

# NTOOSHC Term 1 Menu Plan



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>		Yoghurt, Fruit salad and muesli	Macaroni and Cheese	Sandwiches	Nachos
<b>Week 2</b>	Spaghetti Bolognese	Toasties	Butter Chicken	Tacos	Pizza Scrolls
<b>Week 3</b>	Chicken Nuggets	Antipasto Platter	Quesadillas	Corn Thins	Cheesy Pasta
<b>Week 4</b>	Chicken Veggie Noodles	Topsy Turvy	Sloppy Joes	Burritos	Yoghurt, Fruit salad and muesli
<b>Week 5</b>	Pizza Scrolls	Wraps	Tacos	Spaghetti Bolognese	Antipasto Platter
<b>Week 6</b>	Sloppy Joes	Yoghurt, Fruit salad and muesli	Macaroni and Cheese	Sandwiches	Nachos
<b>Week 7</b>	Spaghetti Bolognese	Toasties	Butter Chicken	Tacos	Pizza Scrolls
<b>Week 8</b>	Chicken Nuggets	Antipasto Platter	Quesadillas	Corn Thins	Cheesy Pasta
<b>Week 9</b>	Chicken Veggie Noodles	Topsy Turvy	Sloppy Joes	Burritos	Yoghurt, Fruit salad and muesli
<b>Week 10</b>	Pizza Scrolls	Wraps	Tacos	Spaghetti Bolognese	Antipasto Platter

**Late Snack: A fruit platter is served at 5-5.30pm each afternoon and comprises of a mixture of fruit options, unless otherwise stated above. Alternative options are available for children with specific dietary requirements. A fruit bowl stocked with whole, fresh fruit, is available to children throughout the afternoon.**

# NTOOSHC Term 1 Menu Plan



## Menu Options

### Simple Items

- Vita Wheats or Corn Thins with cold meats (either turkey, ham or chicken), cheese and tomato, jam and cream cheese spreads and vegemite and cheese
- Antipasto Platter with cold meats (either turkey, ham, salami or chicken), cheese cubes, dips (hummus, avocado or French onion), cherry tomatoes, carrot, cucumber & celery sticks.
- Toasties with wholemeal bread, cheese, tomato and ham or vegemite and cheese
- Toasted Muesli served with vanilla or berry low fat yoghurt, and missed berries, banana and apples
- Make Your Own salad- iceberg lettuce, tomato, cucumber, carrot, corn, tomato, onion and cheese with light French dressing
- Wraps with wholemeal wraps, cold meats (either turkey, ham or chicken), cheese, lettuce, tomato, and sauces.
- Topsy Turvy with toast, margarine, vegemite, honey, jam, cheerios, rice bubbles, corn flakes, wheat bix. and milk.

### Baked Items

- Chicken Strips & salad with chicken breast strips, breaded and baked, with lettuce, tomato, cheese & light French dressing
- Apple Crumble and yoghurt served with pie apples, cinnamon, untasted muesli and vanilla yoghurt
- Pikelets with fruit and yoghurt served with vanilla or strawberry yoghurt, berries, apple and banana

### Hot Foods

- Burrito's with wholemeal wraps, iceberg lettuce, tomato, cheese, guacamole, sour cream and beef mince with beans
- Tacos with corn shells, iceberg lettuce, tomato, cheese, guacamole, sour cream and beef mince with beans
- Fresh Nachos with pita bread chips, cheese, tomato, guacamole and sour cream
- Burritos with wholemeal wraps, iceberg lettuce, tomato, cheese, guacamole, sour cream and beef mince with beans
- Sloppy Joes with beef mince, onion, garlic, cheese, tomato, lettuce and tomato or bbq sauce on wholemeal bread.
- Spaghetti Bolognese with beef mince, passata sauce, grated carrot and cheese
- Pizza scrolls served on light puff pastry with ham, cheese and onion or vegemite and cheese
- Quesedillas served on flour tortillas, with black beans, cheese, tomato, avocado, onion and capsicum
- Macaroni and Cheese with macaroni, shredded cheese, and milk.
- Chicken Veggie Noodles with noodles, frozen veggies, chicken breast, and chicken stock.
- Butter Chicken with chicken breast, rice, simmer sauce.
-

