



LONG DAY CARE winter menu pack

2020



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ABOUT NUTRITION AUSTRALIA

Nutrition Australia is a non-government, non-profit, community based-organisation established in 1979. Nutrition Australia is Australia's peak community nutrition education body, that provide scientifically based nutrition information to encourage all Australians to achieve optimal health through food variety and physical activity.

Nutrition Australia produces and facilitates programs and services to a range of consumers, educators and industry groups, consults to state and national government departments and is most well-known for the Healthy Eating Pyramid.

CONDITIONS OF USE

Nutrition Australia's Long Day Care Winter Menu Pack has been tailored specifically to your childcare centre. This product must only be used/displayed at the centre on the sales order. The information contained within this menu pack remains the copyright of Nutrition Australia Vic Division. All rights reserved. No part may be modified or reproduced by any process except in accordance with the provision of the Copyright Act.

DISCLAIMER

Nutrition Australia Vic Division has taken great care to ensure that the information in The Long Day Care Winter Menu Pack is accurate and meets the requirements of the [National Quality Framework](#) as at March 2020. Jurisdictions can make policy updates or changes at any time, of which Nutrition Australia Vic Division have no control and cannot be held responsible.



WELCOME!




WINTER HAS NEVER TASTED BETTER!

We know your children will love what's in store for the coming months.

This pack contains everything you need to create delicious, simple recipes for Winter. It includes:

- User guide for all the know-hows before getting started
- Standard 4 week Winter 2020 menu plan
- Vegetarian 4 week Winter 2020 menu plan
- 76 recipes for the Standard 4 week menu
- 76 recipes for the Vegetarian 4 week menu

Before getting started, please read the user guide carefully. If there's anything you'd like to know more about, don't hesitate to contact us via:

 03 8341 5800
 vic@nutritionaustralia.org
 www.nutritionaustralia.org



USER GUIDE WINTER MENU 2020





1. WINTER 2020 MENU

Our nutrition experts have developed this menu to ensure it meets the [Menu planning guidelines for long day care](#) and reflect the [Australian Dietary Guideline's](#) recommendations for children aged 1-5 years.

You can feel confident knowing your centre's food provision aligns with the [National Quality Framework's](#) regulations and standards related to Quality Area 2 whilst your centre's parents and carers can be assured that their children are being offered nutritious food whilst in your care.

To align with the [National Quality Framework](#), we recommend:

- Displaying the menu in your centre where it can be easily seen by parents and carers.
- Communicating to your parents and carers that you are starting the new Nutrition Australia Winter 2020 menu, along with any daily substitutes that are permitted.

1.1 RECIPE INGREDIENT QUANTITIES

All recipes use gram (g), kilogram (kg), millilitres (mL), litres (L) and 'whole' for some ingredients such as eggs. As the vegetarian recipes are for small numbers, some ingredients are only required in tiny quantities such as 1g. You may wish to use a 'pinch' for dry ingredients such as spices or a 1/4 or 1/8 teaspoon.



1.2 BREAKFAST

If your centre serves breakfast it must include grain foods (breads and cereals) plus milk and alternatives to meet the [Menu planning guidelines for long day care](#). These are outlined in the breakfast section of the menu plan. Choose from the following options to meet the breakfast guidelines:

- Wholegrain cereals: porridge, muesli, wheat biscuits, dried fruit and flake mix, bircher muesli (muesli soaked overnight in water, yoghurt mixed through in the morning, topped with fresh fruit), congee (Asian rice porridge)
- Wholemeal or grainy bread or toast with healthy toppings such as:
 - Lean meats and alternatives: hommus, tahini, baked beans, scrambled or boiled egg, daal (Indian split pulses/lentil dish), sliced lean meats, tofu
 - Milk products and alternatives: reduced fat cheese (tasty, ricotta, cottage, mozzarella, swiss, feta or soy cheese), natural yoghurt, labna
 - Vegetables: tomato, cucumber, baked beans, hommus, baba ganoush, daal or curries, ratatouille, avocado
 - Fruit: sliced or mashed banana, strawberries, blueberries. If using canned fruit, choose fruit in natural juice. Syrup is too high in sugar and is classified as a discretionary food.
 - Spreads: use sparingly and only sometimes to accompany ingredients above - pickles, relish, mustard, miso paste, tahini

Always provide milk and water for children to drink at breakfast.

1.3 LATE SNACK

If your centre serves 'late snack' ensure you offer a variety of foods from the five food groups as outlined in the menu plan. Choose from the following options:

- Grain foods: wholegrain or wholemeal crackers, plain rice cakes, bread (high tin loaves, sourdough, focaccia, khubz, pita, naan)
- Milk products and alternatives: reduced fat cheese (tasty, ricotta, cottage, mozzarella, swiss, soy cheese), labna, natural yoghurt, yoghurt based dips (tzatziki, carrot dip, yoghurt pineapple dip)
- Lean meats and alternatives: canned fish, legume-based dip (make extra from the morning tea or afternoon tea), sliced lean meats
- Vegetables: a variety of seasonal finger food vegetables and/or a vegetable based dip
- Fruit: seasonal fresh fruit or canned fruit in natural juice.

Always provide water for children to drink at late snack.

Please note, to be sure the food provided for breakfast / late snack is appropriate, refer to the [Menu planning guidelines for long day care](#).



1.4 THE STANDARD AND VEGETARIAN MENU

The Winter 2020 menu pack comprises of two menu plans, a 4-week standard menu and a 4-week vegetarian menu. All meals and snacks for both menus have been calculated to provide adequate nutrition for the number of children your centre caters for.

The standard menu is to be used as the main centre menu.

The vegetarian menu has been specially designed for vegetarian children to meet their nutritional requirements. There is no meat on this menu which means the iron and protein rich foods sometimes differ from the standard menu. For example, instead of red meat, pork, poultry or fish which are from animal sources, the vegetarian menu includes tofu, tempeh, legumes and eggs to provide sufficient nutrients vegetarian children may otherwise miss out on.

To make it easier for preparing and cooking food, the standard and vegetarian 4-week menus are designed to be very similar. On some days the morning tea or afternoon tea may feature the same menu item but have different quantities of ingredients. Other days may offer a similar menu item but different ingredients.

It is important that you tailor either menu according to the individual health, cultural, religious, growth and developmental needs of each child in your centre. Make adaptations to our menus where required.

Please note, any adaptation will impact the nutritional composition of the planned menus, meaning it may no longer meet the [Menu planning guidelines for long day care](#).

Nutrition Australia can assist your centre if you need tailored support as a fee for service.

Alternatively, if you make any adaptations you can use the Healthy Eating Advisory Service's free online menu assessment tool, FoodChecker, to ensure the menu still meets the guidelines. It will assess the foods and drinks you apply against the [Menu planning guidelines for long day care](#).



1.5 INFANTS STARTING SOLIDS

The menu can be adapted for children under 12 months of age.

- Use the Australian Government's [Infant Feeding Guidelines](#) and the [Menu Planning for Babies Guide](#) for suggestions on the appropriate first food textures and consistency of food according to each child's stage of their growth and development.
- Only offer foods that have been approved by a child's parents/carers.

1.6 TRYING NEW FLAVOURS AND TEXTURES

Throughout the Winter 2020 menu you will find traditional recipes as well as exciting new recipes and cultural variation. The menu has been designed to be refreshing, nourishing and fun. However, we understand children can find trying new flavours challenging. To support a successful transition to the Summer 2020 menu, we recommend notifying parents, carers and children as soon as possible.

- Generate discussion with children and families about the menu. For example, talk about the vibrant fruits and vegetables, fresh flavours, variety and use of seasonal fruit and vegetables.
- Be persistent, provide encouragement and celebrate small steps along the way when children are trying new foods.

1.7 TIPS FOR FOOD PREPARATION AND PROVISION

- Vegetarian recipes cater for a minimum of 6 children serves. Should you have too many serves, please feel free to adapt the recipe for the number of children you are catering for. Consider freezing leftovers into serve size portions and serve in the next rotation.
- Preparing food of appropriate size, texture and consistency is important for safe and nutritious food provision in your centre. Some of the recipe ingredients may need to be prepared differently than what's suggested to ensure its safe for the age group's growth and development.
- When appropriate, provide children with a self-serve option as often as possible to encourage independence, appetite regulation and to support a positive relationship with food in a social setting.
- Provide additional food and drinks to children who stay later than 'late snack' time, i.e. dinner time. Ensure the food offered is from the five food groups.



1.8 DRINK PROVISION

- Offer water at all meal times and ensure it is freely accessible throughout the day.
- Offer plain milk (or alternative for children with medical/allergy needs) at morning and afternoon tea. Allow for 100 to 200mL of plain milk per child each day. Ensure alternative milk products are calcium fortified with at least 100mg of added calcium per 100mL.

Water and plain milk are the only drinks to be offered in accordance to the summer 2020 menu plan. Other drinks are not permitted as they do not meet the [Menu planning guidelines for long day care](#).

2. SUBSTITUTING

We understand you may need to substitute ingredients or recipes due to accessibility, affordability or to meet a child's health, cultural or religious needs. Any changes to the daily menu must be communicated to staff, parents and carers via a noticeboard, daily journal or your centre's online channels.

2.1 INGREDIENTS

The following ingredient substitutes will not affect the nutritional composition of the menu and are permitted:

- Substituting fresh ingredients for the same ingredient that is frozen or canned. When using canned fruits, select fruit in natural juice.
- Substituting ingredients within the same food group. For example, swapping a vegetable for another vegetable, preferably of the same colour such as carrot for pumpkin. Another example of a food group swap may be substituting a grain food for another grain food such as brown rice for barley.
- Always substitute the same amount as what the recipe requires i.e. if a recipe requires 2kg of brown rice but you need to use barley, substitute it with 2kg of barley.

2.2 RECIPES

We do not recommend substituting an entire recipe from the Nutrition Australia Winter 2020 menu, unless for a child's specific health, cultural or religious needs. Substituting a recipe may affect the nutritional composition of the menu and it may no longer meet the [Menu planning guidelines for long day care](#).



3. FOOD SAFETY AND HYGIENE PRACTICES

It is important for your team to be aware of and be conscientiously implementing food safety and healthy hygiene practices at all times.

- Ensure staff and volunteers understand your food safety and hygiene policies and procedures.
- Make any necessary updates to your internal documentation in reference to the Nutrition Australia Winter 2020 menu before commencing food service.

For food safety and hygiene information from government organisations and support services see the helpful links and resources section.

4. TRAINING

Nutrition Australia offers a series of early childhood food education workshops and training. The following services are currently available:

- Catering for allergies and intolerances in childcare – workshop predominately for kitchen staff
- Fussy eating in childcare – workshop for all staff, parents and carers
- Promoting healthy eating through learning and play – workshop for educators
- Feeding healthy, happy children – presentation for parents and carers
- Packing a healthy lunchbox – presentation for parents and carers

If you'd like to know more about these services visit our website www.nutritionaustralia.org or contact us on 03 8341 5800 or vic@nutritionaustralia.org.



5. HELPFUL LINKS AND RESOURCES

Healthy Eating Advisory Service

www.heas.health.vic.gov.au

The Healthy Eating Advisory Service (HEAS) provides information, training for cooks, menu assessments and resources to assist early childhood services to provide healthy foods and drinks. HEAS is delivered by Nutrition Australia Vic Division, with support from the Victorian Government.

Eat for Health

www.eatforhealth.gov.au

Eat for Health is an Australian government website that provides evidence based diet information and credible advice for all ages across the lifespan.

National Quality Framework

www.acecqa.gov.au

Providing a nutritious menu in adequate quantity is a requirement of the National Quality Framework's regulations and standards.

Food Safety, Handling and Hygiene

Check with your local council or state/territory government to obtain specific food safety information in your area as requirements can differ. The organisations below provide excellent resources, training and advice for all areas of food safety, handling and hygiene practices.

Food Standards Australia and New Zealand

www.foodstandards.gov.au

Australian Institute of Food Safety

www.foodsafety.com.au

Food Safety by the Victorian Government's Department of Health

www2.health.vic.gov.au/public-health/food-safety

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
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BREAKFAST Wholegrain cereals and toast with healthy toppings from the five food groups, served with milk and water

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Seasonal fruit and yoghurt platter Banana, apple, kiwi fruit and natural yoghurt	Fresh fruit, veggies and hummus platter Carrot, capsicum, cucumber, banana, pear and hummus	Veggie sticks platter with hummus and fruit Cucumber, capsicum, apple, strawberries and hummus	Tzatziki with pita dippers and veg sticks Pita bread, cucumber, garlic, cumin, carrot, capsicum, tasty cheese	Stewed apple and rhubarb with yoghurt Apple, rhubarb, orange juice, ginger and natural yoghurt
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Homestyle spaghetti bolognese Lean beef mince, tomato, carrot, celery, penne pasta and parmesan cheese	Chicken, pumpkin and spinach baked risotto Chicken fillets, spinach, pumpkin, arborio rice, feta and parmesan cheese	Wintry beef casserole with spirals Lean beef, carrot, celery, garlic, tomato, potato, pasta spirals	Portuguese rice with whiting fillets Whiting fillets, onion, capsicum, corn, peas, rice, paprika	Hearty pumpkin and red lentil soup Pumpkin, onion, garlic, red lentils, vegetable stock and natural yoghurt
	Water	Water	Water	Water	Water
AFTERNOON TEA	Bright beetroot hummus and pita chips Beetroot, chickpeas, pita bread	Fruity bread pudding with fresh apple slices Fruit bread, egg, milk and apples	Toasted banana and ricotta English muffins English muffin, ricotta cheese, banana and cinnamon	Spiced apple and pear crumble Apple, pear, oats, wholemeal flour, coconut, cinnamon and natural yoghurt	Veggies, crackers and hummus Carrot, cucumber, capsicum, hummus and wholegrain crackers
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

LATE SNACK A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water

DRINKS Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

ASSESSED	This menu was assessed using FoodChecker and meets the <i>Menu planning guidelines for long day care</i> and the recommendations of the <i>Australian Dietary Guidelines</i> for children aged 1-5.	WINTER STANDARD MENU 2020 
INFANTS eating solids	Children under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).	
DIETARY NEEDS	Children with medical, religious or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.	

	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Wholegrain cereals and toast with healthy toppings from the five food groups, served with milk and water						
MORNING TEA	Roasted pumpkin dip with carrot sticks and crackers Pumpkin, chickpeas, carrot, wholegrain crackers and tasty cheese	Rainbow snack platter Apple, banana, carrot, cucumber, wholegrain crackers and tasty cheese	Crunchy veggie chips and green ricotta dip Sweet potato, potato, carrot, zucchini, ricotta cheese, basil and garlic	Fruit and muesli parfait with yoghurt Muesli, strawberries, apple, banana and natural yoghurt	Fruit and veg platter Apple, orange, capsicum, cucumber and kiwi fruit	
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water	
LUNCH	Cast-away tuna bake Tuna, pumpkin, broccoli, ricotta cheese, corn, parmesan and breadcrumbs	Winter shepherd's pie Lean lamb mince, onion, carrot, celery, peas, potato, worcestershire sauce	Homestyle minestrone soup Brown onion, carrot, celery, dried Italian soup mix, potato, pasta shells, parmesan cheese, wholemeal bread	Pork and veggie moussaka Pork mince, onion, eggplant, red capsicum, crushed tomato, ricotta, and natural yoghurt	Mongolian beef Lean beef strips, carrot, capsicum, ginger, hoisin sauce and rice	
	Water	Water	Water	Water	Water	
AFTERNOON TEA	Stewed pears and apples with yoghurt Pear, apple, orange juice and natural yoghurt	Spinach and cheese muffins Spinach, tasty cheese, flour, egg, milk	Sweet apple and berry fruit crumble Apple, berries, oats, coconut, cinnamon and natural yoghurt	Bingo bango banana bread Banana, flour, mixed spice, milk, egg and natural yoghurt	Everyone's favourite pizza faces Capsicum, tomato, tasty cheese and English muffin	
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water	

LATE SNACK A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water

DRINKS Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

ASSESSED

This menu was assessed using FoodChecker and meets the *Menu planning guidelines for long day care* and the recommendations of the *Australian Dietary Guidelines* for children aged 1-5.

