

Menu Plan (Vegetarian)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
BREAKFAST	Breakfast options Toast with marmite/jam/low fat cheese Cereal with low fat milk/yoghurt Fruit salad (2 pieces fruit chopped up) with yoghurt								
	MORNING TEA – 1 snack and unlimited fruit								
	Lunch options for parents, adult children or children at home								
LUNCH	Wholegrain bread sandwich with hummus, low fat cheese and salad, fruit	Leftover falafel with pita bread, fruit	Cheese and sweetcorn toasted sandwiches	Wholegrain bread sandwich with avocado, low fat cheese and salad	Vegetable omelette	Leftover pizzas	Potato pikelets		
	Lunch options for children attending school								
	Wholegrain bread sandwich with hummus, low fat cheese and salad, fruit	Pita bread with egg and salad, fruit	Rice cakes (4) with marmite or jam, etc, low-fat yoghurt, fruit	Stuffed pita bread with salad, bag of chopped vegetables, fruit	Sandwich with egg and salad, fruit				
	AFTERNOON TEA – 1 snack and unlimited fruit								
	DINNER	Chilli bean falafel with pita bread	Spaghetti Puttanesca	Italian chickpea salad	Tortilla pie	Homemade vegetarian pizzas	Vegetarian minestrone	Vegetarian tortellini Jelly fruit cups	
		SNACKS – Fruit, snack drawer or refrigerated snack							

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Shopping List

Fruit and veges

- Bananas 2 large bunches
- Apples 2 bags
- Mandarins 1 kg
- Kiwifruit ½ kg
- Red onion 4
- Pears 1 bag
- Grapes med bunch
- Onion 4
- Garlic 1
- Cherry tomatoes 1 punnet
- Telegraph cucumber 1
- Lime 1
- Button mushrooms 125g
- Pumpkin ½
- Potatoes 3
- Kumara 1
- Zucchini 2
- Spinach or silverbeet 1 packet
- Carrots 2
- Tomatoes 9
- Favourite sprouts 1 container
- Green beans or snow peas 150g
- Red pepper 2
- Cabbage (red or green) ½
- Broccoli 2
- Lettuce 1
- Spring onion 1 bunch
- Radishes 4
- Cos lettuce ½
- Chinese cabbage ½
- Fresh coriander or parsley 1 bunch
- Fresh mint 1 bunch
- Frozen veges 1 packet
- Mushrooms 1 handful

Breads, cereals, pasta and rice

- Wholemeal pita bread 2 x 5 pack
- Burritos 5
- Wholegrain bread (e.g. Burgen, Vogel's, or Signature Range) 3 loaves

- Bread rolls (wholemeal/wholegrain) 1 x 6 pack
- Weetbix or Sultana Bran 1 box
- Rolled oats 1 bag
- Wholemeal flour 1 bag
- Flour 1 bag
- Rice cakes 3 pkts
- Couscous 1 packet
- Spaghetti 1 packet
- Fresh spinach and cheese tortellini 1 packet
- Long grain rice 1 x 1kg bag
- Brown rice 1 x 1kg bag

Dairy

- Milk (yellow top) 4 x 2l
- Parmesan 100g
- Low-fat fruit yoghurt 2 x 6 pack
- Edam cheese 1kg
- Lite margarine/spread 1 tub
- Lite cream cheese 1 sml tub
- Eggs 15

Other

- Oil spray 1 can
- Olive oil 1 bottle
- Sesame oil 1 bottle
- Sugar 1 bag
- Baking powder 1 container
- Baked beans 4 tins
- Lite peanut butter (crunchy) 1 jar
- Marmite 1 jar
- Jam 1 jar
- Balsamic vinegar sml bottle
- Apple cider vinegar sml bottle
- Baking soda 1 packet
- Cornflour 1 packet
- Wholemeal flour 1 500g bag
- Refried beans 250g
- Kidney beans 1 x 400g cans
- Chili beans 1 x 425g can
- Chickpeas in brine 1 can
- Cannellini beans 1 can