# NTOOSHC Term 1 Menu Plan



## Apple and sultana muffins



Preparation time: 10 - 15 minutes

Cooking time: 15 minutes

Ingredients	Makes 12	Makes 24	Makes 36	Makes 48
Margarine spread, melted	<b><math>\frac{1}{2}</math> cup</b> (190 g)	<b>1 cup</b> (250 g)	<b>1 <math>\frac{1}{2}</math> cups</b> (375 g)	<b>1 <math>\frac{1}{2}</math> cups</b> (375 g)
Brown sugar	<b><math>\frac{1}{2}</math> cup</b> (60 g)	<b><math>\frac{3}{4}</math> cup</b> (135 g)	<b>1 cup</b> (180 g)	<b>1 <math>\frac{1}{2}</math> cups</b> (240 g)
Eggs, beaten	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
Apples, cored and sliced	<b>2</b> (315 g)	<b>4</b> (630 g)	<b>6</b> (950 g)	<b>8</b> (1.26 kg)
or canned pie apples, unsweetened	<b>1 x 400 g can</b> (400 g)	<b>1 x 800 g can</b> (800 g)	<b>1 x 400 g + 800 g cans</b> (1.2 kg)	<b>2 x 800 g cans</b> (1.6 kg)
Reduced fat milk	<b><math>\frac{3}{4}</math> cup</b> (170 mL)	<b>1 <math>\frac{1}{2}</math> cups</b> (235 mL)	<b>2 cups</b> (500 mL)	<b>2 <math>\frac{1}{2}</math> cups</b> (670 mL)
Sultanas	<b><math>\frac{1}{2}</math> cup</b> (150 g)	<b>1 <math>\frac{1}{2}</math> cups</b> (300 g)	<b>2 <math>\frac{1}{2}</math> cups</b> (450 g)	<b>3 cups</b> (600 g)
Wholemeal self-raising flour	<b><math>\frac{1}{2}</math> cup</b> (105 g)	<b>1 <math>\frac{1}{2}</math> cups</b> (210 g)	<b>2 <math>\frac{1}{2}</math> cups</b> (315 g)	<b>3 cups</b> (420 g)
White self-raising flour	<b><math>\frac{1}{2}</math> cup</b> (100 g)	<b>1 <math>\frac{1}{2}</math> cup</b> (200 g)	<b>2 <math>\frac{1}{2}</math> cups</b> (300 g)	<b>3 cups</b> (405 g)
Mixed spice	<b>1 tsp</b>	<b>2 tsp</b>	<b>3 tsp</b>	<b>1 tbsp</b>



**Pie apples**  
To save time, use canned pie apples - they are unsweetened yet full of flavour. For this recipe, break them up with a fork or potato masher before adding to the cake mixture.

### Method

1. Preheat oven to 200°C. Brush a little margarine spread over muffin pans.
2. Combine remaining margarine spread with sugar, eggs, apples, milk and sultanas.
3. Sift the flours and spices and stir into the apple mixture until just combined (over-mixing creates tough muffins).
4. Divide the mixture between the prepared muffin pans.
5. Bake until risen, cooked through and golden brown, about 15 minutes.

# NTOOSHC Term 1 Menu Plan





Search Kidspot Kitchen

[Cooking with kids](https://www.kidspot.com.au/kitchen/recipes/collections/cooking-with-kids/) (<https://www.kidspot.com.au/kitchen/recipes/collections/cooking-with-kids/>) [Quick dinner ideas](https://www.kidspot.com.au/kitchen/recipes/collections/20-minute-dinner-recipes/) (<https://www.kidspot.com.au/kitchen/recipes/collections/20-minute-dinner-recipes/>) [20-ingredient recipes](https://www.kidspot.com.au/kitchen/recipes/collections/20-ingredient-recipes/) (<https://www.kidspot.com.au/kitchen/recipes/collections/20-ingredient-recipes/>) [Toddler food](https://www.kidspot.com.au/kitchen/recipes/collections/toddler-food-recipes/) (<https://www.kidspot.com.au/kitchen/recipes/collections/toddler-food-recipes/>)

## Healthy shepherd's pie

This healthy shepherd's pie recipe doesn't sacrifice taste for calories. It gives you a balance of carbs, lean meat and vegetables all in the one dish plus it's yummy to boot!



### ingredients

- 1kg potatoes (peeled, cubed)
- 2 tbs light sour cream
- 1 egg yolk
- 2 tbs olive oil
- 1kg lamb mince (lean)
- 2 garlic cloves (crushed)
- 1 onion (sliced)
- 2 carrots (grated, sliced)
- 1/2 cup frozen peas
- 2 tbs reduced fat margarine
- 2 tbs plain flour
- 2 cups chicken stock (liquid)
- 2 tbs Worcestershire sauce
- 3 tbs seeded mustard
- 1 tsp paprika

### method

1. Place potatoes in a saucepan and cover with water and bring to the boil. Salt and cook until tender.
2. In a frying pan cook the lamb for 5 minutes and then add the onion, carrots and garlic.
3. Cook for a further 5 minutes, stirring constantly. Stir the pan through and remove from heat and set aside.
4. In a separate frying pan, heat the low fat margarine and when bubbling sprinkle in the flour and stir until it starts to brown.
5. Add the Worcestershire sauce and whisk in the chicken stock, cooking until thickened.
6. Add the seeded mustard and whisk in.
7. Preheat the oven to 180°C.
8. Pour the sauce into the lamb mix and spoon into a casserole dish.
9. Drain and mash the potatoes until smooth. Stir through the egg yolk and sour cream. Spoon mashed potato over the lamb and sprinkle with paprika.
10. Bake for 20 minutes until the top is slightly golden.