INFANTS
eating solids

Children under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).

DIETARY NEEDS

Children with medical, religious or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.

**WINTER
STANDARD
MENU 2020**



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
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BREAKFAST Wholegrain cereals and toast with healthy toppings from the five food groups, served with milk and water

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Banana and ricotta hot stacks Fruit toast, ricotta, cinnamon and banana	Rainbow platter Cucumber, carrot, wholegrain crackers and hummus	Cauliflower dip with wholegrain crackers and cucumber sticks Cauliflower florets, white beans, natural yoghurt & cucumber	Creamy carrot and yoghurt dip Carrot, cumin, coriander and pita bread	Veggie sticks and cheese Carrots, capsicum, cantaloupe and tasty cheese
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Mexican style beef and rice Lean beef mince, crushed tomato, carrot, onion, capsicum, garlic, red kidney beans and brown rice	Tofu and farm fresh vegetable lasagne Brown lentils, tofu, ricotta cheese, tomato, zucchini, carrot, celery and pasta sheets	Greek chicken and Rice Pie Chicken breast, garlic, leek, basmati rice, ricotta cheese, parsley, filo pastry	Beef and potato curry with rice and peas Beef, coconut milk, potatoes, peas and basmati rice	Coconut fish with quinoa and veggies White fish fillets, coconut milk, broccoli, green beans, ginger, garlic and coriander
	Water	Water	Water	Water	Water
AFTERNOON TEA	Veggie sticks with crackers and white bean dip Butter beans, garlic, natural yoghurt, wholegrain crackers and carrot	Stewed apple and berries and toasted oats Apples, berries, cinnamon, natural yoghurt and rolled oats	Apple and yoghurt slice Apple, natural yoghurt, flour, cinnamon and brown sugar	Cheese and crackers with fruit wedges Oranges, apples, tasty cheese and wholegrain crackers	Banana and blueberry muffins Blueberry, banana, flour, milk, mixed spice, and cinnamon
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

LATE SNACK A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water

DRINKS Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

ASSESSED	This menu was assessed using FoodChecker and meets the <i>Menu planning guidelines for long day care</i> and the recommendations of the <i>Australian Dietary Guidelines</i> for children aged 1-5.
INFANTS eating solids	Children under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).
DIETARY NEEDS	Children with medical, religious or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.

WINTER STANDARD MENU 2020



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
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BREAKFAST Wholegrain cereals and toast with healthy toppings from the five food groups, served with milk and water

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Fresh fruit and yoghurt Banana, pear, strawberries and natural yoghurt	Fruit and veggie sticks with cheese slices Tasty cheese, apple, pear and carrot	Fruit toast soldiers with ricotta and fresh fruit Fruit bread, ricotta, strawberries and apple	Rainbow platter Apple, banana, carrot, cucumber and wholegrain crackers	Baked apple and pear with spiced ricotta Apple, pear, cinnamon, and ricotta
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Lentil and cauliflower dahl with basmati rice Yellow split peas, cauliflower, tomatoes, ginger, garlic, spinach basmati rice	Lamb tagine with couscous Lamb, pumpkin, potato, pumpkin, raisins, tomato, paprika and couscous	Tuna, leek and filo pastry pie Tuna, corn, carrot, green beans, leeks, mustard and filo pastry	French chicken soup Chicken, carrot, onion, leek, parsnip, celery, spinach, angel hair pasta and parsley	Beef and mushroom stroganoff with pasta Lean beef strips, mushrooms, zucchini, carrot, penne pasta and natural yoghurt
	Water	Water	Water	Water	Water
AFTERNOON TEA	Apple and rhubarb crumble Apple, rhubarb, orange juice, rolled oats, coconut and natural yoghurt	Sweet potato and banana loaf with spiced ricotta Flour, sweet potato, banana, honey, egg, soy milk and ricotta	Zucchini Slice Zucchini, onion, flour, egg and tasty cheese	Broccoli nuggets with dipping sauce Broccoli, breadcrumbs parmesan cheese and yoghurt	Spiced carrot and apple muffins Wholemeal flour, apple, carrot, cinnamon and egg
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

LATE SNACK A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water

DRINKS Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

ASSESSED	This menu was assessed using FoodChecker and meets the <i>Menu planning guidelines for long day care</i> and the recommendations of the <i>Australian Dietary Guidelines</i> for children aged 1-5.	WINTER STANDARD MENU 2020 
INFANTS eating solids	Children under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).	
DIETARY NEEDS	Children with medical, religious or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.	

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
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BREAKFAST Wholegrain cereals and toast with healthy toppings from the five food groups, served with milk and water

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Seasonal fruit and yoghurt platter Banana, apple, kiwi fruit and natural yoghurt	Fresh fruit, veggies and hummus platter Carrot, capsicum, cucumber, banana, pear and hummus	Veggie sticks platter with hummus and fruit Cucumber, capsicum, apple, strawberries and hummus	Tzatziki with Pita Dippers and Veggie Sticks Pita bread, cucumber, garlic, cumin, carrot, capsicum, tasty cheese	Stewed apple and rhubarb with yoghurt Apple, rhubarb, orange juice, ginger and natural yoghurt
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Homestyle lentil bolognese Lentils, onion, garlic, carrot, celery, tomato, basil, oregano and parmesan cheese Served with pasta.	Tofu, pumpkin and spinach baked risotto Tofu, onion, arborio rice, spinach, pumpkin and parmesan cheese	Wintry bean casserole with spirals Red kidney beans, carrot, celery, potato and pasta spirals	Portuguese Rice with Fried Egg Egg, onion, capsicum, corn, peas, rice, paprika	Hearty pumpkin soup and red lentil soup Pumpkin, onion, garlic, red lentils, vegetable stock and natural yoghurt
	Water	Water	Water	Water	Water
AFTERNOON TEA	Bright beetroot hummus and pita chips Beetroot, chickpeas, pita bread	Fruity bread pudding with fresh apple slices Fruit bread, egg, milk and apples	Toasted banana and ricotta English muffins English muffin, ricotta cheese, banana and cinnamon	Spiced apple and pear crumble Apple, pear, oats, wholemeal flour, coconut cinnamon and natural yoghurt	Veggies, crackers and hummus Carrot, cucumber, capsicum, hummus and wholegrain crackers
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

LATE SNACK A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water

DRINKS Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

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INFANTS eating solids	Children under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).	
DIETARY NEEDS	Children with medical, religious or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.	

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
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BREAKFAST Wholegrain cereals and toast with healthy toppings from the five food groups, served with milk and water

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Roasted pumpkin dip with carrot sticks and crackers Pumpkin, chickpeas, carrot, wholegrain crackers and reduced fat tasty cheese	Rainbow snack platter Apple, banana, carrot, cucumber, wholegrain crackers and tasty cheese	Crunchy veggie chips and green ricotta dip Sweet potato, potato, carrot, zucchini, ricotta cheese, basil, garlic	Fruit and muesli parfait with yoghurt Muesli, strawberries, apple, banana and natural yoghurt	Fruit and veg platter Apple, orange, capsicum, cucumber and kiwi fruit
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Creamy tofu and pumpkin pasta bake Tuna, pumpkin, broccoli, ricotta cheese, corn, parmesan and breadcrumbs	Winter lentil and potato pie Brown lentils, onion, carrot, celery, peas, potato, Worcestershire sauce	Homestyle minestrone soup Brown onion, carrot, celery, dried Italian soup mix, potato, pasta shells, parmesan cheese, wholemeal bread	Chunky veg and red lentil moussaka Red lentils, onion, eggplant, red capsicum, crushed tomato, ricotta, and natural yoghurt	Mongolian Tofu Tofu, carrot, capsicum, ginger, hoisin sauce and rice
	Water	Water	Water	Water	Water
AFTERNOON TEA	Stewed pears and apples with yoghurt Pear, apples, orange juice and natural yoghurt	Spinach and cheese muffins Spinach, tasty cheese, flour, egg, milk	Sweet apple and berry fruit crumble Apple, berries, oats, coconut, cinnamon and natural yoghurt	Bingo bango banana bread Banana, flour, mixed spice, milk, egg and natural yoghurt	Everyone's favourite pizza faces Capsicum, tomato, tasty cheese and English muffin
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

LATE SNACK A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water

DRINKS Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

ASSESSED	This menu was assessed using FoodChecker and meets the <i>Menu planning guidelines for long day care</i> and the recommendations of the <i>Australian Dietary Guidelines</i> for children aged 1-5.
INFANTS eating solids	Children under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).
DIETARY NEEDS	Children with medical, religious or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.

WINTER VEGETARIAN MENU 2020



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
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BREAKFAST Wholegrain cereals and toast with healthy toppings from the five food groups, served with milk and water

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Banana and ricotta hot stacks Fruit toast, ricotta, cinnamon and banana	Rainbow platter Cucumber, carrot, wholegrain crackers and hummus	Cauliflower dip with wholegrain crackers and cucumber sticks Cauliflower florets, white beans, natural yoghurt & cucumber	Creamy carrot and yoghurt dip Carrot, cumin, coriander and pita bread	Veggie sticks and cheese Carrots, capsicum, cantaloupe and tasty cheese
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Mexican style beans and rice Brown lentils, crushed tomato, carrot, onion, capsicum, garlic, red kidney beans and brown rice	Tofu and farm fresh vegetable lasagne Brown lentils, tofu, ricotta cheese, tomato, zucchini, carrot, celery and pasta sheets	Potato, white bean and leek pie Potato, cannellini bean, garlic, leek, basmati rice, ricotta cheese, parsley, filo pastry	Chickpea and potato curry with rice and peas Chickpea, coconut milk, potatoes, peas and basmati rice	Coconut tofu with quinoa and veggies Tofu, coconut milk, broccoli, green beans, ginger, garlic and coriander
	Water	Water	Water	Water	Water
AFTERNOON TEA	Veggie sticks with crackers and white bean dip Butter beans, garlic, natural yoghurt, wholegrain crackers and carrot	Stewed apple and berries with toasted oats Apples, berries, cinnamon, natural yoghurt and rolled oats	Apple and yoghurt slice Apple, natural yoghurt, flour, cinnamon and brown sugar	Cheese and crackers with fruit wedges Oranges, apples, tasty cheese and wholegrain crackers	Banana and blueberry muffins Blueberry, banana, flour, milk, mixed spice, and cinnamon
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

LATE SNACK A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water

DRINKS Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

ASSESSED	This menu was assessed using FoodChecker and meets the <i>Menu planning guidelines for long day care</i> and the recommendations of the <i>Australian Dietary Guidelines</i> for children aged 1-5.
INFANTS eating solids	Children under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).
DIETARY NEEDS	Children with medical, religious or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.

WINTER VEGETARIAN MENU 2020



Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
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BREAKFAST Wholegrain cereals and toast with healthy toppings from the five food groups, served with milk and water

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA	Fresh fruit and yoghurt Banana, pear, strawberries and natural yoghurt	Fruit and veggie sticks with cheese slices Tasty cheese, apple, pear and carrot	Fruit toast soldiers with ricotta and fresh fruit Fruit bread, ricotta, strawberries and apple	Rainbow platter Apple, banana, carrot, cucumber and wholegrain crackers	Baked apple and pear with spiced ricotta Apple, pear, cinnamon, and ricotta
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Lentil and cauliflower dahl with basmati rice Yellow split peas, cauliflower, tomatoes, ginger, garlic, spinach basmati rice	Chickpea tagine with couscous Chickpea, pumpkin, potato, pumpkin, raisins, tomato, paprika and couscous	White bean, leek and filo pastry pie Cannellini bean, corn, carrot, green beans, leeks, mustard and filo pastry	Vegetable noodle soup White beans, tempeh, carrot, onion, leek, parsnip, celery, spinach, angel hair pasta and parsley	Bean and mushroom stroganoff with pasta Red kidney beans, mushrooms, zucchini, carrot and natural yoghurt
	Water	Water	Water	Water	Water
AFTERNOON TEA	Apple and rhubarb crumble Apple, rhubarb, orange juice, rolled oats, coconut and natural yoghurt	Sweet Potato and banana loaf with spiced ricotta Flour, sweet potato, banana, honey, egg, soy milk and ricotta	Zucchini Slice Zucchini, onion, flour, egg and tasty cheese	Broccoli nuggets with dipping sauce Broccoli, breadcrumbs parmesan cheese and yoghurt	Spiced carrot and apple muffins Wholemeal flour, apple, carrot, cinnamon and egg
	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

LATE SNACK A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water

DRINKS Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

ASSESSED	This menu was assessed using FoodChecker and meets the <i>Menu planning guidelines for long day care</i> and the recommendations of the <i>Australian Dietary Guidelines</i> for children aged 1-5.
INFANTS eating solids	Children under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).
DIETARY NEEDS	Children with medical, religious or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.

WINTER VEGETARIAN MENU 2020



Winter Menu 2020

Standard and Vegetarian

Westcare Early Learning Centre

WEEK 1 - MONDAY Morning tea

Seasonal fruit and yoghurt platter

Serves: 39

Ingredients:

- 1.2 kg banana, cut into thick slices
- 1.2 kg apple, cut into wedges*
- 1.2 kg kiwi fruit, sliced
- 1.6 kg reduced fat natural yoghurt

Method:

- 1 To serve, divide fruit between the room platters. Place a bowl of yoghurt in the middle of the platter for children to dip fruit into.

*For younger children parboil apple until tender to reduce choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 1 - MONDAY Lunch

Homestyle spaghetti bolognese

Serves: 34

Ingredients:

85 mL	extra virgin olive oil
680 g	brown onion, finely diced
680 g	carrot, finely diced
680 g	celery finely diced
35 g	garlic cloves, finely chopped
1.7 kg	beef mince, lean
2.6 kg	tomatoes, crushed, canned
15 g	basil, dried
15 g	oregano, dried
1 kg	pasta, penne
340 g	tasty cheese, grated

Method:

- 1 Heat oil in a large pot over a medium heat.
- 2 Add onion, carrot, celery and garlic. Cook stirring for 5-6 minutes or until onion has softened.
- 3 Add beef mince, breaking up any lumps of meat with a wooden spoon. Cook for 5-6 minutes or until well browned.
- 4 Add tomatoes, basil and oregano to the pot and stir until well combined.
- 5 Reduce heat to medium-low. Cover and allow to simmer, stirring occasionally for at least 30 minutes or until the sauce has thickened slightly. Add water if required.
- 6 Over a high heat, bring a large pot of water to boil. Prepare pasta according to packet instructions. Drain and set aside.
- 7 Serve Bolognese sauce over cooked pasta, and sprinkle with grated tasty cheese.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 1 - MONDAY Lunch

Homestyle lentil bolognese

Serves: 5

Ingredients:

- 15 mL extra virgin olive oil
- 100 g brown onion, finely diced
- 100 g carrot, finely diced
- 100 g celery, finely diced
- 5 g garlic cloves, finely chopped
- 375 g tomatoes, crushed, canned
- 425 g brown lentils, canned, drained and rinsed well
- 3 g basil, dried
- 3 g oregano, dried
- 150 g pasta, penne
- 50 g tasty cheese, grated

Method:

- 1 Heat oil in a large pot over a medium heat.
- 2 Add onion, carrot, celery and garlic. Cook stirring for 5-6 minutes or until onion has softened.
- 3 Add tomatoes, brown lentils, basil and oregano to the pot and stir until well combined.
- 4 Reduce heat to medium-low. Cover and allow to simmer, stirring occasionally for at least 20 minutes or until the sauce has thickened slightly. Add water if required.
- 5 Over a high heat, bring a large pot of water to boil. Prepare pasta according to packet instructions. Drain and set aside.
- 6 Serve Bolognese sauce over cooked pasta, and sprinkle with grated tasty cheese.

