't stick to the bottom 4. Cook chicken in a large frypan 5. Cook tofu in a small frypan	
Diced Chicken	2kg		
Tuna Chunks in Spring Water	2 x 800g		
Tofu	250g		
Nori (Seaweed)	5 pkts		
Cucumber	8		

Carrot	8	6. Cut Nori into small pieces 7. Cut cucumber and avocado into small pieces 8. Grate carrot 9. Combine ingredients to make 3 options: chicken, tuna and tofu							
Light Mayonnaise	1 cup								
Gluten free soy sauce	2 bottles								
Avocado	1								
<b>This recipe is</b>									
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<b>Sweet &amp; Creamy Coconut Rice</b>		<b>SERVING SIZE: 1 cup</b>							
<b>Ingredients:</b>		<b>Directions:</b>							
White Rice	1.5kg	1. Put rice, water, milk, coconut milk and sugar into a rice cooker, stir occasionally 2. Add a little extra milk if the mixture is too thick 3. Serve with canned fruit 4. <u>Dairy free option:</u> Make sandwiches							
Light Milk	6-8 cups								
Water	6-8 cups								
Light Coconut Milk	2 x 400g								
Brown Sugar	2 cups								
Canned Two Fruit	2 x 800g								
<b>This recipe is</b>									
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<b>Tomato Soup with Bread</b>		<b>SERVING SIZE: 1 cup of soup and 1 slice of bread</b>	<b>Prepare in BSC</b>						
<b>Ingredients:</b>		<b>Directions:</b>							
Canned Soup Tomato Condensed	10 x 500g	1. <u>Get bread out from the freezer</u> 2. <u>Dairy free option:</u> Heat 1 can of soup in a small saucepan, following instructions on soup can 3. Heat the remaining cans of soup in a large saucepan on the stove with milk, following instructions on soup can 4. Serve soup with bread							
Light Milk	6L								
Wholemeal Bread	1 loaf = 22 kids								
Gluten Free Bread	AS needed								
<b>This recipe is</b>									
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<b>Tuna and Rice</b>		<b>SERVING SIZE: 1 cup</b>	<b>Prepare in BSC</b>						
<b>Ingredients:</b>		<b>Directions:</b>							
Canned tuna in Springwater	4 x 400g	1. <u>Dice baby spinach, cherry tomatoes and red capsicums</u> 2. <u>Drain corn and mix with other vegetables, store in fridge</u> 3. Cook rice in a rice cooker (with water), stir occasionally to ensure rice doesn't stick to the bottom 4. Drain and pull apart tuna 5. Mix together lemon juice, mixed herbs, olive oil, salt and pepper to make dressing 6. <u>Vegetarian option:</u> a. Cook tofu in sandwich press, dice once cooked b. combine 3 cups of rice, 1 cup of vegetable and tofu c. add ¼ of salad dressing 7. Main option: combine the rest of the rice, vegetables, tuna and salad dressing							
Firm tofu	1 pk								
Rice	1.5kg								
Baby spinach	handful								
Cherry tomatoes	2 punnets								
Red capsicum	2								
Canned corn kernels	400g								
Lemon juice	To taste								
Mixed herbs	To taste								
Olive oil	To taste								
Salt and pepper	To taste								
<b>This recipe is</b>									
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<b>Tuna Pasta Bake</b>		<b>SERVING SIZE: 1 cup</b>	<b>Prepare in BSC</b>
<b>Ingredients:</b>		<b>Directions:</b>	
Pasta Spirals	2kg	1. <u>In large pots boil main pasta and in small pot boil gluten free pasta and until al dente, do not over-cook as pasta will continue cooking in oven</u> 2. <u>Microwave frozen vegetables</u>	
Gluten Free Pasta	As needed		
Canned Tuna in Spring Water	3 x 400g		
Tuna Bake Pasta Sauce	4 x 500g		