- Creamed sweet corn 1 can
- Baby corn 1 can
- Tiny dried "bird's eye" chillies 2
- Italian style canned tomatoes 1 can
- Tomato paste 2 x 130g cans
- Chopped tomatoes 1 can
- Capers 1 jar
- Oregano 1 shaker
- Pesto 1 jar
- Black pitted olives 1 jar
- Italian balsamic vinaigrette dressing 1 bottle
- Low fat coleslaw dressing bottle
- Mixed herbs 1 shaker
- Lite mayonnaise 1 jar
- Vegetable stock cubes 1 pack
- Raisins 1 x 12 pack
- Popcorn kernels 250g
- Rosemary, paprika, nutmeg, salt, pepper, cinnamon 1 shaker ea
- Ginger 1 sml pkt
- Ground black pepper 1 sml pkt
- Lemon juice 1
- Minced garlic 1 jar
- Breadcrumbs 1 pkt
- Beetroot slices 2 tins

Adjust quantities to suit your family size

Recipes



Vegetable Omelette

Eggs 8 large at room temperature

Milk 8 tablespoons

Salt ½ teaspoon

Olive oil 1 teaspoon

Ground black pepper

Mixed veges 1 cup of chopped vegetables of choice e.g. capsicum, onion, broccoli, spring onions

- Split the recipe and cook in two separate batches.
- Firstly, break 4 of the eggs into a bowl, add 4 tablespoons milk, salt and pepper and beat lightly with a fork.
- Heat a frying pan to hot, add olive oil. Pour in egg mixture. Cook for about 20 seconds for the eggs to heat and start to set.
- Use a spatula to lift the set egg in the middle of the pan and push towards the outside, allowing the remaining liquid mix to run underneath into the centre to cook. Lift and tilt the pan. Do not stir or you will end up scrambled eggs.
- When the mix looks nearly set, but still soft, reduce heat and leave about 40 seconds until just set on top.
- Add ½ of the vegetables to ½ of the set eggs. Fold the plain omelette over the half with the filling.
- To serve, tilt the omelette onto a plate. Cut in half for two people. Repeat with remaining ingredients.

Cheese and Sweetcorn Toastie

Per person:

Wholegrain toast 2 slices

Creamed sweetcorn 1 small tin

Edam cheese 1 handful grated

- Spread sweetcorn evenly over one slice and top with grated cheese. Put other slice of bread on top and cook in sandwich press or toasted sandwich maker. If grilling in oven, make two 'open' sandwiches and grill side by side.

Asian-inspired Coleslaw

Chinese cabbage – shredded

Baby corn 425g can, drained and halved

Red pepper 1 finely sliced

Cucumber ½ halved and finely sliced

Spring onions 1 bunch, sliced diagonally

Radishes 4 sliced

Cashews ½ cup toasted

Favourite sprouts (optional) handful

Dressing:

Lime rind 1 tsp finely grated

Lime juice 2 tbsp

Vegetable stock 2 tbsp

Oil 2 tbsp

Sesame oil 2 tbsp

Mint 2 tbsp freshly chopped

Coriander 2 tbsp freshly chopped

- In a large bowl, toss together the cabbage, corn, red pepper, cucumber, spring onion, radish, cashews and sprouts, if using.
- Stir together all the dressing ingredients and toss through the cabbage mix. Season with salt and pepper. Cover and stand for 10 minutes before serving.

Chilli Bean Falafels

Chilli beans 1 425g can

Onion 1 peeled and chopped

Minced garlic 1 tsp

Couscous ½ cup

Fresh coriander or parsley ½ cup chopped

Baking soda 1 tsp

Lite mayonnaise ½ cup

Fresh mint 2 tbsp chopped

Wholemeal pita bread 5 medium

Tomatoes 2-3 cut into wedges

Cos lettuce, trim off coarse leaves and wash

Red onion ½ peeled and sliced

Telegraph cucumber ½

- Pulse chilli beans, onion and garlic in a food processor, until roughly chopped.
- Turn into a bowl, sprinkle with couscous, mix well, cover with cling film and refrigerate for at least 30 minutes or until the mixture is firm to touch.
- Add the coriander, baking soda and season with salt and pepper. Mix well. Roll into balls and flatten slightly.
- Heat a little oil in a large frying pan and cook the falafels for 2-3 minutes on each side until crisp and golden.
- Combine mayonnaise with the mint. Serve the falafels with salad in pita breads topped with minty mayonnaise.