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Winter Menu 2020

Standard and Vegetarian



WEEK 1 - MONDAY **Afternoon tea**

Bright beetroot hummus and pita chips

Serves: 39

Ingredients:

- 1.6 kg pita bread, cut into triangles
- 780 g beetroot, canned, drained
- 780 g chickpeas, canned, drained and rinsed well
- 100 mL extra virgin olive oil

Method:

- 1 Preheat oven to 180°C.
- 2 Arrange pita bread evenly on a baking tray and bake for 5-6 minutes or until golden and crunchy. Remove from the oven and set aside to cool.
- 3 Combine beetroot, chickpeas and extra virgin olive oil in a food processor and blend on a medium speed until well combined. Add a little cold water as needed until a smooth consistency is reached.
- 4 To serve divide pita bread chips between room platters. Place a bowl of beetroot dip in the middle of the platter for children to dip into. Encourage children to self-serve.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 1 - TUESDAY Morning tea

Fresh fruit, veggies and hummus platter

Serves: 45

Ingredients:

- 1.1 kg carrot, cut into sticks*
- 900 g capsicum, sliced
- 1.1 kg cucumber, cut into sticks
- 1.1 kg banana, sliced
- 1.1 kg pears, thinly sliced
- 1.1 kg hummus

Method:

- 1 To serve, divide vegetables and fruit between room platters. Place bowl of hummus in the middle of the platter for children to self-serve.

*For younger children parboil carrot sticks until tender to reduce choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 1 - TUESDAY

Lunch

Chicken, pumpkin and spinach baked risotto

Serves: 40

Ingredients:

200 mL	extra virgin olive oil
2 kg	chicken thigh fillets, cut into thin strips
400 g	brown onion, finely diced
1.2 kg	arborio rice
4.8 L	reduced salt vegetable stock
400 g	spinach
2 kg	pumpkin, peeled and cubed
40 g	lemon zest
600 g	feta cheese
200 g	parmesan cheese

Method:

- 1 Preheat oven to 180°C.
- 2 Heat half of the extra virgin olive oil in a non-stick frying pan over a medium heat. Add chicken strips and cook, turning for 5 minutes or until chicken is evenly golden brown. Remove from pan and set aside.
- 3 In the same pan add remaining extra virgin olive oil and allow to heat through. Add onion and sauté until soft. Add rice and stir to combine.
- 4 Stir in vegetable stock, spinach, pumpkin and lemon zest and bring to the boil.
- 5 Transfer mixture to a deep-set baking dish. Place chicken on top of rice mixture, cover and bake in oven for 20-25 minutes or until golden and vegetables are tender, stirring at the halfway mark (if mixture appears to dry, extra vegetable stock or water may be added).
- 6 Remove cover, stir through and return to oven to cook for a further 5 minutes uncovered.
- 7 Remove from oven and top with feta and parmesan cheese.
- 8 To serve, divide equally into large serving bowls. Encourage children to self-serve.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 1 - TUESDAY

Lunch

Tofu, pumpkin and spinach baked risotto

Serves: 5

Ingredients:

- 25 mL extra virgin olive oil
- 425 g tofu, firm, cubed
- 50 g brown onion, finely diced
- 150 g arborio rice
- 600 mL reduced salt vegetable stock
- 50 g spinach
- 250 g pumpkin, peeled and cubed
- 5 g lemon zest
- 75 g feta cheese
- 25 g parmesan cheese

Method:

- 1 Preheat oven to 180°C.
- 2 Heat half of the extra virgin olive oil in a non-stick frying pan over a medium heat. Add tofu and cook, turning for 5 minutes or until evenly golden brown. Remove from pan and set aside.
- 3 In the same pan add remaining extra virgin olive oil and allow to heat through. Add onion and sauté until soft. Add rice and stir to combine.
- 4 Stir in vegetable stock, spinach, pumpkin and lemon zest and bring to the boil.
- 5 Transfer mixture to a baking dish. Place tofu on top of rice mixture, cover and bake in oven for 20-25 minutes or until golden and vegetables are tender, stirring at the halfway mark (if mixture appears to dry, extra vegetable stock or water may be added).
- 6 Remove cover, stir through and return to oven to cook for a further 5 minutes uncovered.
- 7 Remove from oven and top with feta and parmesan cheese.
- 8 To serve, divide equally into large serving bowls. Encourage children to self-serve.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 1 - TUESDAY

Afternoon tea

Fruity bread pudding with fresh apple slices

Serves: 45

Ingredients:

45 g	fruit bread
22.5	eggs
3.6 L	reduced fat milk
70 g	caster sugar
225 g	reduced fat natural yoghurt
1.8 kg	apples, sliced

Method:

- 1 Preheat oven to 180°C.
- 2 Cut each slice of bread into quarters, and layer slices, overlapping in a deep baking dish.
- 3 Lightly whisk eggs in a jug.
- 4 Add milk and sugar to jug, whisk to combine.
- 5 Pour mixture evenly over the sliced bread and allow to stand for 10 minutes to allow the bread to absorb the liquid.
- 6 Bake in the oven for 25-30 minutes, or until the top layer of the bread is golden brown.
- 7 To serve, cut into equal portions for children and serve with a dollop of yoghurt and a platter of sliced apple.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 1 - WEDNESDAY Morning tea

Veggie sticks platter with hummus and fruit

Serves: 50

Ingredients:

- 750 g wholegrain crackers
- 1 kg cucumber, cut into sticks
- 1 kg capsicum, sliced
- 1.3 kg apple, sliced*
- 1.3 kg strawberries, halved
- 750 g tasty cheese, sliced
- 1 kg hummus

Method:

- 1 To serve, divide crackers, vegetables, fruit and cheese between room platters.
- 2 Place a bowl of hummus in the middle of the platter for children to self-serve.

*For younger children parboil apple pieces until tender to reduce choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 1 - WEDNESDAY Lunch

Wintry beef casserole with spirals

Serves: 45

Ingredients:

- 115 mL extra virgin olive oil
- 900 g brown onion, finely diced
- 900 g carrot, finely diced
- 900 g celery, finely diced
- 45 g garlic cloves, finely chopped
- 2.3 kg beef, lean, diced
- 90 g plain flour
- 225 g reduced salt tomato paste
- 1.7 kg potato, peeled, cut into 2cm cubes
- 180 mL Worcestershire sauce
- 1.8 L reduced salt vegetable stock
- 1.4 kg pasta, spirals

Method:

- 1 In a large pot, heat oil over a medium heat.
- 2 Add onion, carrot, celery and garlic and cook, stirring for 5 minutes, or until the onions have softened.
- 3 Increase heat to medium-high and add diced beef. Cook stirring for 5 minutes or until the beef has started to colour and the casserole mixture starts sticking to the pot.
- 4 Stir in plain flour and tomato paste and cook for a further 2 minutes, until the tomato paste has darkened in colour.
- 5 Add potato, Worcestershire sauce and vegetable stock and enough water to almost cover. Cover and simmer.
- 6 Reduce to a low-medium heat to cook for 2 hours stirring occasionally until meat is tender. Use two forks to flake the pieces of meat.
- 7 Cook pasta according to packet instructions, drain and set aside.
- 8 Remove the lid to the casserole and cook for a further 5-10 minutes or until the sauce has thickened.
- 9 Serve casserole on top of pasta spirals.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 1 - WEDNESDAY Lunch

Wintry bean casserole with spirals

Serves: 5

Ingredients:

- 15 mL extra virgin olive oil
- 100 g brown onion, finely diced
- 100 g carrot, finely diced
- 100 g celery, finely diced
- 5 g garlic cloves, finely chopped
- 10 g plain flour
- 25 g reduced salt tomato paste
- 425 g red kidney beans, canned, drained and rinsed well
- 190 g potato, peeled, cut into 2cm cubes
- 20 mL Worcestershire sauce
- 200 mL reduced salt vegetable stock
- 150 g pasta, spirals

Method:

- 1 In a large pot, heat oil over a medium heat.
- 2 Add onion, carrot, celery and garlic and cook, stirring for 5 minutes, or until the onions have softened.
- 3 Stir in plain flour and tomato paste and cook for a further 2 minutes, until the tomato paste has darkened in colour.
- 4 Increase heat to medium-high and stir in red kidney beans and potatoes, coating well in the tomato mix.
- 5 Add Worcestershire sauce and vegetable stock. Cover and simmer.
- 6 Reduce to a low-medium heat to cook for 15–20 minutes stirring occasionally. Add water to the pot as needed if mixture starts to dry out.
- 7 Cook pasta according to packet instructions, drain and set aside.
- 8 Remove the lid to the casserole and cook for a further 5-10 minutes or until the sauce has thickened.
- 9 Serve casserole on top of pasta spirals.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 1 - WEDNESDAY Afternoon tea

Toasted banana and ricotta English muffins

Serves: 50

Ingredients:

- 50 English muffins
- 1.3 kg ricotta cheese
- 25 g cinnamon, ground
- 2.5 kg banana, thinly sliced*

Method:

- 1 Preheat oven to 180 °C.
- 2 Separate English muffins into halves on a baking tray and toast in oven for 6-8 minutes or until golden. Allow to cool.
- 3 Combine ricotta and cinnamon in a bowl. Set aside.
- 4 Layer each muffin first with cinnamon ricotta and then banana slices.
- 5 Serve on platters with an extra sprinkle of cinnamon if desired. Allow children to self-serve.

*If not all banana can be used on one muffin half, add additional pieces to platter for children to eat.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 1 - THURSDAY Morning tea

Tzatzki with pita dippers and veg sticks

Serves: 50

Ingredients:

2 kg	pita bread, cut into triangles
500 g	cucumber, grated
750 g	reduced fat natural yoghurt
25 g	garlic, cloves, finely chopped
5 g	cumin, ground
75 mL	extra virgin olive oil
1 kg	carrot, cut into sticks*
1 kg	cucumber, cut into sticks
1 kg	red capsicum, cut into strips
500 g	reduced fat tasty cheese

Method:

- 1 Preheat oven to 180°C.
- 2 Arrange pita chips evenly on a baking tray and bake for 5-6 minutes or until golden and crunchy. Remove from the oven and set aside to cool.
- 3 For the tzatziki, combine grated cucumber, reduced fat natural yoghurt, garlic, cumin and extra virgin olive oil, and mix until well combined.
- 4 Divide tzatziki into small bowls and serve on a platter with crackers, cheese and vegetable sticks, encourage children to self-serve.

*For younger children parboil carrot sticks until tender to reduce choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 1 - THURSDAY Lunch

Portuguese rice with whiting fillets

Serves: 45

Ingredients:

- 115 mL extra virgin olive oil
- 675 g brown onion, finely diced
- 45 g garlic cloves, finely chopped
- 1.1 kg red capsicum, finely diced
- 450 g reduced salt tomato paste
- 1.4 kg rice
- 1.1 kg corn kernels
- 1.1 kg green peas, frozen
- 45 g paprika
- 45 g cumin, ground
- 45 g cinnamon, ground
- 4.3 L reduced salt vegetable stock
- 2.7 kg whiting fillets, portioned

Method:

- 1 Heat oil in a large pot over a medium heat. Add onion, garlic and capsicum and cook for 3-5 minutes or until onion begins to soften.
- 2 Stir in tomato paste and allow to cook for a further minute.
- 3 Add rice, corn kernels, green peas, spices and vegetable stock and stir well. Bring to boil, reduce heat and simmer, covered for 10-13 minutes or until the liquid has reduced to sit just above the rice.
- 4 Stir through whiting fillets, replace the lid and cook for a further 3-5 minutes or until the fish has cooked through.
- 5 Portion and serve.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 1 - THURSDAY Lunch

Portuguese rice with sunny egg

Serves: 5

Ingredients:

- 15 mL extra virgin olive oil
- 75 g brown onion, finely diced
- 5 g garlic cloves, finely chopped
- 125 g red capsicum, finely diced
- 50 g reduced salt tomato paste
- 150 g rice
- 125 g corn kernels
- 125 g green peas, frozen
- 5 g paprika
- 5 g cumin, ground
- 5 g cinnamon, ground
- 475 mL reduced salt vegetable stock
- 5 eggs

Method:

- 1 Heat oil in a large pot over a medium heat. Add onion, garlic and capsicum and cook for 3-5 minutes or until onion begins to soften.
- 2 Stir in tomato paste and allow to cook for a further minute.
- 3 Add rice, corn kernels, green peas, spices and vegetable stock and stir well. Bring to boil, reduce heat and simmer, covered for 15 minutes or until the liquid has reduced and the rice is cooked through.
- 4 Heat remaining oil in a frying pan over a medium-high heat. Crack egg and fry for 3-4 minutes or until the white is cooked through (egg may be flipped or cooked through further to suit children's preference).
- 5 Portion rice and serve with fried egg on top.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 1 - THURSDAY Afternoon tea

Spiced apple and pear crumble

Serves: 50

Ingredients:

- 2 kg apples, peeled, cut into pieces
- 2 kg pears, peeled, cut into pieces
- 3 kg water
- 500 g wholemeal flour
- 1 kg rolled oats
- 500 g dessicated coconut
- 125 g margarine
- 25 g cinnamon, ground
- 2 kg reduced fat natural yoghurt

Method:

- 1 Preheat oven to 180°C.
- 2 Place apple, pear and water in a saucepan over medium heat. Cook for 10 minutes or until tender. Spoon mixture into a large ovenproof dish.
- 3 Place flour, oats and coconut in a bowl. Use fingertips to rub margarine into mixture. Sprinkle fruit mixture with granola mixture and cinnamon.
- 4 Bake in oven for 15 minutes or until golden brown and heated through.
- 5 Serve warm with reduced fat natural yoghurt.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 1 - FRIDAY

Morning tea

Stewed apple and rhubarb with yoghurt

Serves: 46

Ingredients:

- 2.3 kg apples, peeled, cut into wedges
- 1.4 kg rhubarb, cut into rounds
- 185 g oranges, juiced
- 45 g ginger, grated
- 2.8 kg reduced fat natural yoghurt

Method:

- 1 Place fruit, orange juice and ginger in a saucepan. Add enough water to cover the fruit and cook over a medium heat with the lid on for 5-6 minutes.
- 2 Once the fruit has softened, remove the lid and allow the liquid to reduce over a medium heat. Remove from heat and allow to cool slightly.
- 3 To serve, place warm fruit in large bowls for children to self-serve with help from educators. Provide a separate bowl for the children to spoon yoghurt on top of the fruit.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 1 - FRIDAY

Lunch

Hearty pumpkin and red lentil soup

Serves: 46

Ingredients:

- 230 mL extra virgin olive oil
- 920 g brown onion, finely diced
- 45 g garlic cloves, finely chopped
- 3 kg pumpkin, peeled and cubed
- 1.6 kg red lentils, dried
- 2.3 L reduced salt vegetable stock
- 920 g reduced fat natural yoghurt
- 46 slices wholemeal bread

Method:

- 1 Heat oil in a large pot over a medium heat. Add onion and garlic and cook for 3-minutes or until onion has softened .
- 2 Stir in pumpkin, red lentils and vegetable stock.
- 3 Bring mixture to the boil. Reduce heat and simmer until pumpkin and lentils are tender.
- 4 Blend until smooth.
- 5 To serve, ladle soup into portions and spoon natural yoghurt over the top. Serve with wholemeal bread.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 1 - FRIDAY

Afternoon tea

Veggies, crackers and hummus

Serves: 46

Ingredients:

- 1.2 kg carrot, cut into sticks*
- 1.2 kg cucumber, cut into sticks
- 1.2 kg capsicum, cut into sticks
- 1.4 kg hummus
- 1.6 kg wholegrain crackers

Method:

- 1 To serve, divide vegetables and crackers between room platters. Place a bowl of hummus in the middle of the platter for children to self-serve.

