



# Menu Suggestions and Sample Weekly Menu For:

**Gluten, Dairy, Corn & Soy Free**  
**Colour, Flavour & Preservative Free**  
**Low Oxalate**

*(Note: these are just general suggestions - not all items will be suitable for your children - choose items that suit your child's likes and also individual dietary restrictions)*

## Breakfast

White Rice Toast with Nuttelex or Coconut Oil & Honey	Puffed White Rice & Homemade Rice Milk
Pancakes <i>(made with white rice flour or coconut flour)</i> & lots of eggs	Pumpkin Seed Muffins
Scrambled Eggs	Pumpkin Muffins
Fried Eggs	French Toast <i>(made with white rice flour bread)</i>
Omelettes (with low oxalate vegies)	Soup (made with homemade bone broth, meat & low oxalate vegies)
Boiled Eggs with White Rice Toast "soldiers"	Rissoles (made with meat & heaps of low oxalate vegies)

## Lunch

Fritters made with grated low oxalate vegies and eggs (can also add chopped left over meat)	Chicken Salad (Chicken, lettuce, tomato, avocado, red capsicum, cucumber & mayonnaise)
Pikelets (made with white rice or coconut flour)	"Lunch Cake" or buns (made with white rice flour or coconut flour with meat and vegies in them)
Wraps made with egg & filled with iceberg or cos lettuce, meat, tomatoes, etc	Left over dinners eg
Wraps make with iceberg lettuce & filled with meat, etc	Fried Rice
Fresh Spring Rolls made with Rice Paper & filled with meat, lettuce, rice or bean vermicelli noodles, etc	Chicken Nuggets & Chips
	Rissoles & Veggies or Salad
	Sausages & Veggies or Salad

## Dinner

Basically any Meat & Low Oxalate Veggies	Indian Style Beef Curry & Rice
Fried Rice (using white rice only)	Chicken Nuggets & Chips
Chinese Style Stir Fried Meat & Veggies & White Rice	Veal Schnitzel
Spaghetti Bolognese sauce with white rice pasta	Cottage Pie (Savoury Mince topped with mashed pumpkin)
Savoury Mince (Spag Bol sauce without the pasta)	Sang Choy Bow (Savoury Meat in Lettuce Cups)
Sausages & Low Oxalate Veggies	Meat Loaf
Crumbed Cutlets	Chilli Con Carne
Rissoles	Chicken Risotto
Thai Style Red or Green Chicken Curry & Rice	

Roast Meat, Baked Pumpkin, & Veggies (eg cauliflower, zucchini, peas, etc)

Casserole

Soup

Pizza - make base with LO flour & use mashed pumpkin, or mashed lentils as a base and then top with chopped cooked meat & chopped veggies (*hint: grated peeled zucchini looks like "cheese"*)

## Snacks

Fruit (see List of Low Oxalate Fruits)

Plain Sakata Rice Crackers

White Rice "cruskit" type crackers

Cup Cakes

Muffins

Biscuits

Pikelets

Chicknuts (roasted chickpeas)

Red Rock Deli Sea Salt Chips (occasionally - I save these for parties)

Dips eg: Homous (homemade without tahini), lentil dip, guacamole, mayonnaise, etc) & Crackers &/or Veggie Sticks

### Low Oxalate Sweeteners -

White or light brown sugar, Pure Maple Syrup, Golden Syrup, Honey, Agave Nectar

Possibly:

Tiny amount of stevia (*high oxalate, but in tiny amounts would not add too much to total oxalate count of meal*)

NOT:

Xylitol,

### Very Low Oxalate Vegetables:

avocado, bok choy, broccoli, brussel sprouts, cabbage, capsicum, sweet red only (not green)cauliflower, cucumber, kohlrabi, lettuce, butter, lettuce, Iceburg, lettuce, cos, mushrooms, onion, peas, , pumpkin, radish, red, radish, white, squash, acorn, zucchini, turnip, (if tolerated)

### Low Oxalate Vegetables:

asparagus, yellow squash

### Low - Medium Vegetables:

eggplant, green capsicum, snow peas, split peas, white potatoes, tomatoes

### Very Low Oxalate Fruit:

black current juice, rockmelon, cherries, cherry juice, coconut, white grape juice, green grapes, red grapes, honeydew, lemon juice, passion fruit, pineapple juice, plum, yellow plum, watermelon

### Low Oxalate Fruit:

green apple, red apple, apricot, cranberries, lime (half), mango, navel orange, papaya, peach, pear, pineapple, raisins, strawberries

### Low - Medium Oxalate Fruit:

banana, red grape juice

## Sample Weekly Menu - GF, CF, Soy Free, Corn Free, Colour, Flavour, Preservative Free, Low Oxalate

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Omelette (with LO veggies)	Rissoles	Puffed White rice & homemade Rice Milk	Chicken Soup	Boiled Egg with White Rice Toast Fingers	Pancakes ( <i>White rice flour or coconut flour</i> ) with honey or Maple Syrup	Scrambled Eggs with white rice Toast, grilled tomato & mushrooms
Morning tea	Coconut Flour Biscuits	Fruit - eg rockmelon, watermelon, strawberries	Pumpkin Seed Muffins	Plain Sakata rice crackers with dip eg lentil dip, guacamole, mayonnaise or homous,	Pikelets with honey	Chicknuts & a few macadamia nuts	Rice Flour biscuits
Lunch	Meatballs ( <i>with veggies in the meatballs</i> )	Fried Rice	Spring Rolls	Fritters (grated veggies & eggs)	Chicken Wings or drumsticks or nuggets & oven fries	Lettuce Wraps	Sausages & Salad
Afternoon Tea	Patty Cake	Guacamole with crackers & cucumber & red capsicum sticks	Fruit	Rice Flour Biscuits	Muffin	Rice (cruskit type) Crackers with honey	Small amount of Red Rock Deli Chips
Dinner	Chicken Casserole	Lamb Chops & Veggies	Cottage Pie topped with mashed pumpkin	Sang Choy Bow ( <i>ie Savoury Mince in Lettuce cups</i> )	Pizza with mashed pumpkin or mashed lentils as base, then add meat and veggies	Chicken and Salad	Spaghetti Bolognese or Savoury Mince ( <i>ie with or without the pasta</i> )