Recipes

Tortilla Pie

Tortillas or burritos 4
Refried beans 1
Pumpkin ½ cooked and mashed
Spinach or silverbeet 1 bunch
Edam cheese ½ cup
Milk ½ cup
Salt
Pepper
Cabbage (red or green) 2 cups, finely shredded.
Carrot 2, grated
Red onion ½ finely sliced
Low fat coleslaw dressing ½ cup

- Cut the pumpkin into chunks and boil in a pot of water until tender. Mash using the milk, and add salt and pepper.
- In another pot of boiling water, cook the spinach or silverbeet for about 1 minute. Drain and set aside. Place a tortilla in an oven dish or tray and layer with 1/3 of the beans, a large amount of spinach or silverbeet, and mashed pumpkin. Repeat this 2 more times, and finally place the last tortilla on the top. Sprinkle the grated cheese on the top and cook under the grill for 15-20 minutes.
- To make the coleslaw mix together the chopped cabbage, carrot, red onion and coleslaw dressing.
- Cut the pie into 4 and serve with coleslaw.



Fruit Salad with Yoghurt

Spaghetti Puttanesca

Olive oil 75ml
Garlic cloves 2 crushed
Tiny dried "bird's eye" chillies 2 crushed
Italian-style canned tomatoes in juice 600g mashed
Tomato paste 2 tbsp
Capers 1 tbsp drained and, if large, chopped
Oregano 1 tsp dried, or 1 tbsp fresh finely chopped
Black olives 50g pitted and chopped
Spaghetti 500g
Parmesan freshly grated

- Put olive oil in a heavy-based saucepan on low to medium heat and add the garlic. Saute until it is a pale biscuit colour, then stir in the chillies. Carefully tip in the tomatoes, tomato paste, capers, oregano and a few large pinches of salt and black pepper.
- Bring the sauce to boil, lower the heat and cook gently, stirring occasionally, for 25-30 minutes or until the tomatoes are pulpy. Add the olives.
- Meanwhile, cook the pasta in plenty of gently boiling, well-salted water until al dente. Drain briefly and turn it into a heated serving dish. Pour on ½ of the sauce, quickly toss together, then top with the rest of the sauce. Serve immediately with parmesan

Fruit Salad with Yoghurt

Fruit 4 cups, chopped. Include any fresh or tinned fruit e.g. apples, oranges, banana, grapes, pears
Low-fat yoghurt 2 x 150g pottles

- Combine all ingredients in a bowl. Serve.



Spaghetti Puttanesca

Italian Chickpea Salad

Chickpeas in brine 300g can, well drained
Button mushrooms 125g quartered
Parsley ½ cup chopped
Italian balsamic vinaigrette dressing ½ cup
Red onions 2 peeled and quartered
Oil
Tomatoes 4 quartered
Red pepper 1 diced
Green beans or snow peas 150g blanched

- Soak the chickpeas, mushrooms, parsley and Italian balsamic vinaigrette dressing together for about 15 minutes.
- Drizzle the red onions with the oil and roast at 220°C for 15 minutes.
- Arrange the tomatoes, red pepper, green beans and warm onions on a platter.
- Spoon the marinated mushrooms and chickpeas on top. Cover and stand for 30 minutes before

Recipes

Pita Pizzas

Pita bread 5 wholemeal

Tomato paste 1 x 130g tin

Garlic chopped or crushed

Mixed herbs

Pepper

Vegetables any of the following:

kidney beans, capsicum, tomato,

spinach, broccoli, corn kernels,

mushrooms, onion, roast pumpkin,

roast kumara.

Edam cheese grated

- Preheat the oven to 180 degrees, fan bake.
- Split the pita breads into 2 rounds. Place on a baking tray and spread each round with tomato paste. Sprinkle with garlic, pepper and mixed herbs if desired. Top with lots of vegetables and sprinkle with cheese.
- Place in the oven and cook until the pita breads are hard on the bottom, and the cheese has melted.
- Serves 4 (take the leftovers for lunch the next day)

Vegetarian Minestrone

Onion 2 sliced

Olive oil

Chopped tomatoes 400g can

Frozen vege mix 500g

Zucchini 2 sliced

Vegetable stock 2

Cannellini beans 400g can

Pesto

- Fry the onion in a little oil for two minutes, add the tomatoes and cook for a minute and then add the vegetables and stock.
- Bring to the boil and simmer for five minutes, then add the beans and simmer for another five minutes.
- Season and serve with a tablespoon of pesto on top.