*For younger children parboil carrot until tender to reduce choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 1

SHOPPING LIST

Fresh fruit and vegetables

	Quantity	Checklist
apples	8.5 kg	<input type="checkbox"/>
bananas	4.8 kg	<input type="checkbox"/>
brown onion	3.9 kg	<input type="checkbox"/>
capsicum	4.3 kg	<input type="checkbox"/>
carrots	5.1 kg	<input type="checkbox"/>
celery	1.8 kg	<input type="checkbox"/>
corn kernels	1.3 kg	<input type="checkbox"/>
cucumber	4.8 kg	<input type="checkbox"/>
garlic cloves	210 g	<input type="checkbox"/>
ginger	45 g	<input type="checkbox"/>
green peas	1.3 kg	<input type="checkbox"/>
kiwi fruit	1.2 kg	<input type="checkbox"/>
lemon, zest	45 g	<input type="checkbox"/>
oranges	185 g	<input type="checkbox"/>
paprika	50 g	<input type="checkbox"/>
pears	3.1 kg	<input type="checkbox"/>
potato	1.9 kg	<input type="checkbox"/>
pumpkin	5.2 kg	<input type="checkbox"/>
red capsicum	1 kg	<input type="checkbox"/>
rhubarb	1.4 kg	<input type="checkbox"/>
spinach	450 g	<input type="checkbox"/>
strawberries	1.3 kg	<input type="checkbox"/>

Dairy Products

	Quantity	Checklist
feta cheese	675 g	<input type="checkbox"/>
parmesan cheese	225 g	<input type="checkbox"/>
reduced fat milk	3.6 L	<input type="checkbox"/>
reduced fat, natural yoghurt	8.2 kg	<input type="checkbox"/>
reduced fat, tasty cheese	1.6 kg	<input type="checkbox"/>
ricotta cheese	1.3 kg	<input type="checkbox"/>

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 1

SHOPPING LIST

Pantry

	Quantity	Checklist
arborio rice	1.4 kg	<input type="checkbox"/>
basil, dried	20 g	<input type="checkbox"/>
beetroot, canned	780 g	<input type="checkbox"/>
chickpeas, canned	780 g	<input type="checkbox"/>
cinnamon, ground	100 g	<input type="checkbox"/>
cumin, ground	55 g	<input type="checkbox"/>
desiccated coconut	500 g	<input type="checkbox"/>
english muffins	50	<input type="checkbox"/>
extra virgin olive oil	975 mL	<input type="checkbox"/>
fruit bread	45 slices	<input type="checkbox"/>
lentils, brown, canned	425 g	<input type="checkbox"/>
oregano, dried	20 g	<input type="checkbox"/>
pasta, penne	1.2 kg	<input type="checkbox"/>
pasta, spirals	1.5 kg	<input type="checkbox"/>
pita bread	3.6 kg	<input type="checkbox"/>
plain flour	100 g	<input type="checkbox"/>
red kidney beans, canned	425 g	<input type="checkbox"/>
red lentils, dried	1.6 kg	<input type="checkbox"/>
reduced salt, tomato paste	750 g	<input type="checkbox"/>
reduced salt, vegetable stock	14.5 L	<input type="checkbox"/>
rice	1.5 kg	<input type="checkbox"/>
rolled oats	1 kg	<input type="checkbox"/>
sugar, caster	70 g	<input type="checkbox"/>
tomatoes, crushed, canned	2.9 kg	<input type="checkbox"/>
wholegrain crackers	2.4 kg	<input type="checkbox"/>
wholemeal bread	45 g	<input type="checkbox"/>
wholemeal flour	500 g	<input type="checkbox"/>
Worcestershire sauce	200 mL	<input type="checkbox"/>

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 1

SHOPPING LIST

Meat/Poultry/Fish/Alternatives

beef mince, lean
beef, lean, diced
chicken thigh fillets
tofu, firm
whiting fillets

Quantity

1.7 kg
2.3 kg
2 kg
425 g
2.7 kg

Checklist

Other

eggs
hummus
margarine

Quantity

27.5
3.5 kg
125 g

Checklist

Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 2 - MONDAY

Morning tea

Roast pumpkin dip with carrot sticks and crackers

Serves: 39

Ingredients:

2 kg	pumpkin, peeled, cut into 1cm cubes
780 g	chickpeas, canned, drained and well rinsed
10 g	garlic cloves, finely chopped
10 g	cumin, ground
40 mL	lemon juice
80 mL	extra virgin olive oil
80 g	parsley, fresh
780 g	carrot, cut into sticks*
1.4 kg	wholegrain crackers
390 g	reduced fat tasty cheese, sliced

Method:

- 1 Steam pumpkin until soft. Cool slightly.
- 2 Combine pumpkin, chickpeas, garlic, cumin, lemon juice, extra virgin olive oil and parsley in a blender and mix until smooth. Add a little cold water if needed to reach a smooth consistency.
- 3 To serve divide carrot, crackers and cheese between room platters. Place a bowl of pumpkin dip in the middle of the platter for children to dip into. Encourage children to self-serve.

*For younger children parboil carrot until tender to reduce choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 2 - MONDAY Lunch

Cast-away tuna bake

Serves: 34

Ingredients:

- 1 kg pasta, spirals
- 1.3 kg pumpkin, peeled, cut into 2cm cubes
- 680 g broccoli florets, frozen
- 680 g corn kernels
- 1.7 kg tuna, canned in springwater, drained and flaked
- 850 g ricotta cheese
- 35 g basil, fresh, finely chopped
- 170 g parmesan cheese, grated
- 170 g breadcrumbs

Method:

- 1 Preheat oven to 180°C.
- 2 Over a high heat, bring a large pot of water to boil, and prepare pasta according to packet instructions. Drain and set aside.
- 3 Place pumpkin on a flat baking tray, cover with aluminium foil and bake for 20-25 minutes or until the pumpkin is tender.
- 4 In a large, deep oven tray, combine pasta, cooked pumpkin, broccoli florets, corn kernels, drained tuna, ricotta cheese and fresh basil. Spread mixture evenly across the tray.
- 5 Sprinkle with parmesan cheese and breadcrumbs. Bake covered in the oven for 25 minutes, remove cover and bake for a further 10 minutes or until cheese is crispy and golden.
- 6 Divide the pasta bake and serve warm.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 2 - MONDAY Lunch

Creamy tofu and pumpkin pasta bake

Serves: 5

Ingredients:

- 150 g pasta, spirals
- 190 g pumpkin, peeled, cut into 2cm cubes
- 100 g broccoli florets, frozen
- 100 g corn kernels
- 425 g tofu, silken
- 125 g ricotta cheese
- 5 g basil, fresh, finely chopped
- 25 g parmesan cheese, grated
- 25 g breadcrumbs

Method:

- 1 Preheat oven to 180°C.
- 2 Over a high heat, bring a large pot of water to boil, and prepare pasta according to packet instructions. Drain and set aside.
- 3 Place pumpkin on a flat baking tray, cover with aluminium foil and bake for 20-25 minutes or until the pumpkin is tender.
- 4 In a large, deep oven tray, combine pasta, cooked pumpkin, broccoli florets, corn kernels, silken tofu, ricotta cheese and fresh basil. Spread mixture evenly across the tray.
- 5 Sprinkle with parmesan cheese and breadcrumbs. Bake covered in the oven for 25 minutes, remove cover and bake for a further 10 minutes or until cheese is crispy and golden.
- 6 Divide the pasta bake and serve warm.

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Winter Menu 2020

Standard and Vegetarian

Westcare Early Learning Centre

WEEK 2 - MONDAY

Afternoon tea

Stewed pears and apples with yoghurt

Serves: 39

Ingredients:

2.3 kg	pears, sliced
780 g	apples, sliced
135 mL	orange juice (freshly squeezed)
20 g	vanilla extract
1.2 kg	reduced fat, natural yoghurt

Method:

- 1 Place pears, apples, orange juice and vanilla in a saucepan. Add enough water to cover the fruit and cook over a medium heat with the lid on for 5-6 minutes.
- 2 Once the fruit has softened, remove the lid and allow the liquid to reduce over a medium heat. Remove from heat and allow to cool slightly.
- 3 To serve, place warm fruit in large bowls for children to self-serve, with help from educators. Provide a separate bowl for the children to spoon on top of the fruit.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 2 - TUESDAY

Morning tea

Rainbow snack platter

Serves: 45

Ingredients:

- 1.8 kg apples, sliced*
- 1.8 kg banana, cut into thick slices
- 900 g carrot, cut into sticks*
- 900 g cucumber, cut into sticks
- 1.6 kg wholegrain crackers
- 450 g reduced fat tasty cheese

Method:

- 1 To serve, divide fruit, vegetables, cheese and crackers between room platters. Encourage children to self-serve.

*For younger children parboil apple and carrot pieces until tender to minimise choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 2 - TUESDAY

Lunch

Winter shepherd's pie

Serves: 40

Ingredients:

- 3 kg potato, peeled, diced
- 600 mL reduced fat milk
- 100 mL extra virgin olive oil
- 800 g brown onion, finely diced
- 800 g carrot, finely diced
- 800 g celery, finely diced
- 2 kg lamb mince, lean
- 200 g reduced salt tomato paste
- 160 mL Worcestershire sauce
- 20 g mixed herbs, dried
- 80 g plain flour
- 1.6 L reduced salt vegetable stock
- 800 g peas, frozen

Method:

- 1 Preheat oven to 200°C.
- 2 Bring a large pot of water to the boil. Add potato and boil for 12-15 minutes or until tender. Drain well, discarding all water. Return the potato to the pot and mash with a potato masher or a firm whisk until smooth. Stir in milk. Set aside.
- 3 Heat oil in a large pot over a medium-high heat. Add onion, carrot and celery. Cook stirring for 5 minutes or until softened.
- 4 Add lamb mince and cook for 8-10 minutes or until well-browned, stirring frequently with a wooden spoon to break up lumps.
- 5 Mix in tomato paste, Worcestershire sauce, herbs and flour. Cook for 2-3 minutes or until the flour has cooked out and the mixture has darkened.
- 6 Bring the pot to a high heat, add the stock and bring to the boil. Reduce heat and simmer, stirring for 7-10 minutes or until the sauce thickens. Stir in frozen peas.
- 7 Spoon lamb mixture into an ovenproof baking dish and top with the mashed potato, spreading it evenly over the lamb. Bake for 20 minutes uncovered or until golden on top. Allow pie to stand for 5-10 minutes then serve.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 2 - TUESDAY

Lunch

Winter lentil and potato pie

Serves: 5

Ingredients:

- 375 g potato, peeled, diced
- 75 mL reduced fat milk
- 15 mL extra virgin olive oil
- 100 g brown onion, finely diced
- 100 g carrot, finely diced
- 100 g celery finely diced
- 25 g reduced salt tomato paste
- 20 mL Worcestershire sauce
- 3 g mixed herbs, dried
- 10 g plain flour
- 425 g brown lentils, canned, drained and well rinsed
- 200 mL reduced salt vegetable stock
- 100 g peas, frozen

Method:

- 1 Preheat oven to 200°C.
- 2 Bring a large pot of water to the boil. Add potato and boil for 12-15 minutes or until tender. Drain well, discarding all water. Return the potato to the pot and mash with a potato masher or a firm whisk until smooth. Stir in milk. Set aside.
- 3 Heat oil in a large pot over a medium-high heat. Add onion, carrot and celery. Cook stirring for 5 minutes or until softened.
- 4 Mix in tomato paste, Worcestershire sauce, herbs and flour. Cook for 2-3 minutes or until the flour has cooked out and the mixture has darkened.
- 5 Bring the pot to a high heat and add brown lentils and vegetable stock, bringing the mixture to the boil. Reduce heat and simmer, stirring for 8-10 minutes or until the sauce has thickened. Add water if mixture is dry. Stir in frozen peas.
- 6 Spoon lentil mixture into an ovenproof baking dish and top with the mashed potato, spreading it evenly over the lentils. Bake for 20 minutes uncovered or until golden on top.
- 7 Allow pie to stand for 5-10 minutes then serve.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 2 - TUESDAY

Afternoon tea

Spinach and cheese muffins

Serves: 45

Ingredients:

- 1.4 kg white self-raising flour
- 25 g baking soda
- 900 g baby spinach
- 450 g reduced fat tasty cheese
- 900 mL reduced fat milk
- 225 mL extra virgin olive oil
- 23 eggs

Method:

- 1 Preheat oven to 200°C.
- 2 Lightly grease muffin trays (regular or mini) or line trays with paper cases.
- 3 Combine flour and baking soda in a bowl.
- 4 Add spinach and cheese. Stir to combine.
- 5 Combine milk, oil and eggs in another bowl. Add to flour mixture and mix until just combined.
- 6 Spoon mixture evenly into muffin trays or cases.
- 7 Bake for 15-20 minutes or until a skewer inserted comes out clean. Allow to cool.
- 8 Serve muffins on a platter for children.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 2 - WEDNESDAY Morning tea

Crunchy veggie chips and green ricotta dip

Serves: 50

Ingredients:

- 1.3 kg sweet potato, cut into 1cm thick chips
- 1.3 kg white potato, cut into 1cm thick chips
- 1.3 kg carrot, cut into 1cm thick chips
- 125 mL extra virgin olive oil
- 2.5 kg zucchini, coarsley grated
- 50 g garlic cloves, finely chopped
- 100 g basil leaves, finely chopped
- 1.3 kg ricotta cheese
- 150 mL lemon, juice and zest

Method:

- 1 Preheat oven to 180°C.
- 2 In a baking tray, combine sweet potato, white potato and carrot chips, and toss with half of the extra virgin olive oil until well coated. Spread evenly across tray and bake, uncovered for 20-25 minutes or until vegetables are just cooked through, but still hold their shape. Remove from oven and allow to cool.
- 3 Heat remaining extra virgin olive oil in a medium pot over a medium heat.
- 4 Add zucchini and garlic and cook, stirring for 5-6 minutes or until zucchini is tender and starts turning golden brown in spots. Remove from heat and allow to cool.
- 5 In a medium bowl, combine zucchini mixture, basil, reduced fat ricotta and lemon juice and zest, and stir until well combined.
- 6 To serve, divide veggie chips between room platters. Place a bowl of zucchini ricotta dip in the middle of the platter for children to dip chips into. Encourage children to self-serve.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 2 - WEDNESDAY Lunch

Homestyle minestrone soup

Serves: 50

Ingredients:

- 125 mL extra virgin olive oil
- 750 g brown onion, finely diced
- 50 g garlic cloves, finely chopped
- 2 kg carrot, diced
- 650 g celery, diced
- 8 L reduced salt vegetable stock
- 1.8 kg dried Italian soup mix (legumes)
- 1.5 kg potato, peeled and diced
- 3 kg reduced salt crushed tomatoes, canned
- 750 g pasta, shells
- 125 g parmesan cheese, grated
- 50 g wholemeal bread

Method:

- 1 Heat oil in a large soup pot over a medium heat.
- 2 Add onion, garlic, carrot and celery and cook for 5-10 minutes or until vegetable begin to turn tender and fragrant.
- 3 Add in stock, soup mix, potatoes and crushed tomatoes. Stir well to combine then cover and bring to the boil.
- 4 Reduce heat and simmer uncovered for approximately 1 hour or until the legumes are completely soft and cooked through.
- 5 Increase heat to high, add pasta and cook for a further 15 minutes or until pasta is cooked through. Remove from heat and allow soup to cool slightly before serving (10-15 minutes).
- 6 To serve, divide soup into individual bowls and lightly sprinkle with parmesan cheese. Provide bread slices on large serving plates for children to self-serve.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 2 - WEDNESDAY Afternoon tea

Sweet apple and berry fruit crumble

Serves: 50

Ingredients:

- 2.5 kg apples, peeled, cut into pieces
- 1.3 kg berries, frozen
- 1 L water
- 500 g wholemeal flour
- 1 kg rolled oats
- 500 g desiccated coconut
- 125 g margarine
- 25 g cinnamon, ground
- 2 kg reduced fat natural yoghurt

Method:

- 1 Preheat oven to 180°C.
- 2 Place apple, berries and water in a saucepan over medium heat. Cook for 10 minutes or until tender. Spoon mixture into a large ovenproof dish.
- 3 Place flour, oats and coconut in a bowl. Use fingertips to rub spread into mixture. Sprinkle fruit mixture with granola mixture and cinnamon.
- 4 Bake in oven for 15 minutes or until golden brown and heated through.
- 5 Serve warm with reduced fat natural yoghurt.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 2 - THURSDAY Morning tea