Frozen Mixed Vegetables	1kg	<b>3. <u>Gluten free and dairy free option:</u></b> a. Combine 1 cup of vegetables and tuna with the gluten free pasta in a small baking tray b. Add mixed herbs, salt and pepper to taste c. Sprinkle with dairy free cheese <b>4. <u>Vegetarian option:</u></b> a. Combine 4 cups of the main pasta with the 2 cups of vegetables and pasta sauce in small baking tray b. Sprinkle with grated cheese <b>5. <u>Main option:</u></b> a. Combine the remaining pasta, tuna, vegetables and pasta sauce in large baking trays b. Sprinkle with grated cheese <b>6.</b> Preheat oven to 250 degrees (set and alarm for 1pm) <b>7.</b> Bake all trays in oven until the pasta is heated through and the cheese has melted							
Mixed herbs	As needed								
Frozen Onions	500g								
Bio Cheese Pizza Shred	As needed								
Light Grated Cheese	500g								
<b>This recipe is</b>									
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<b>Yellow Chicken Curry &amp; Rice</b>		SERVING SIZE: 1 cup	<b>Prepare in BSC</b>						
<b>Ingredients:</b>		<b>Directions:</b>							
Yellow Curry Paste	1 jar	1. Peel and dice sweet potatoes and white potatoes							
Diced Chicken	250g	2. Grate carrots and zucchinis add to potatoes and peas							
Firm Tofu	1 x 400g	3. Dice tofu							
Light Coconut Milk	4 x 500g	4. <u>Vegetarian option:</u>							
Sweet Potato	2	a. Add teaspoon of curry paste, tofu and 1 cup of vegetables, stir until combined in small slow cooker							
Potatoes	8	b. Cook on low for 2-4hrs							
Red Capsicum	2	5. <u>Main option:</u>							
Carrots	3	a. Add the diced chicken, the rest of curry paste and vegetables to large slow cookers, stir to combine							
Zucchinis	3	b. Cook on low for 4-5 hours							
Frozen Peas	500g	8. Add coconut milk 1 hour before serving into all slow cookers, ½ can in the small slow cooker and the rest in the large slow cookers							
Rice	1.5kg	9. Cook rice in a rice cooker (with water), stir occasionally to ensure rice doesn't stick to the bottom							
<b>This recipe is</b>									
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## Vacation Care Only Afternoon Teas

<b>Rissoles &amp; Rolls with Salad</b>		SERVING SIZE: 1 small rissole and 1 slice of baguette with salad	<b>Prepare in BSC</b>
<b>Ingredients:</b>		<b>Directions:</b>	
Rissoles	½ rissole per child	1. Split rissoles in half and flatten	
<ul style="list-style-type: none"> <li>• Beef</li> <li>• Chicken</li> </ul>		2. Cut the baguette into slices	
		3. Preheat oven to 250 degrees C (set alarm for 1pm)	

Syndian Veggie and Lentil Burgers	1 pkt	4. Line oven racks with foil and bake rissoles in oven until cooked through 5. <u>Vegetarian and gluten free option:</u> Cook veggie and lentil burgers to package instructions 6. Dice cucumbers and cherry tomatoes 7. Drain beetroot slices and dice 8. Drain corn 9. Grate carrots 10. Dice fetta, serve on side of salad 11. Combine mixed salad with vegetables to make side salad
Baguettes	8	
Mixed Salad	Small handful	
Cucumber	2	
Cherry tomatoes	1 punnet	
Tinned beetroot	1 x 225g	
Tinned corn kernels	1 x 125g	
Carrot	2	
Danish feta Cheese	450g	

This recipe is

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<b>Toasties</b>	SERVING SIZE: 2 half toasties	<b>Prepare in BSC</b>
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<b>Ingredients:</b>		<b>Directions:</b>
Wholemeal Bread	2 slice per child	1. Get bread out from freezer 2. Assemble toasties with ingredients options: a. Cheese toasties b. Cheese & tomato toasties c. Cheese & ham toasties. 3. Dairy free and gluten free options: a. Assemble using the same flavour option as above but with gluten free bread and dairy free cheese 4. Cook gluten free toasties first in a clean sandwich press 5. Cook remaining toasties in the sandwich press 6. Cut toasties in half
Gluten Free Bread	1 loaf	
Tomato	6	
Tasty Light Cheese Slices	2 x 24 pk	
Bio Cheese Cheddar Flavour Slices	200g	
Sliced Ham	400g	

This recipe is

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