CHECK QUANTITIES IN RECIPE

Fruit Crumble

Fruit 4 cups, chopped (fresh, frozen or tinned e.g. rhubarb, apple, pear, peaches, apricots, berries etc)

Rolled oats 1 cup

Wholemeal flour 1 cup

Cinnamon 1 teaspoon

Ginger ½ teaspoon

Sugar ½ cup

Sunflower seeds 1 handful

Low-fat milk 6 tablespoons

- Preheat the oven to 180 degrees.
- In a bowl, mix together the rolled oats, cinnamon, ginger, flour, sugar and sunflower seeds. Stir in the milk so that mixture binds together when pressed but is not sticky or wet.
- Place the fruit in a baking dish, cover with the crumble topping and bake in the oven for approximately 20 minutes, or until the topping has browned and looks crisp.
- Serve the crumble with low-fat milk, yoghurt, or custard.

Potato Pikelets

Flour 1 cup

Baking powder 1 teaspoon

Milk ½ cup

Egg 1

Margarine melted, 20g

Garlic crushed, 1 teaspoon

Onion finely chopped, 1

Grated potato ½ cup

- Place flour and baking powder in a bowl; gradually stir in combined milk, egg and margarine. Stir in remaining ingredients. Place spoonfuls of mixture into heated oiled pan, cook until bubbles appear, turn then cook until brown.
- Serve with salsa and sour cream.



Vegetarian Tortellini

Fresh spinach and cheese tortellini 500g pack

Olive oil 1 tbsp

Cherry tomatoes 500g pack

Fresh parsley 1 bunch – leaves chopped roughly

Parmesan cheese 5 tbsp finely grated

- Boil the pasta for two minutes until just cooked. Meanwhile, heat the oil in the frying pan and sizzle the tomatoes until they start to blister.
- When the pasta is cooked, drain it quickly, reserving some cooking water. Put the tomatoes back on a high heat. Tip in the pasta, parsley, a splash of cooking water and most of the parmesan. Bubble everything together, season to taste. Serve with remaining parmesan.

Recipes

Scrambled Eggs on Toast

Eggs 6

Milk 6 tablespoons

Salt 1 teaspoon

Parsley or chives 1 handful, chopped

Oil spray (not required if using the microwave)

Pepper

Toast 1-2 slices each

- In the microwave (preferred method) Lightly beat the eggs, milk, salt and pepper in a microwave-proof bowl or jug. Cook on high for 1 minute 30 seconds. Stir the outside edges of the egg mixture into the centre and microwave for another 45 seconds. Stir gently and fold in the parsley or chives. Serve on toast.
- In a non-stick pan In a bowl, lightly beat the egg with the milk, salt and pepper. Spray the pan with oil spray. Pour in the egg mixture and cook over a low heat. Using a spoon, gently push the mixture from the outside of the pan to the centre to allow it to cook evenly. Do not stir too vigorously as scrambled eggs should have lots of large clots of cooked egg. Stir in the parsley or chives and serve on the toast.



Scrambled Eggs on Toast

Porridge

Per person:

Rollled oats ½ cup

Milk or water 1¼ cups

Sultanas ½ cup

Apple ½, chopped

- Stovetop: Mix the oats and the milk or water together in a saucepan. Bring to the boil, stirring occasionally. Cook for about 3 minutes or until desired consistency is reached. Stir through sultanas and top with chopped apple.
- Microwave: Mix the oats and milk or water together in a microwave-proof bowl or jug. Microwave on high for 1 minute 20 seconds. Stir gently then return to the microwave and cook for 1 minute. Stir through sultanas and top with chopped apple.

Popcorn

Per serve:

Vegetable oil 1 tablespoon

Popping corn ¼ cup

- Coat the bottom of a saucepan with the oil and heat over a medium to high heat.
- When the oil is hot, add the popping corn. Put a lid on the saucepan and shake to make sure all of the popcorn kernels are covered in oil.
- Let the kernels cook and shake the saucepan occasionally to stop the popcorn from burning. When the popping slows to 3 to 5 seconds between pops remove the saucepan from the element and turn off the heat. Pour the popcorn into a bowl.



Porridge