Fruit and muesli parfait with yoghurt

Serves: 50

Ingredients:

- 1.5 kg reduced fat natural yoghurt
- 1.5 kg muesli (untoasted) or traditional rolled oats
- 1.8 kg strawberries, roughly chopped
- 1.3 kg apple, roughly chopped
- 1.8 kg banana, roughly chopped

Method:

- 1 In a medium sized bowl, combine chopped strawberries, apple and banana.
- 2 In individual serving cups, layer each ingredient starting with muesli/oats, then yoghurt, then prepared fruit.
- 3 Serve individual cups to children.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 2 - THURSDAY Lunch

Pork and veggire mousakka

Serves: 45

Ingredients:

- 180 mL extra virgin olive oil
- 900 g brown onion, finely diced
- 45 g garlic cloves, finely chopped
- 2.3 kg pork mince
- 1.4 kg eggplant, roughly chopped
- 900 g red capsicum, roughly chopped
- 25 g cinnamon, ground
- 25 g allspice, ground
- 45 g oregano, dried
- 2.3 kg reduced salt crushed tomatoes, canned
- 900 g ricotta
- 900 g reduced fat natural yoghurt
- 25 g egg
- 225 g parmesan, grated

Method:

- 1 Preheat oven to 180°C.
- 2 Heat extra virgin olive oil in a large pot over a medium-high heat.
- 3 Add onion and cook for 3-5 minutes or until it begins to soften. Stir in garlic and pork mince and allow to cook until pork mince is well browned, 5-10 minutes.
- 4 Reduce to a medium heat and stir through eggplant, red capsicum, spices, oregano and crushed tomato. Allow to simmer for 15-20 minutes, stirring regularly, to prevent tomato from burning.
- 5 Transfer pork mixture to a large baking dish, evenly spreading over the top with the back of a spoon to create an even surface.
- 6 In a medium sized bowl combine ricotta, yoghurt and egg. Stir until well combined.
- 7 Spread ricotta mixture evenly over the surface and sprinkle with parmesan cheese. Bake the moussaka for 25-35 minutes until completely heated through and golden brown on top.
- 8 Remove from oven and allow moussaka to cool for 10-20 minutes before serving individual portions.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 2 - THURSDAY Lunch

Chunky veg and red lentil mousakka

Serves: 5

Ingredients:

- 175 g red lentils, dried
- 20 mL extra virgin olive oil
- 100 g brown onion, finely diced
- 5 g garlic cloves, finely chopped
- 150 g eggplant, roughly chopped
- 100 g red capsicum, roughly chopped
- 3 g cinnamon, ground
- 3 g allspice, ground
- 5 g oregano, dried
- 250 g reduced salt crushed tomatoes, canned
- 100 g ricotta
- 100 g reduced fat natural yoghurt
- 3 g egg
- 25 g parmesan, grated

Method:

- 1 Preheat oven to 180°C. Cook lentils according to packet instructions. Set aside.
- 2 Heat extra virgin olive oil in a large pot over a medium-high heat.
- 3 Add onion and garlic and cook for 3-5 minutes or until onion begins to soften.
- 4 Reduce to a medium heat and stir through eggplant, red capsicum, spices, oregano and crushed tomato. Allow to simmer for 10-15 minutes, stirring regularly, to prevent tomato from burning.
- 5 Stir prepared lentils through the mixture and allow to cook for a further 5 minutes.
- 6 Transfer mixture to a large baking dish, evenly spreading over the top with the back of a spoon to create an even surface.
- 7 In a medium sized bowl combine ricotta, yoghurt and egg. Stir until well combined.
- 8 Spread ricotta mixture evenly over the surface and sprinkle with parmesan cheese. Bake the moussaka for 25-35 minutes until completely heated through and golden brown on top.
- 9 Remove from oven and allow moussaka to cool for 10-20 minutes before serving individual portions.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 2 - THURSDAY Afternoon tea

Bingo bango banana bread

Serves: 50

Ingredients:

- 750 g white self-raising flour
- 750 g wholemeal self-raising flour
- 200 g brown sugar
- 1 kg banana, very ripe, mashed
- 10 g mixed spice, ground
- 500 mL reduced fat milk
- 10 eggs
- 125 mL extra virgin olive oil
- 20 mL vanilla extract
- 1 kg reduced fat natural yoghurt

Method:

- 1 Preheat oven to 200°C.
- 2 In a large bowl, sift the flours with the sugar and mixed spice. Stir in the mashed banana.
- 3 In a separate bowl, combine milk, eggs, oil and vanilla essence.
- 4 Add the liquid to the flour mixture and fold to combine. Do not over mix.
- 5 Spoon the mixture into a prepared loaf tin.
- 6 Bake for 40 to 45 minutes until cooked and golden brown on top.
- 7 Allow to cool before slicing.
- 8 To serve, place sliced banana bread topped with reduced fat, natural yoghurt on room platters for children to self-serve (one slice per child).

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 2 - FRIDAY

Morning tea

Fruit and veg platter

Serves: 46

Ingredients:

- 1.8 kg apple, cored, sliced*
- 1.8 kg orange, sliced
- 920 g capsicum, cut into strips
- 1.2 kg cucumber, cut into sticks
- 920 g kiwi fruit, quartered

Method:

- 1 To serve divide fruit and vegetables between room platters and encourage children to self-serve.

*For younger children parboil apple pieces until tender to minimise choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 2 - FRIDAY

Lunch

Mongolian beef

Serves: 41

Ingredients:

80 g	corn flour
2.1 kg	beef strips, lean
1.2 kg	rice
125 mL	extra virgin olive oil
40 g	garlic cloves, finely chopped
615 g	capsicum, thinly sliced
40 g	ginger, finely chopped/grated
1.4 kg	carrot, thinly sliced
165 mL	soy sauce
80 mL	hoisin sauce
1.2 L	water

Method:

- 1 In a medium sized bowl combine corn flour and beef strips. Toss beef strips well until they are completely coated in the cornflour mixture.
- 2 Prepare rice according to packet instructions and set aside.
- 3 Heat oil in a large skillet or pot over a high heat.
- 4 Add the beef strips in a single layer and cook evenly until the edges just start to brown. Once cooked, remove and set aside on a plate.
- 5 Reduce heat to medium and add garlic, capsicum, ginger and carrot and cook through for 4-5 minutes or until carrot is almost tender.
- 6 Increase heat to high, stir in soy sauce, hoisin sauce and water. Allow the sauce to simmer for a couple of minutes before returning beef to the pan.
- 7 Simmer for 2-3 minutes or until beef is hot and sauce is thick.
- 8 Serve beef on top of rice in individual portions.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 2 - FRIDAY

Lunch

Mongolian tofu

Serves: 5

Ingredients:

10 g	corn flour
425 g	tofu, firm, cubed
150 g	rice
15 mL	extra virgin olive oil
5 g	garlic cloves, finely chopped
75 g	capsicum, thinly sliced
5 g	ginger, finely chopped/grated
175 g	carrot, thinly sliced
20 mL	soy sauce
10 mL	hoisin sauce
150 mL	water

Method:

- 1 In a medium sized bowl combine corn flour and tofu. Toss tofu well until completely coated in the cornflour mixture.
- 2 Prepare rice according to packet instructions and set aside.
- 3 Heat oil in a large skillet or pot over a high heat.
- 4 Add the tofu cubes in a single layer and cook evenly until the edges just start to brown. Once cooked, remove and set aside on a plate.
- 5 Reduce heat to medium and add garlic, capsicum, ginger and carrot and cook through for 4-5 minutes or until carrot is almost tender.
- 6 Increase heat to high, stir in soy sauce, hoisin sauce and water. Allow the sauce to simmer for a couple of minutes before returning tofu to the pan.
- 7 Simmer for 2-3 minutes or until tofu is hot and sauce is thick.
- 8 Serve tofu on top of rice in individual portions.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 2 - FRIDAY

Afternoon tea

Everyone's favourite pizza faces

Serves: 46

Ingredients:

- 46 g English muffin
- 920 mL passata
- 460 g mushrooms, finely sliced
- 920 g cherry tomatoes, quartered
- 690 g red capsicum, finely sliced
- 690 g reduced fat tasty cheese, shredded
- 90 g parsley, finely chopped

Method:

- 1 Preheat oven to 180°C.
- 2 Spread 1 tbsp of passata on each muffin half. Arrange veggies and cheese evenly on top of base.
- 3 Place prepared pizzas on baking trays and cook for 15 minutes or until the cheese is melted.
- 4 To serve, garnish with parsley and cut pizzas into pieces for children to self-serve.

A fun creative activity for the older children: prior to morning teatime or lunch ask children to make their own pizza faces for afternoon tea.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 2

SHOPPING LIST

Fresh fruit and vegetables

	Quantity	Checklist
apples	8.2 kg	<input type="checkbox"/>
baby spinach	900 g	<input type="checkbox"/>
bananas	4.6 kg	<input type="checkbox"/>
basil, fresh	140 g	<input type="checkbox"/>
berries, frozen	1.3 kg	<input type="checkbox"/>
broccoli florets, frozen	780 g	<input type="checkbox"/>
brown onion	2.7 kg	<input type="checkbox"/>
capsicum, any variety	1.6 kg	<input type="checkbox"/>
carrots	7.4 kg	<input type="checkbox"/>
celery	1.6 kg	<input type="checkbox"/>
cherry tomatoes	920 g	<input type="checkbox"/>
corn kernels	780 g	<input type="checkbox"/>
cucumber	2.1 kg	<input type="checkbox"/>
eggplants	1.6 kg	<input type="checkbox"/>
garlic cloves	205 g	<input type="checkbox"/>
ginger	45 g	<input type="checkbox"/>
kiwi fruit	920 g	<input type="checkbox"/>
mushrooms	460 g	<input type="checkbox"/>
oranges	1.8 kg	<input type="checkbox"/>
oranges, juiced	135 mL	<input type="checkbox"/>
parsley, fresh	170 g	<input type="checkbox"/>
pears	2.3 kg	<input type="checkbox"/>
peas	900 g	<input type="checkbox"/>
potatoes	6.1 kg	<input type="checkbox"/>
pumpkin	3.4 kg	<input type="checkbox"/>
quince, sliced	0 g	<input type="checkbox"/>
red capsicum	1.7 kg	<input type="checkbox"/>
strawberries	1.8 kg	<input type="checkbox"/>
sweet potato	1.3 kg	<input type="checkbox"/>
zucchini	2.5 kg	<input type="checkbox"/>

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 2

SHOPPING LIST

Pantry

	Quantity	Checklist
allspice, ground	30 g	<input type="checkbox"/>
baking soda	25 g	<input type="checkbox"/>
breadcrumbs	195 g	<input type="checkbox"/>
brown lentils, canned	425 g	<input type="checkbox"/>
brown sugar	200 g	<input type="checkbox"/>
chickpeas, canned	780 g	<input type="checkbox"/>
cinnamon, ground	55 g	<input type="checkbox"/>
corn flour	90 g	<input type="checkbox"/>
cumin, ground	10 g	<input type="checkbox"/>
desicated coconut	500 g	<input type="checkbox"/>
dried italian soup mix (legumes)	1.8 kg	<input type="checkbox"/>
english muffins	46	<input type="checkbox"/>
extra virgin olive oil	1.1 L	<input type="checkbox"/>
hoisin sauce	90 mL	<input type="checkbox"/>
lemon juice	190 mL	<input type="checkbox"/>
mixed herbs, dried	25 g	<input type="checkbox"/>
mixed spice, ground	10 g	<input type="checkbox"/>
muesli (untoasted) or traditional rolled oats	1.5 kg	<input type="checkbox"/>
oregano, dried	50 g	<input type="checkbox"/>
passata	920 g	<input type="checkbox"/>
pasta, shells	750 g	<input type="checkbox"/>
pasta, spirals	1.2 kg	<input type="checkbox"/>
plain flour	90 g	<input type="checkbox"/>
red lentils, dried	175 g	<input type="checkbox"/>
reduced salt, crushed tomatoes, canned	5.6 kg	<input type="checkbox"/>
reduced salt, tomato paste	225 g	<input type="checkbox"/>
reduced salt, vegetable stock	9.8 L	<input type="checkbox"/>
rice	1.4 kg	<input type="checkbox"/>
rolled oats	1 kg	<input type="checkbox"/>

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 2

SHOPPING LIST

Pantry Cont'd

	Quantity	Checklist
soy sauce	185 mL	<input type="checkbox"/>
vanilla extract	40 mL	<input type="checkbox"/>
white self-raising flour	2.1 kg	<input type="checkbox"/>
wholegrain crackers	2.9 kg	<input type="checkbox"/>
wholemeal bread	50 slices	<input type="checkbox"/>
wholemeal flour	500 g	<input type="checkbox"/>
wholemeal self-raising flour	750 g	<input type="checkbox"/>
Worcestershire sauce	180 mL	<input type="checkbox"/>

Meat/Poultry/Fish/Alternatives

	Quantity	Checklist
beef strips, lean	2.1 kg	<input type="checkbox"/>
lamb mince, lean	2 kg	<input type="checkbox"/>
pork mince	2.3 kg	<input type="checkbox"/>
tuna, canned in springwater	1.7 kg	<input type="checkbox"/>

Meat Alternative

	Quantity	Checklist
eggs	32.5	<input type="checkbox"/>
tofu, firm	425 g	<input type="checkbox"/>
tofu, silken	425 g	<input type="checkbox"/>

Dairy

	Quantity	Checklist
parmesan cheese	570 g	<input type="checkbox"/>
reduced fat milk	2.1 L	<input type="checkbox"/>
reduced fat tasty cheese	2 kg	<input type="checkbox"/>
reduced fat, natural yoghurt	6.7 kg	<input type="checkbox"/>
ricotta cheese	3.2 kg	<input type="checkbox"/>

Other

	Quantity	Checklist
margarine	125 g	<input type="checkbox"/>

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - MONDAY Morning tea

Banana and ricotta hot stacks

Serves: 39

Ingredients:

- 40 g fruit toast
- 2 kg ricotta
- 20 g cinnamon, ground
- 2 kg banana, sliced into rounds

Method:

- 1 Preheat oven to 180°C.
- 2 Arrange fruit bread slices evenly across a baking tray and bake in the oven for 5-10 minutes or until golden and fragrant.
- 3 In a medium sized mixing bowl stir through cinnamon and ricotta until smooth.
- 4 Serve fruit toast on platters with banana and a bowl of the ricotta mixture. Encourage children to self-serve.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 3 - MONDAY Lunch

Mexican style beef and rice

Serves: 34

Ingredients:

- 1 kg brown rice
- 85 mL extra virgin olive oil
- 680 g brown onion, finely diced
- 680 g carrot, finely diced
- 680 g red capsicum, finely diced
- 35 g garlic cloves, finely chopped
- 35 g cumin, ground
- 1.7 kg beef mince, lean
- 680 g red kidney beans, canned, drained and rinsed well
- 2 kg reduced salt, crushed tomatoes, canned
- 1.4 L water

Method:

- 1 Prepare rice according to packet instructions. Once cooked, drain and set aside.
- 2 Whilst rice is cooking, heat oil in a large pot over a medium heat.
- 3 Add onion, carrot, celery and capsicum and cook, stirring for 5-6 minutes or until the onion has softened.
- 4 Add garlic and cumin and cook for a further 2 minutes or until the cumin is fragrant.
- 5 Stir in beef mince, breaking up any lumps of meat that form with a wooden spoon. Cook for 4-5 minutes or until mince is browned.
- 6 Add in red kidney beans, crushed tomatoes and water. Stir and bring to the boil.
- 7 Reduce to a low-medium heat and simmer for 25-30 minutes or until the sauce has thickened.
- 8 Serve chilli con carne on top of cooked rice.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 3 - MONDAY Lunch

Mexican style beans and rice

Serves: 5

Ingredients:

- 150 g brown rice
- 15 mL extra virgin olive oil
- 100 g brown onion, finely diced
- 100 g carrot, finely diced
- 100 g red capsicum, finely chopped
- 5 g garlic cloves, finely chopped
- 5 g cumin, ground
- 100 g red kidney beans, canned, drained and rinsed well
- 350 g brown lentils, canned, drained and rinsed well
- 300 g reduced salt, crushed tomatoes, canned
- 125 mL water

Method:

- 1 Prepare rice according to packet instructions. Once cooked, drain and set aside.
- 2 Whilst rice is cooking, heat oil in a large pot over a medium heat.
- 3 Add onion, carrot, celery and capsicum and cook, stirring for 5-6 minutes or until the onion has softened.
- 4 Add garlic and cumin and cook for a further 2 minutes or until the cumin is fragrant.
- 5 Add in red kidney beans, lentils, crushed tomatoes and water. Stir and bring to the boil.
- 6 Reduce to a low-medium heat and simmer for 25-30 minutes or until the sauce has thickened.
- 7 Serve chilli con carne on top of cooked rice.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - MONDAY

Afternoon tea

Veggie sticks with crackers and white bean dip

Serves: 39

Ingredients:

780 g	cannellini beans, canned, drained, rinsed well
20 mL	lemon juice
20 g	garlic cloves
780 g	reduced fat natural yoghurt
20 g	oregano, dried
1.4 kg	wholegrain crackers
1.4 kg	carrot, cut into sticks*
975 g	apples, cut into slices*
975 g	pear, cut into slices

Method

- 1 Blend beans, lemon juice and garlic in a food processor until smooth.
- 2 Stir through yoghurt and oregano.
- 3 Divide into small bowls and serve on a platter with crackers, carrot sticks and fruit, encourage children to self-serve.