# NTOOSHC Term 1 Menu Plan



## Breakfast crumble

This crumble also makes a great afternoon tea treat or dessert. Serve with reduced fat plain yoghurt for variety, try combination of apple and rhubarb, apple and pear or apricot (canned in unsweetened juice).



Preparation time: 10 minutes

Cooking time: 15 minutes if using canned pie apples  
30 minutes if stewing fresh apples

Ingredients	Makes 10	Makes 20	Makes 30
<b>Apple filling</b>			
Granny Smith apples	13 (2 kg)	26 (4 kg)	39 (6 kg)
Unsweetened apple juice	1 cup (250 mL)	2 cups (500 mL)	3 cups (750 mL)
or canned pie apple fruit, unsweetened	3 x 800 g cans (2.4 kg)	6 x 800 g cans (4.8 kg)	9 x 800 g cans (7.2 kg)
<b>Crumble topping</b>			
Untoasted muesli	2 cups (235 g)	4 cups (470 g)	6 cups (700 g)
Wholemeal flour	¾ cup (105 g)	1½ cups (210 g)	2¼ cups (315 g)
Brown sugar	¾ cup (90 g)	1 cup (180 g)	1½ cups (225 g)
Ground cinnamon	1 tsp	2 tsp	3 tsp
Margarine spread, melted	4 tbsp (80 g)	¾ cup (165 g)	1 cup (250 g)

### Method

1. If using fresh apples, peel, core and slice them and place in a large saucepan. Add the apple juice, cover and bring to the boil. Reduce the heat to low-medium and cook until the apples become pulpy, 10-15 minutes.
2. Preheat oven to 180°C.
3. Spread the stewed or canned apples out in an even layer in a large baking dish.
4. To prepare the crumble, combine the muesli, flour, sugar and cinnamon.
5. Using your fingers, gradually work in the margarine spread.
6. Sprinkle the crumble topping over the apples and bake in the preheated oven until golden brown, about 15-30 minutes.





# NTOOSHC Term 1 Menu Plan





## Black bean quesadillas

**Makes: 4**

**Serves: 4**

**Preparation time: 5 minutes**

**Cooking time: 15 minutes**

### Ingredients

---

Olive oil spray

½ onion, sliced

½ red capsicum, sliced

½ cup can black beans, drained

¼ tsp garlic powder

¼ tsp onion powder

¼ tsp paprika

2 tsp ground cumin

½ cup water

2 avocados, peeled & sliced

½ bunch coriander, chopped

½ lemon juiced

4 wholemeal tortillas or wraps

1 tomato, diced

1 cup reduced-fat cheddar cheese, grated

Pinch of salt

4 tbsp light sour cream

### Method

---

Spray a non-stick fry pan with olive oil and heat over medium-high heat. Saute the onion and capsicum for 2-3 minutes or until tender. Add the black beans, garlic powder, onion powder, paprika and cumin. Add the water to the pan. Stir and cook for another minute. Transfer mixture into a small bowl and set aside.

In a small bowl, mash the avocados with a fork and mix in the coriander and lemon juice, season with salt and pepper to taste.

# NTOOSHC Term 1 Menu Plan





## Kids' quiches



★★★★★

0:25 Prep • 0:23 Cook • Makes 12 • Capable cooks

Let your kids help you make these individual bacon, mushroom and cheese quiches. They make excellent lunch box fillers too.

### INGREDIENTS

- 12 wonton wrappers
- 1 teaspoon olive oil
- 100g rindless shortcut bacon, chopped
- 100g button mushrooms, sliced
- 1 medium tomato, deseeded, chopped
- 1 tablespoon finely chopped fresh flat-leaf parsley leaves
- 2 eggs
- 1/2 cup reduced-fat milk
- 1/4 cup grated reduced-fat cheese

### METHOD

**Step 1** Preheat oven to 200°C/180° fan-forced. Lightly grease two 1/3 cup-capacity, 6-hole muffin pans.

#### Step 2

Place 1 wonton wrapper in each hole. Press down firmly to line base and sides.

**Step 3** Heat oil in a medium non-stick frying pan over medium-high heat. Add bacon and mushrooms. Cook, stirring occasionally, for 5 to 7 minutes or until bacon is crisp and mushrooms tender. Transfer to a bowl. Set aside to cool.

**Step 4** Add tomato and parsley to bacon mixture. Whisk eggs and milk together in a jug. Divide bacon mixture between muffin holes. Pour over egg mixture. Sprinkle with cheese. Bake for 18 to 20 minutes or until egg is set. Cool in