



Menu Suggestions and Sample Weekly Menu For:

Gluten, Dairy, Corn & Soy Free

Colour, Flavour & Preservative Free

(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

GF Toast with Nuttelex or Coconut Oil & Honey, Jam, Nut spread, etc

Pancakes (*made with GF flour*) & lots of eggs

Scrambled Eggs, grilled tomatoes & mushrooms

Fried Eggs & GF Bacon

Omelettes (with vegies)

Boiled Eggs with GF Toast "soldiers"

GF Cereal & Rice Milk

Puffed GF grains eg Millet, Amaranth, Quinoa, Rice, Buckwheat (or a combination) & Rice Milk

"Muesli" made from a combination of puffed and or rolled GF grains & nuts and dried fruit

Porridge made with rolled rice flakes or one of the other gluten free grains

Muffins

French Toast (*made with GF bread*)

Soup (made with homemade bone broth, meat & veggies)

Rissoles (made with meat & heaps of veggies)

Baked Beans on GF Toast

Fruit Smoothie (made with fruit, ground nuts & coconut or rice milk & honey)

Lunch

Fritters made with grated vegies and eggs (can also add chopped left over meat)

Pikelets (made with GF flour) & topped with honey, jam, etc

Wraps made with egg & filled with meat & salad

Wraps made with iceberg lettuce & filled with meat, etc

Fresh Spring Rolls made with Rice Paper & filled with meat, lettuce, rice or bean vermicelli noodles, etc

Chicken Salad

Nori Rolls

"Lunch Cake" or buns (made with GF flour with meat and veggies in them)

Baked Beans on GF Toast

Crustless Quiche

Left over dinners eg

Fried Rice

Chicken Nuggets & Chips

Rissoles & Veggies or Salad

Sausages & Veggies or Salad

Dinner

Basically any Meat & Veggies

Fried Rice

Chinese Style Stir Fried Meat & Veggies & Rice

Spaghetti Bolognese sauce with rice pasta

Savoury Mince (Spag Bol sauce without the pasta)

Sausages, Mashed potato & Veggies

Crumbed Cutlets

Rissoles

Chicken Nuggets & Chips

Veal Schnitzel

Cottage Pie (Savoury Mince topped with mashed potato, sweet potato, or pumpkin)

Sang Choy Bow (Savoury Meat in Lettuce Cups)

Meat Loaf

Chilli Con Carne

Chicken Risotto

Baked Dinner eg Roast Meat, Baked Potato, Pumpkin,
& Veggies & gravy made from home made bone broth

Casseroles

Soups

Thai Style Red or Green Chicken Curry & Rice

Indian Style Beef Curry & Rice

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

Snacks

Fruit

Plain Sakata Rice Crackers

GF "cruskit type" crackers

Cup Cakes

Muffins

Biscuits

Pikelets

Chicknuts (roasted chickpeas)

Red Rock Deli Sea Salt Chips

Dips eg: Homous, lentil dip, guacamole, mayonnaise,
etc) & Crackers &/or Veggie Sticks

Trail Mix eg (Dried Fruit (*sulphite free*) & Nuts

Sample Weekly Menu - GF, Soy Free, Corn Free, Colour, Flavour, Preservative Free

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Omelette (with veggies)	Rissoles	GF Cereal & Rice Milk	Chicken Soup	Boiled Egg with GF Toast Fingers	Pancakes with honey or Maple Syrup	Scrambled Eggs with GF Toast, grilled tomato & mushrooms
Morning tea	Coconut Flour Biscuits	Fruit	Pumpkin Seed Muffins	Plain Sakata rice crackers with dip eg lentil dip, guacamole, mayonnaise or homous,	Pikelets with honey or jam	Trail Mix - mix or dried fruits & 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 & veggie sticks	Fruit	Rice Flour Biscuits	Muffin	GF (cruskit type) Crackers with honey or nut spread	Red Rock Deli Chips
Dinner	Red Chicken Curry & rice	Lamb Chops & Veggies	Cottage Pie topped with mashed potato	Sang Choy Bow (<i>ie Savoury Mince in Lettuce cups</i>)	Pizza	Chicken and Salad	Spaghetti Bolognese or Savoury Mince (<i>ie with or without the pasta</i>)