*For younger children parboil carrot pieces until tender to minimise choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - TUESDAY

Morning tea

Rainbow platter

Serves: 45

Ingredients:

- 1.1 kg cucumber, cut into sticks*
- 1.1 kg carrot, cut into sticks*
- 900 g wholegrain crackers
- 1.1 kg hummus

Method:

- 1 To serve, divide crackers and vegetables between room platters. Serve hummus in a small bowl. Encourage children to self-serve

*For younger children parboil carrot pieces until tender to minimise choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - TUESDAY

Lunch

Tofu and farm fresh vegetable lasagne

Serves: 45

Ingredients:

- 100 mL extra virgin olive oil
- 800 g brown onion, finely diced
- 1.5 kg carrot, finely diced
- 1.5 kg celery, finely diced
- 40 g garlic cloves, finely chopped
- 800 g zucchini, grated
- 1.6 kg brown lentils, canned, drained and rinsed well
- 4 kg reduced salt crushed tomatoes, canned
- 20 g basil, dried
- 20 g oregano, dried
- 2 kg ricotta cheese
- 2 kg tofu, silken
- 1.2 kg instant lasagne sheets
- 200 g parmesan cheese, grated

Method:

- 1 Preheat oven to 180°C.
- 2 Heat oil in a large pot over a medium heat. Add onion, carrot, celery and garlic, and cook, stirring for 7-10 minutes or until the vegetable have softened slightly.
- 3 Mix in zucchini and cook out for 3-4 minutes, or until any liquid from the zucchini has evaporated.
- 4 Add in brown lentils, crushed tomatoes, basil and oregano and allow to simmer, covered for 5-10 minutes or until sauce has thickened to a Bolognese consistency.
- 5 In a medium bowl, mix ricotta cheese and tofu until well combined.
- 6 In a large baking dish, place a small spread of the pasta sauce along the inner base.
- 7 Place the lasagne sheets over the sauce in a single layer
- 8 Add a layer of Bolognese sauce (roughly 1/3) and a layer of the tofu ricotta mixture (1/3). Continue layering lasagne sheets and sauces until the dish is almost full, finishing with a layer of the tofu and ricotta mixture.
- 9 Sprinkle the top of the lasagne with the grated parmesan cheese. Bake in the oven for 30-45 minutes or until cooked through and the top layer is golden brown.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - TUESDAY

Afternoon tea

Stewed apple and berries with toasted oats

Serves: 45

Ingredients:

- 1.4 kg rolled oats
- 2.3 kg apples, peeled, cut into small pieces
- 1.1 kg berries, frozen
- 180 g orange, juiced
- 25 g cinnamon, ground
- 1.8 kg reduced fat, natural yoghurt

Method:

- 1 Preheat oven to 180°C. Place oats on baking tray and toast in oven until golden.
- 2 Place apple, berries and orange juice in a saucepan. Add enough water to cover the fruit and cook over a medium heat with the lid on for 5-6 minutes.
- 2 Once the fruit has softened, remove the lid and allow the liquid to reduce over a medium heat. Remove from heat and allow to cool slightly.
- 3 In a medium sized bowl, combine cinnamon and reduced fat natural yoghurt, stir until well combined.
- 4 To serve, place warm fruit in large bowls for children to self-serve, with help from educators. Provide a separate bowl of the toasted oats and bowl of the yoghurt for the children to serve.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - WEDNESDAY Morning tea

Cauliflower dip with wholegrain crackers and cucumber sticks

Serves: 50

Ingredients:

- 1.8 kg cauliflower florets
- 750 g cannellini beans, canned, drained and rinsed well
- 125 mL extra virgin olive oil
- 10 g garlic cloves
- 50 mL lemon juice
- 1 kg reduced fat natural yoghurt
- 1.5 kg wholegrain crackers
- 1 kg cucumber, cut into sticks
- 2.5 kg oranges, sliced

Method:

- 1 Steam cauliflower florets until soft, cool slightly.
- 2 Combine cauliflower, cannellini beans, extra virgin olive oil, garlic, lemon juice and reduced fat natural yoghurt in a blender and mix until smooth. Add a little cold water if needed to reach a smooth consistency.
- 3 To serve, divide wholemeal crackers, cucumber sticks and oranges between room platters. Place a bowl of cauliflower dip in the middle of the platter for children to dip into. Encourage children to self-serve.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 3 - WEDNESDAY Lunch

Greek chicken and rice pie

Serves: 45

Ingredients:

- 1.4 kg rice
- 115 mL extra virgin olive oil
- 1.4 kg leek, finely sliced
- 900 g carrot, finely diced
- 45 g garlic cloves, finely diced
- 2.3 kg chicken thigh fillet, diced
- 45 g thyme, fresh
- 2.3 L reduced salt vegetable stock
- 1.1 kg ricotta
- 900 g green peas, frozen
- 675 g filo pastry

Method:

- 1 Preheat oven to 180°C.
- 2 Prepare rice according to packet instructions, set aside.
- 3 Heat olive oil in a large pot over a medium heat. Add leeks and carrots and cook for 5-8 minutes or until softened. Add garlic and cook for a further 1-2 minutes.
- 4 Add in diced chicken and thyme and cook on all sides until browned (7-10minutes).
- 5 Add vegetable stock, bring to a boil then reduce to a simmer and allow the sauce to thicken. Stir through cooked rice, ricotta and frozen peas.
- 6 Transfer mixture to a large ovenproof baking dish.
- 7 Cut the reduced fat filo pastry sheets in half to make squares. Brush them with the remaining extra virgin olive oil, one at a time, before scrunching them into loose balls and arranging them on top of the pie to form a pie crust
- 8 Bake for 30-40 minutes or until the filo pastry is golden and crispy. Remove from the oven and allow to cool for 10-15 minutes.
- 9 Serve in individual portions.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 3 - WEDNESDAY Lunch

Potato, white bean and leek pie

Serves: 5

Ingredients:

150 g	rice
15 mL	extra virgin olive oil
150 g	leek, finely sliced
100 g	carrot, finely diced
5 g	garlic cloves, finely chopped
250 g	potato diced
5 g	thyme, fresh
250 mL	reduced salt vegetable stock
425 g	cannellini beans, canned, drained and rinsed well
160 g	ricotta
100 g	green peas, frozen
70 g	filo pastry

Method:

- 1 Preheat oven to 180°C.
- 2 Prepare rice according to packet instructions, set aside.
- 3 Heat olive oil in a large pot over a medium heat. Add leeks and carrots and cook for 5-8 minutes or until softened. Add garlic and cook for a further 1-2 minutes.
- 4 Add in diced potato, thyme and salt reduced vegetable stock, bring to a boil then reduce to a simmer and allow the liquid to reduce and the potato to cook through (15-20 minutes). Stir through cooked rice, ricotta and frozen peas.
- 5 Transfer mixture to a large ovenproof baking dish.
- 6 Cut the reduced fat filo pastry sheets in half to make squares. Brush them with the remaining extra virgin olive oil, one at a time, before scrunching them into loose balls and arranging them on top of the pie to form a pie crust.
- 7 Bake for 30-40 minutes or until the filo pastry is golden and crispy. Remove from the oven and allow to cool for 10-15 minutes.
- 8 Serve in individual portions.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - WEDNESDAY Afternoon tea

Apple and yoghurt slice

Serves: 50

Ingredients:

- 1.5 kg white plain flour
- 50 g cinnamon (plus extra for dusting)
- 15 g baking powder
- 375 g margarine
- 375 mL water
- 3.8 kg apple, peeled and thinly sliced
- 150 g brown sugar
- 2.5 kg reduced fat, natural yoghurt

Method:

- 1 Preheat oven to 160 °C, line a deep-set baking dish with baking paper.
- 2 In a medium sized bowl, combine flour, half of the cinnamon and baking powder. Rub together with margarine until mixture resembles fine breadcrumbs.
- 3 Gradually add enough water until mixture combines to form a soft shortcrust (you may require slightly more or less water).
- 4 Bake in the oven for 15-20 minutes or until cooked through and golden.
- 5 Arrange apple slices, overlapping across the prepared shortcrust base. Sprinkle brown sugar and remaining cinnamon evenly over the apple.
- 6 Spoon over the reduced fat natural yoghurt, making sure to completely cover the apple. Dust with extra cinnamon if desired.
- 7 Return to oven and bake for 25-30 minutes, or until apple is cooked through.
- 8 Allow slice to cool completely before portioning and serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - THURSDAY Morning tea

Creamy carrot and yoghurt dip

Serves: 50

Ingredients:

- 2 kg wholemeal pita bread, cut into 1/8 triangles
- 3.8 kg carrot, sliced into rounds
- 25 g cumin, ground
- 25 g coriander, ground
- 50 g garlic cloves, finely chopped
- 125 mL extra virgin olive oil
- 2 kg reduced fat natural yoghurt

Method:

- 1 Preheat oven to 180°C.
- 2 Arrange pita chips evenly on a baking tray and bake for 5-6 minutes or until golden and crunchy. Remove from the oven and set aside.
- 3 In a baking tray, combine carrot, spices, garlic and extra virgin olive oil and toss until well coated.
- 4 Bake in the oven for 12-15 minutes or until carrot is completely cooked through and soft.
- 5 Blend carrot and yoghurt in a food processor until smooth.
- 6 To serve, divide pita chips between room platters. Place a bowl of roasted carrot dip in the middle of the platter for children to dip pita into. Encourage children to self-serve.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 3 - THURSDAY Lunch

Beef and potato curry with rice and peas

Serves: 45

Ingredients:

115 mL	extra virgin olive oil
900 g	brown onion, finely sliced
115 g	curry powder
2.3 kg	diced beef
2.7 L	reduced fat coconut milk
900 g	potato, cut into 2cm cubes
1.4 kg	white rice, basmati
1.7 kg	green peas

Method:

- 1 Heat oil in a large pot over a medium heat.
- 2 Add brown onion and cook, stirring for 4-5 minutes or until the onion has softened.
- 3 Stir in curry powder and fry for 1-2 minutes or until fragrant.
- 4 Add in diced beef and cook for 4-5 minutes or until beef is well browned.
- 5 Add coconut milk and potato. Mix well and bring to the boil.
- 6 Reduce heat to medium-low, cover and allow curry to simmer for 1 ½ hours or until beef and potato are tender, stirring occasionally so it does not stick to the base. Add a small amount of water if the mixture becomes too thick or begins to burn.
- 7 While curry is simmering, prepare rice according to packet instructions and set aside.
- 8 Add peas to the curry and cook for a couple of minutes, stirring through. Once the meat is tender, use two forks to flake the pieces of meat.
- 9 Serve curry warm on top of boiled/steamed rice.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 3 - THURSDAY Lunch

Chickpea and potato curry with rice and peas

Serves: 5

Ingredients:

- 15 mL extra virgin olive oil
- 100 g brown onion, finely sliced
- 15 g curry powder
- 425 g chickpeas, canned, drained and rinsed well
- 300 mL reduced fat coconut milk
- 100 g potato, cut into 2cm cubes
- 150 g white rice, basmati
- 190 g green peas

Method:

- 1 Heat oil in a large pot over a medium heat.
- 2 Add brown onion and cook, stirring for 4-5 minutes or until the onion has softened.
- 3 Stir in curry paste and fry for 2-3 minutes or until well toasted and fragrant.
- 4 Add in chickpeas, coconut milk, potato and carrot and stir until curry paste is well combined.
- 5 Cover and allow curry to simmer on a medium-low heat for 30 minutes or until sauce has reduced by half, stirring occasionally so it does not stick to the base. Add a small amount of water if the mixture becomes too thick or begins to burn.
- 6 While curry is simmering, prepare rice according to packet instructions and set aside.
- 7 Add peas to the curry and cook for a couple of minutes, stirring through
- 8 Serve curry on top of boiled/steamed rice.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - THURSDAY Afternoon tea

Cheese and crackers with fruit wedges

Serves: 50

Ingredients:

- 2 kg oranges, cut into wedges
- 2 kg apples, cut into wedges
- 750 g reduced fat tasty cheese, sliced
- 750 g wholegrain crackers

Method:

- 1 To serve, divide fruit, cheese and crackers between room platters. Encourage children to self-serve.

*For younger children parboil apple pieces until tender to minimise choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - FRIDAY

Morning tea

Veggie sticks with cheese

Serves: 46

Ingredients:

- 1.2 kg carrots, sliced into sticks*
- 1.2 kg yellow capsicum, sliced into sticks
- 1.2 kg green capsicum, sliced into sticks
- 1.2 kg cantaloupe, cut into small pieces
- 690 g reduced fat, tasty cheese, sliced

Method:

- 1 To serve divide vegetables, fruit and cheese between room platters and encourage children to self-serve.

*For younger children parboil carrot pieces until tender to minimise choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 3 - FRIDAY

Lunch

Coconut fish with quinoa and veggies

Serves: 41

Ingredients:

- 1.2 kg quinoa
- 105 mL extra virgin olive oil
- 125 g ginger, finely chopped or grated
- 80 g garlic, finely chopped
- 1.4 L reduced fat coconut milk
- 2.5 kg white fish fillets, portioned into strips
- 1.5 kg carrots, thinly sliced
- 1.5 kg broccoli florets, frozen
- 820 g green beans, frozen
- 125 g coriander leaves and stem, finely chopped

Method:

- 1 Cook quinoa according to packet instructions and set aside.
- 2 Heat oil in a wok or large pot for 1-2 minutes.
- 3 Sautee ginger, and garlic for 1-2 minutes until fragrant and slightly golden.
- 4 Add coconut milk and bring to a gentle boil.
- 5 Add fish fillets, carrot, broccoli and green beans and simmer, covered for 10-15 minutes or until fish is cooked through, veggies are tender, and sauce has reduced.
- 6 Remove from heat and stir through coriander.
- 7 Serve curry on top of prepared quinoa.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 3 - FRIDAY

Lunch

Coconut tofu with quinoa and veggies

Serves: 5

Ingredients:

- 150 g quinoa
- 15 mL extra virgin olive oil
- 15 g ginger, finely chopped or grated
- 10 g garlic, finely chopped
- 175 g reduced fat coconut milk
- 425 mL tofu, firm, cubed
- 190 g carrots, thinly sliced
- 190 g broccoli florets, frozen
- 100 g green beans, frozen
- 15 g coriander leaves and stem, finely chopped

Method:

- 1 Cook quinoa according to packet instructions and set aside.
- 2 Heat oil in a wok or large pot for 1-2 minutes.
- 3 Sauté ginger, and garlic for 1-2 minutes until fragrant and slightly golden.
- 4 Add coconut milk and bring to a gentle boil.
- 5 Add tofu, carrot, broccoli and green beans and simmer, covered for 10-15 minutes or until tofu is cooked through and veggies are tender, and sauce has reduced.
- 6 Remove from heat and stir through coriander.
- 7 Serve curry on top of prepared quinoa.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 3 - FRIDAY

Afternoon Tea

Banana and blueberry muffins

Serves: 46

Ingredients:

920 g	banana
2.3 kg	blueberries, frozen
690 g	white self-raising flour
690 g	wholemeal self-raising flour
10 g	mixed spice, ground
90 g	cinnamon, ground
460 mL	reduced fat milk
10 g	eggs
20 mL	vanilla essence
230 g	honey

Method:

- 1 Preheat oven to 200°C. Lightly grease muffin trays (regular or mini) or line trays with paper cases.
- 2 Mash bananas with a fork.
- 3 In a large bowl, sift the flours with the mixed spice and cinnamon. Stir in the mashed banana.
- 4 In a separate bowl, combine milk, eggs, vanilla essence and honey.
- 5 Add the liquid to the flour mixture and fold to combine. Fold in the blueberries. Do not mix.
- 6 Spoon the mixture into the prepared muffin tray.
- 7 Bake for 20 to 25 minutes until cooked and brown on top. Allow to cool.
- 8 Serve muffins on a platter for children.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 3

SHOPPING LIST

Fresh fruit and vegetables

	Quantity	Checklist
apples	9 kg	<input type="checkbox"/>
bananas	2.9 kg	<input type="checkbox"/>
berries, frozen	1.1 kg	<input type="checkbox"/>
blueberries, frozen	2.3 kg	<input type="checkbox"/>
broccoli florets, frozen	1.7 kg	<input type="checkbox"/>
brown onions	2.6 kg	<input type="checkbox"/>
cantaloupe	1.2 kg	<input type="checkbox"/>
carrots	12.4 kg	<input type="checkbox"/>
cauliflower florets	1.8 kg	<input type="checkbox"/>
celery	1.5 kg	<input type="checkbox"/>
coriander, fresh	140 g	<input type="checkbox"/>
cucumbers	2.1 kg	<input type="checkbox"/>
garlic cloves	300 g	<input type="checkbox"/>
ginger	140 g	<input type="checkbox"/>
green beans, frozen	920 g	<input type="checkbox"/>
green capsicum	1.2 kg	<input type="checkbox"/>
green peas	2.9 kg	<input type="checkbox"/>
leeks	1.5 kg	<input type="checkbox"/>
oranges	4.7 kg	<input type="checkbox"/>
pears	975 g	<input type="checkbox"/>
potatoes	1.3 kg	<input type="checkbox"/>
red capsicum	780 g	<input type="checkbox"/>
thyme, fresh	50 g	<input type="checkbox"/>
yellow capsicum	1.2 kg	<input type="checkbox"/>
zucchini	800 g	<input type="checkbox"/>

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 3

SHOPPING LIST

Pantry

	Quantity	Checklist
baking powder	15 g	<input type="checkbox"/>
basil, dried	20 g	<input type="checkbox"/>
brown lentils, canned	2 kg	<input type="checkbox"/>
brown rice	1.2 kg	<input type="checkbox"/>
brown sugar	150 g	<input type="checkbox"/>
cannellini beans, canned	2 kg	<input type="checkbox"/>
chickpeas, canned	425 g	<input type="checkbox"/>
cinnamon, ground	185 g	<input type="checkbox"/>
coriander, ground	25 g	<input type="checkbox"/>
cumin, ground	65 g	<input type="checkbox"/>
curry powder	125 g	<input type="checkbox"/>
extra virgin olive oil	815 mL	<input type="checkbox"/>
fruit toast	39 slices	<input type="checkbox"/>
honey	230 g	<input type="checkbox"/>
hummus	1.1 kg	<input type="checkbox"/>
instant lasagne sheets	1.2 kg	<input type="checkbox"/>
lemon juice	70 mL	<input type="checkbox"/>
mixed spice, ground	10 g	<input type="checkbox"/>
oregano, dried	40 g	<input type="checkbox"/>
quinoa	1.4 kg	<input type="checkbox"/>
red kidney beans, canned	780 g	<input type="checkbox"/>
reduced fat coconut milk	4.6 L	<input type="checkbox"/>
reduced salt, crushed tomatoes, canned	6.3 kg	<input type="checkbox"/>
rice	1.5 kg	<input type="checkbox"/>
rolled oats	1.4 kg	<input type="checkbox"/>
salt reduced, vegetable stock	2.5 L	<input type="checkbox"/>
vanilla essence	20 mL	<input type="checkbox"/>
white plain flour	1.5 kg	<input type="checkbox"/>

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 3

SHOPPING LIST

Pantry Cont'd

white rice, basmati
white self-raising flour
wholegrain crackers
wholemeal pita bread
wholemeal self-raising flour

Quantity

1.5 kg
690 g
4.5 kg
2 kg
690 g

Checklist

Meat/Poultry/Fish

beef mince, lean
chicken thigh fillet, diced
diced beef
white fish fillets

Quantity

1.7 kg
2.3 kg
2.3 kg
2.5 kg

Checklist

Meat Alternative

eggs
tofu, firm
tofu, silken

Quantity

9
425 g
2 kg

Checklist

Dairy

parmesan cheese
reduced fat milk
reduced fat, natural yoghurt
reduced fat, tasty cheese
ricotta cheese

Quantity

200 g
460 mL
8.1 kg
1.4 kg
5.2 kg

Checklist

Other

margarine
filo pastry

Quantity

375 g
745 g

Checklist

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - MONDAY Morning tea

Fresh fruit and yoghurt

Serves: 39

Ingredients:

- 1.2 kg banana, cut into thick slices
- 1.2 kg pear, cut into wedges
- 1.2 kg strawberries, quartered
- 2.3 kg reduced fat natural yoghurt

Method:

- 1 To serve, divide fruit between the room platters. Place a bowl of yoghurt in the middle of the platter for children to dip fruit into.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - MONDAY Lunch

Lentil and cauliflower dahl with basmati rice

Serves: 39

Ingredients:

- 1.2 kg yellow split peas, dried
- 85 mL extra virgin olive oil
- 680 g brown onion, finely diced
- 35 g garlic cloves, finely chopped
- 35 g ginger, finely chopped or grated
- 35 g garam masala
- 35 g turmeric, ground
- 1.3 kg cauliflower florets, frozen
- 680 g tomatoes, fresh, diced
- 1 kg rice, basmati

Method:

- 1 Wash lentils and drain in colander.
- 2 Heat oil in a large pot over a medium heat. Add onion, garlic, and ginger and cook, stirring for 4-6 minutes or until the onion has softened.
- 3 Add the garam masala, turmeric, cauliflower florets and yellow split peas. Stir well and cook for 5 minutes or until the spices are fragrant.
- 4 Cover with enough water to come approximately 5cm above the surface. Bring to the boil, skimming off any scum that rises to the top in the process.
- 5 Reduce pot to a simmer, cover and leave to cook gently for 35-40 minutes or until a thick porridge consistency has been reached.
- 6 Add tomatoes and simmer for a further 2-3 minutes.
- 7 While dahl is simmering, prepare rice according to packet instructions and set aside.
- 8 Remove dahl from heat and stir through spinach leaves and coriander.
- 9 Serve dahl on top of cooked basmati rice.

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Winter Menu 2020

Standard and Vegetarian



Test Centre

WEEK 4 - MONDAY

Afternoon tea

Apple and rhubarb crumble with yoghurt

Serves: 39

Ingredients:

2 kg	apples, peeled, cut into wedges
2 kg	rhubarb, cut into rounds
155 mL	orange juice (freshly squeezed)
390 g	wholemeal flour
780 g	rolled oats
390 g	desiccated coconut
100 g	margarine
20 g	cinnamon, ground
1.6 kg	reduced fat natural yoghurt

Method:

- 1 Preheat oven to 180°C.
- 2 Place apple, rhubarb and orange juice in a saucepan over medium heat. Cook for 10 minutes or until tender. Spoon mixture into a large ovenproof dish.
- 3 Place flour, oats and coconut in a bowl. Use fingertips to rub margarine into mixture. Sprinkle fruit mixture with granola mixture and cinnamon.
- 4 Bake in oven for 15 minutes or until golden brown and heated through.
- 5 Serve warm with reduced fat natural yoghurt.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - TUESDAY

Morning tea

Fruit and veggie sticks with cheese slices

Serves: 45

Ingredients:

- 675 g tasty cheese, sliced
- 1.1 kg apple, cut into wedges
- 1.1 kg pear, cut into wedges
- 1.1 kg carrot, cut into sticks

Method:

- 1 To serve, arrange fruit, vegetables and cheese slices on platters, and encourage children to self-serve.

For younger children parboil carrot sticks and fruit wedges until tender to reduce choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 4 - TUESDAY

Lunch

Lamb tagine with couscous

Serves: 40

Ingredients:

100 mL	extra virgin olive oil
600 g	brown onion, finely diced
40 g	garlic cloves, finely chopped
2 kg	lamb shoulder, diced
40 g	cumin, ground
40 g	paprika
40 g	thyme, dried
2 kg	reduced salt crushed tomatoes, canned
1 kg	pumpkin, peeled and cubed
1 kg	potato, roughly diced
200 g	raisins
2 L	water
1.2 kg	couscous

Method:

- 1 Heat oil in a large pot over a medium heat. Add onion and cook, stirring occasionally for 5 minutes or until the onion has softened. Add the garlic and cook for a further minute.
- 2 Stir through diced lamb shoulder and cook, stirring as needed to brown lamb pieces evenly on all sides (10-12 minutes).
- 3 Stir in spices and thyme and cook for 1 minute. Add crushed tomatoes, pumpkin, potato, raisins and water.
- 4 Bring pot to the boil over a high heat before reducing to a simmer. Allow tagine to simmer, covered for 2 hours or until lamb is tender, stirring occasionally (more water may be added throughout the process if mixture starts to look to dry).
- 5 Prepare couscous according to packet instructions.
- 6 Allow tagine to cool for 10-15 minutes before serving over couscous in individual portions.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 4 - TUESDAY

Lunch

Chickpea tagine with couscous

Serves: 5

Ingredients:

- 15 mL extra virgin olive oil
- 75 g brown onion, finely diced
- 5 g garlic cloves, finely chopped
- 5 g cumin, ground
- 5 g paprika
- 5 g thyme, dried
- 250 g reduced salt crushed tomatoes, canned
- 425 g chickpeas, canned, drained and rinsed well
- 125 g pumpkin, peeled and cubed
- 125 g potato, roughly diced
- 25 g raisins
- 75 mL water
- 150 g couscous

Method:

- 1 Heat oil in a large pot over a medium heat. Add onion and cook, stirring occasionally for 5 minutes or until the onion has softened. Add the garlic and cook for a further minute.
- 2 Stir in spices and thyme and cook for 1 minute. Add crushed tomatoes, chickpeas, pumpkin, potato, raisins and water.
- 3 Bring pot to the boil over a high heat before reducing to a simmer. Allow tagine to simmer, covered for 25-30 minutes or until mixture has reduced to a saucy consistency.
- 4 Prepare couscous according to packet instructions.
- 5 Allow tagine to cool for 10-15 minutes before serving over couscous in individual portions.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - TUESDAY Afternoon tea

Sweet potato and banana loaf with spiced ricotta

Serves: 45

Ingredients:

- 2.3 kg white self-raising flour
- 1.4 kg wholemeal self-raising flour
- 45 g ginger, ground
- 1.4 kg sweet potato, coarsely grated
- 1.6 kg banana, very ripe, mashed
- 225 g honey
- 25 eggs
- 90 g lemon, zest and juice
- 70 g vanilla extract
- 675 mL reduced fat milk
- 675 g ricotta
- 70 g cinnamon, ground

Method:

- 1 Preheat oven to 160 °C. Grease and line a loaf tin/s with baking paper.
- 2 In a large bowl combine flours and ginger. Make a well in the centre. Add the remaining ingredients (except the ricotta and cinnamon) to the bowl and stir until well combined.
- 3 Distribute batter into prepared loaf tin/s and smooth the surface with the back of a spoon so the top layer is smooth (this will help the loaf cook evenly).
- 4 Bake at 160 °C for 1 hour or until golden and fragrant and a skewer inserted into the centre comes out clean.
- 5 Leave loaf to cool in tin for 20 minutes, then transfer to a wire rack to cool. Cut into small slices.
- 6 In a medium bowl, mix together cinnamon and ricotta until smooth. Serve by spreading ricotta mixture over loaf slices or serve ricotta in a separate bowl and encourage children to self-serve.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - WEDNESDAY Morning tea

Fruit toast soldiers with ricotta and fresh fruit

Serves: 50

Ingredients:

- 50 g fruit bread, cut in half lengthways
- 1.3 kg ricotta
- 2 kg strawberries, quartered
- 2 kg apple, thinly sliced

Method:

- 1 Preheat oven to 180°C.
- 2 Arrange fruit bread slices evenly across a baking tray and bake in the oven for 5-10 minutes or until golden and fragrant.
- 3 Serve fruit toast on platters with fresh fruit and a bowl of ricotta. Encourage children to self-serve.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - WEDNESDAY Lunch

Tuna and leek filo pastry pie

Serves: 45

Ingredients:

- 180 mL extra virgin olive oil
- 1.6 kg leeks, finely sliced
- 3.4 L reduced fat milk
- 180 g cornflour
- 45 g mustard
- 45 g parsley, roughly chopped
- 900 g potatoes, roughly chopped
- 900 g carrots, roughly chopped
- 900 g corn kernels
- 900 g green beans, frozen
- 2.3 kg tuna, canned in springwater, drianed and flaked
- 675 g filo pastry

Method:

- 1 Preheat oven to 180°C.
- 2 Heat half the extra virgin olive oil in a large pot over a medium heat. Add leeks and cook until softened, stirring occasionally (7-10 minutes).
- 3 Over a medium heat whisk reduced fat milk and cornflour in a medium sized saucepan cook for 5-7 minutes or until the sauce has thickened to resemble a gravy. Remove from heat, stir through mustard and parsley.
- 4 Add the milk sauce to the leeks, along with the potatoes, carrots. Gently simmer over a low heat for 5-7 minutes.
- 5 Stir through corn kernels, green beans and flaked tuna, remove from heat.
- 6 Transfer the mixture to a large ovenproof baking dish.
- 7 Cut the filo pastry sheets in half to make squares. Brush them with the remaining extra virgin olive oil, one at a time, before scrunching them into loose balls and arranging them on top of the mixture to form a pie top.
- 8 Bake for 30-40 minutes or until the filo pastry is golden and crispy. Remove from the oven and allow to cool for 10-15 minutes.
- 9 Serve in individual portions.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 4 - WEDNESDAY Lunch

White bean and leek filo pastry pie

Serves: 5

Ingredients:

20 mL	extra virgin olive oil
175 g	leeks, finely sliced
375 mL	reduced fat milk
20 g	cornflour
5 g	mustard
5 g	parsley, roughly chopped
100 g	potatoes, roughly chopped
100 g	carrots, roughly chopped
100 g	corn kernels
100 g	green beans, frozen
425 g	cannellini beans, canned, drained and rinsed well
75 g	filo pastry

Method:

- 1 Preheat oven to 180°C.
- 2 Heat half the extra virgin olive oil in a large pot over a medium heat. Add leeks and cook until softened, stirring occasionally (7-10 minutes).
- 3 Over a medium heat whisk reduced fat milk and cornflour in a medium sized saucepan cook for 5-7 minutes or until the sauce has thickened to resemble a gravy. Remove from heat, stir through mustard and parsley.
- 4 Add the milk sauce to the leeks, along with the potatoes, carrots. Gently simmer over a low heat for 5-7 minutes.
- 5 Stir through corn kernels, green beans and cannellini beans, remove from heat.
- 6 Transfer the mixture to a large ovenproof baking tray/dish.
- 7 Cut the filo pastry sheets in half to make squares. Brush them with the remaining extra virgin olive oil, one at a time, before scrunching them into loose balls and arranging them on top of the mixture to form a pie top.
- 8 Bake for 30-40 minutes or until the filo pastry is golden and crispy. Remove from the oven and allow to cool for 10-15 minutes.
- 9 Serve in individual portions.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - WEDNESDAY Afternoon tea

Zucchini slice

Serves: 50

Ingredients:

- 50 eggs
- 750 g wholemeal self-raising flour
- 1.3 kg brown onion, finely diced
- 1.3 kg zucchini, grated
- 500 g reduced fat tasty cheese, shredded
- 1 kg pita bread, cut into 1/8 triangles

Method:

- 1 Preheat oven to 180°C.
- 2 Beat eggs in a large bowl until well combined. Add self-raising flour, brown onion, zucchini and shredded cheese.
- 3 Pour into a large baking dish and cook in oven for 25-30 minutes until set and golden brown on top.
- 4 Allow to cool before slicing.
- 5 Serve on individual plates with pita bread on the side.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - THURSDAY Morning tea

Rainbow platter

Serves: 50

Ingredients:

- 2 kg apple, cut into wedges*
- 2 kg banana cut into thick slices
- 1 kg oranges, cut into wedges
- 1 kg cucumber, cut into sticks
- 1.8 kg wholegrain crackers

Method:

- 1 To serve, divide crackers, vegetables, and fruit between room platters. Encourage children to self-serve.

*For younger children parboil apple pieces until tender to minimise choking risk. Allow to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - THURSDAY Lunch

French chicken and noodle soup

Serves: 45

Ingredients:

- 1.4 kg angel hair pasta, broken into 2cm lengths
- 115 mL extra virgin olive oil
- 900 g brown onion, finely diced
- 45 g garlic, finely chopped
- 1.8 kg carrot, finely chopped
- 675 g leeks, finely sliced
- 540 g celery, roughly chopped
- 1.1 kg parsnips, roughly chopped
- 7.2 L reduced salt vegetable stock
- 2.3 kg chicken breast, thinly sliced
- 45 g parsley leaves

Method:

- 1 Prepare pasta according to packet instructions. Drain and set aside.
- 2 Heat extra virgin olive oil in a large soup pot over a medium-high heat. Add onion and cook for 3-5 minutes or until they begin to soften.
- 3 Add garlic, carrot, leeks, celery and parsnip and cook for a further 5 minutes or until leeks have started to break down and vegetable are fragrant.
- 4 Increase heat to high, add vegetable stock and bring to the boil
- 5 Add chicken breast and reduce to a simmer. Cook for 25-30 minutes or until chicken is completely cooked through and vegetables are tender.
- 6 Remove chicken breast from the pot, allow to cool slightly before shredding finely.
- 7 Return chicken breast to the soup pot, add parsley and cook for a further 5 minutes to heat through.
- 8 To serve, divide the noodles among bowls and ladle over the soup.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - THURSDAY Lunch

French veggie noodle soup

Serves: 5

Ingredients:

- 150 g angel hair pasta, broken into 2cm lengths
- 15 mL extra virgin olive oil
- 100 g brown onion, finely diced
- 5 g garlic, finely chopped
- 200 g carrot, roughly chopped
- 75 g leeks, finely sliced
- 60 g celery, roughly chopped
- 125 g parsnips, roughly chopped
- 800 mL reduced salt vegetable stock
- 425 g cannellini beans, canned, drained and rinsed well
- 5 g parsley leaves

Method:

- 1 Prepare pasta according to packet instructions. Drain and set aside.
- 2 Heat extra virgin olive oil in a large soup pot over a medium-high heat. Add onion and cook for 3-5 minutes or until they begin to soften.
- 3 Add garlic, carrot, leeks, celery and parsnip and cook for a further 5 minutes or until leeks have started to break down and vegetable are fragrant.
- 4 Increase heat to high, add vegetable stock and bring to the boil
- 5 Add white beans and reduce to a simmer. Cook for 10-15 minutes or until vegetables are cooked through and tender. Stir through parsley.
- 6 To serve, divide the noodles among bowls and ladle over the soup.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - THURSDAY Afternoon Tea

Broccoli nuggets with dipping sauce

Serves: 50

Ingredients:

- 2.5 kg broccoli florets
- 10 eggs
- 500 g breadcrumbs
- 750 g tasty cheese, finely grated
- 1.5 kg cucumber
- 1 kg reduced fat natural yoghurt
- 25 g garlic cloves, finely chopped
- 10 g cumin, ground
- 125 mL extra virgin olive oil

Method:

- 1 Preheat oven to 200°C. Line a baking tray with baking paper.
- 2 To make tzatziki dip, grate cucumber and squeeze out excess liquid with your hands or using a cloth. Discard excess liquid. Combine remaining ingredients in a bowl and mix well. Refrigerate until needed.
- 3 Steam broccoli florets until tender. Transfer to a plate lined with paper towel. Set aside to cool.
- 4 Whisk eggs in a bowl and set aside. Place breadcrumbs in separate bowl and set aside.
- 5 Dip broccoli first into egg mixture and then into breadcrumbs. Place onto the prepared baking tray and sprinkle with cheese.
- 6 Bake for 10 mins or until golden. Flip over to cook underside for further 5 minutes if required until bottoms are golden. Cool slightly.
- 7 Serve broccoli nuggets on platters with tzatziki dip and encourage children to self-serve.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - FRIDAY

Morning tea

Baked apple and pear with spiced ricotta

Serves: 46

Ingredients:

- 1.8 kg apple, sliced
- 1.8 kg pear, sliced
- 115 g margarine
- 90 g brown sugar
- 45 g cinnamon, ground
- 1.2 kg ricotta

Method:

- 1 Preheat oven to 170°C.
- 2 In a deep-set baking tray, toss together apple, pear, margarine, brown sugar and half of the cinnamon.
- 3 Bake for 20-25 mins or until the fruit is golden and softened. Remove from oven and allow to cool slightly.
- 4 In a medium sized bowl combine the remaining cinnamon and ricotta and mix until well combined and smooth.
- 5 To serve, place warm fruit in large bowls for children to self-serve, with help from educators. Provide a separate bowl for the children to spoon spiced ricotta on top of the fruit.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020

Standard



Westcare Early Learning Centre

WEEK 4 - FRIDAY

Lunch

Beef and creamy mushroom stroganoff with pasta tubes

Serves: 41

Ingredients:

- 1.2 kg pasta, penne
- 105 mL extra virgin olive oil
- 820 g brown onion, finely diced
- 820 g carrot, finely diced
- 820 g zucchini, finely diced
- 40 g garlic cloves, finely chopped
- 205 g reduced salt tomato paste
- 80 g plain flour
- 2.1 kg beef strips, lean
- 1.5 kg button mushrooms, sliced
- 3.3 L reduced salt vegetable stock
- 165 mL Worcestershire sauce
- 820 g reduced fat natural yoghurt

Method:

- 1 Cook pasta according to packet instructions.
- 2 Heat oil in a large pot over a medium heat. Add onion, carrot and zucchini and cook for 5-6 minutes or until the onion has softened. Add garlic and cook for a further 2 minutes until fragrant.
- 3 Stir in tomato paste and flour and cook for 2-3 minutes or until it is cooked through. Take care to scrape the bottom of the pot to ensure it does not burn.
- 4 Add beef strips and mushrooms and cook for 4-5 minutes or until the beef has started to colour.
- 5 Slowly pour in beef stock whilst stirring, to ensure no lumps form. Add Worcestershire sauce.
- 6 Bring to the boil. Reduce heat to low-medium and simmer for 15 minutes or until the beef is cooked through and the sauce has thickened slightly.
- 7 Remove from heat and stir through yoghurt.
- 8 Serve stroganoff on top of cooked pasta.

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Winter Menu 2020

Vegetarian



Westcare Early Learning Centre

WEEK 4 - FRIDAY

Lunch

Bean and creamy mushroom stroganoff with pasta

Serves: 5

Ingredients:

- 150 g pasta, penne
- 15 mL extra virgin olive oil
- 100 g brown onion, finely diced
- 100 g carrot, finely diced
- 100 g zucchini, finely diced
- 5 g garlic cloves, finely chopped
- 25 g reduced salt tomato paste
- 10 g plain flour
- 425 g red kidney beans, canned, drained and rinsed well
- 190 g button mushrooms, sliced
- 400 mL reduced salt vegetable stock
- 20 mL Worcestershire sauce

Method:

- 1 Cook pasta according to packet instructions.
- 2 Heat oil in a large pot over a medium heat. Add onion, carrot and zucchini and cook for 5-6 minutes or until the onion has softened. Add garlic and cook for a further 2 minutes until fragrant.
- 3 Stir in tomato paste and flour and cook for 2-3 minutes or until it is cooked through. Take care to scrape the bottom of the pot to ensure it does not burn.
- 4 Add red kidney beans and mushrooms and cook for 4-5 minutes or until the mushrooms have softened
- 5 Slowly pour in vegetable stock and Worcestershire sauce whilst stirring, to ensure no lumps form.
- 6 Bring to the boil. Reduce heat to low-medium and simmer for 15 minutes or until the liquid has reduced and thickened.
- 7 Remove from heat and stir through yoghurt.
- 8 Serve stroganoff on top of cooked pasta.

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Winter Menu 2020

Standard and Vegetarian



Westcare Early Learning Centre

WEEK 4 - FRIDAY

Afternoon tea

Spiced carrot and apple muffins

Serves: 46

Ingredients:

690 g	wholemeal self-raising flour
690 g	white self-raising flour
460 g	quick cooking oats
45 g	bi-carbonate soda
115 g	brown sugar
25 g	cinnamon, ground
25 g	all spice, ground
9	eggs
920 mL	reduced fat milk
115 mL	extra virgin olive oil
460 g	carrot, grated
460 g	apple, grated

Method:

- 1 Preheat oven to 180°C and line a muffin tin with muffin cases
- 2 In a large bowl, combine self-raising flours, quick cooking oats, bi-carbonate soda, sugar and spice.
- 3 Make a well in the centre of the dry ingredients and add egg, reduced fat milk, extra virgin olive oil, carrot and apple. Mix with a spatula until well combined.
- 4 Spoon mixture into prepared muffin cases and bake for 20-25 mins, or until a skewer inserted into the centre of the muffin comes out clean.
- 5 Leave muffins to cool before serving.

Drinks: Serve water or milk for children to drink (provide 1/2 cup of milk per child over the day)

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 4

SHOPPING LIST

Fresh fruit and vegetables

	Quantity	Checklist
apples	9.4 kg	<input type="checkbox"/>
baby spinach	1.3 kg	<input type="checkbox"/>
bananas	4.7 kg	<input type="checkbox"/>
broccoli florets	2.5 kg	<input type="checkbox"/>
brown onions	4.5 kg	<input type="checkbox"/>
button mushrooms	1.7 kg	<input type="checkbox"/>
carrots	5.5 kg	<input type="checkbox"/>
cauliflower florets, frozen	1.3 kg	<input type="checkbox"/>
celery	600 g	<input type="checkbox"/>
corn kernels	1 kg	<input type="checkbox"/>
corriander, fresh	70 g	<input type="checkbox"/>
cucumbers	2.5 kg	<input type="checkbox"/>
garlic cloves	200 g	<input type="checkbox"/>
ginger	35 g	<input type="checkbox"/>
green beans, frozen	1 kg	<input type="checkbox"/>
leeks	2.5 kg	<input type="checkbox"/>
lemons	90 g	<input type="checkbox"/>
oranges	1.2 kg	<input type="checkbox"/>
parsley, fresh	100 g	<input type="checkbox"/>
parsnips	1.3 kg	<input type="checkbox"/>
pears	4.1 kg	<input type="checkbox"/>
potatoes,	2.1 kg	<input type="checkbox"/>
pumpkin	1.1 kg	<input type="checkbox"/>
rhubarb	2 kg	<input type="checkbox"/>
strawberries	3.2 kg	<input type="checkbox"/>
sweet potatoes	1.4 kg	<input type="checkbox"/>
tomatoes, fresh	680 g	<input type="checkbox"/>
zucchini	2.2 kg	<input type="checkbox"/>

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 4

SHOPPING LIST

Pantry

	Quantity	Checklist
all spice, ground	25 g	<input type="checkbox"/>
angel hair pasta	1.5 kg	<input type="checkbox"/>
bi-carbonate soda	45 g	<input type="checkbox"/>
breadcrumbs	500 g	<input type="checkbox"/>
brown sugar	205 g	<input type="checkbox"/>
cannellini beans, canned	850 g	<input type="checkbox"/>
chickpeas, canned	425 g	<input type="checkbox"/>
cinnamon, ground	155 g	<input type="checkbox"/>
cornflour	200 g	<input type="checkbox"/>
couscous	1.4 kg	<input type="checkbox"/>
cumin, ground	55 g	<input type="checkbox"/>
desiccated coconut	390 g	<input type="checkbox"/>
extra virgin olive oil	880 mL	<input type="checkbox"/>
fruit bread	50 slices	<input type="checkbox"/>
garam masala	35 g	<input type="checkbox"/>
ginger, ground	45 g	<input type="checkbox"/>
honey	225 g	<input type="checkbox"/>
mustard	50 g	<input type="checkbox"/>
paprika	45 g	<input type="checkbox"/>
pasta, penne	1.4 kg	<input type="checkbox"/>
pita bread	1 kg	<input type="checkbox"/>
plain flour	90 g	<input type="checkbox"/>
quick cooking oats	460 g	<input type="checkbox"/>
raisins	225 g	<input type="checkbox"/>
red kidney beans, canned	425 g	<input type="checkbox"/>
reduced salt, crushed tomatoes, canned	2.3 kg	<input type="checkbox"/>
reduced salt, tomato paste	230 g	<input type="checkbox"/>
reduced salt, vegetable stock	11.7 L	<input type="checkbox"/>
rice, basmati	1 kg	<input type="checkbox"/>
rolled oats	780 g	<input type="checkbox"/>

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Winter Menu 2020



Westcare Early Learning Centre

WEEK 4

SHOPPING LIST

Pantry Cont'd

	Quantity	Checklist
thyme, dried	45 g	<input type="checkbox"/>
tuna, canned in springwater	2.3 kg	<input type="checkbox"/>
turmeric, ground	35 g	<input type="checkbox"/>
vanilla extract	70 g	<input type="checkbox"/>
white self-raising flour	2.9 kg	<input type="checkbox"/>
wholegrain crackers	1.8 kg	<input type="checkbox"/>
wholemeal flour	390 g	<input type="checkbox"/>
wholemeal self-raising flour	2.8 kg	<input type="checkbox"/>
worcestershire sauce	185 mL	<input type="checkbox"/>
yellow split peas, dried	1.2 kg	<input type="checkbox"/>

Meat/Poultry/Fish

	Quantity	Checklist
beef strips, lean	2.1 kg	<input type="checkbox"/>
chicken breast	2.3 kg	<input type="checkbox"/>
lamb shoulder	2 kg	<input type="checkbox"/>

Dairy

	Quantity	Checklist
parmesan cheese	0 g	<input type="checkbox"/>
reduced fat milk	5.3 L	<input type="checkbox"/>
reduced fat tasty cheese	1.3 kg	<input type="checkbox"/>
reduced fat, cream cheese	675 g	<input type="checkbox"/>
reduced fat, natural yoghurt	5.8 kg	<input type="checkbox"/>
ricotta	3.1 kg	<input type="checkbox"/>

Other

	Quantity	Checklist
eggs	92	<input type="checkbox"/>
margarine	215 g	<input type="checkbox"/>
reduced fat filo pastry	750 g	<input type="checkbox"/>
water	2.1 L	<input type="checkbox"/>

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