



Menu Suggestions and Sample Weekly Menu For:

Gluten, Dairy, Corn & Soy Free

Colour, Flavour & Preservative Free

Low Salicylate

(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 & Golden Syrup
Pancakes
Scrambled Eggs
Fried Eggs
Omelettes (with low Salicylate vegies)
Boiled Eggs with GF Toast "soldiers"
Puffed Rice & Rice Milk
Puffed Millet & Rice Milk

Puffed Amaranth & Rice Milk
Puffed Quinoa & Rice Milk
Puffed Buckwheat & Rice Milk
"Muesli" made from a combination of puffed GF grains & raw cashews (limit 10 per day)
Porridge made with rolled rice flakes or one of the other gluten free grains
Muffins
French Toast

Lunch

Fritters made with grated low Salicylate vegies and eggs (can also add chopped left over meat)
Pikelets
Wraps made with egg & filled with iceberg lettuce, meat, etc
Wraps made with iceberg lettuce & filled with meat, etc
Fresh Spring Rolls made with Rice Paper & filled with meat, iceberg lettuce, rice or bean vermicelli noodles, etc

"Lunch Cake" or buns (with meat and veggies in them)
Left over dinners eg
Fried Rice
Chicken Nuggets & Chips
Rissoles & Veggies
Sausages & Veggies

Dinner

Basically any Meat & Low Salicylate Veggies
Fried Rice
Stir Fried Veggies & Rice
Spaghetti Bolognese sauce with rice pasta
Sausages & Low Salicylate Veggies (eg mashed potato, cabbage, etc)
Crumbed Cutlets
Rissoles
Chicken Nuggets & Chips
Veal Schnitzel
Sang Choy Bow (Savoury Meat in Lettuce Cups)

Meat Loaf
Chilli Con Carne
Chicken Risotto
Roast Meat, Baked Potato, & Veggies (eg beans, cabbage, swede, brussel sprouts, chokos, etc)
Casserole
Soup
Pizza - make base with gf flour & use mashed potato, or mashed lentils, or mashed red kidney beans as a base and then top with chopped cooked meat & chopped veggies

Snacks

Fruit (Soft, Ripe, Peeled Pear only, OR Tinned Pear in Syrup Not Juice) limit - 1- 2 per day

Sakata Rice Crackers

White Rice "cruskit" type crackers

Brown Rice Cakes

Cup Cakes

Muffins

Biscuits

Pikelets

Chicknuts (roasted chickpeas)

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

Raw veggies - eg Celery sticks, Green Beans, Choko, etc with dip

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

Low Salicylate Sweeteners - White or light brown sugar, Pure Maple Syrup, Golden Syrup

Possibly: - Xylitol, Agave Nectar, and tiny amount of stevia

NOT: - Honey

Low Salicylate Vegetables: Potatoes (white only), Swedes, Brussel Sprouts, Cabbage, Red Cabbage, Green Beans, Celery, Iceberg Lettuce, Chokos, Leeks, Garlic, Chives, Shallots
Canned or Dried Beans (eg Kidney Beans, Butter Beans, Canellini beans, borlotti beans, chick peas),
Lentils, Mung Bean Sprouts, Bamboo Shoots

Low Salicylate Fruit: Pears (peeled, ripe, soft, juicy only)

Pears canned in syrup (not juice)

Baby Pear puree (eg Heinz)

Limit 1 - 2 whole pears per day - (some may not even tolerate this much)

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Omelette	Muesli & Rice Milk	Scrambled Eggs with GF Toast	Rice Porridge	Boiled Egg with GF Toast Fingers	Puffed Quinoa & Rice	Buckwheat Pancakes with Maple Syrup or Golden Syrup
Morning tea	(Steamed) Chickpea Flour Biscuits	Peeled Pear	Rice Cakes with golden syrup or cashew paste	Veggie Sticks - eg celery, green beans, Raw choko, etc with dip eg lentil dip, mayonnaise, homous,	Pikelets with Pear Jam or Golden Syrup	Mixture of Chicknuts & cashews	Rice Flour biscuits
Lunch	Fried Rice	Meatballs (<i>with veggies in the meatballs</i>)	Spring Rolls	Fritters (grated veggies & eggs)	Chicken Wings or drumsticks or nuggets & oven fries	Lettuce Wraps	Sausages & raw veggie sticks
Afternoon Tea	Patty Cake	Rice Cakes with Cashew Spread	Peeled Pear or veggie sticks	Brown Rice Chips	Muffin	Rice & Millet Crackers with golden syrup or maple syrup	Small amount of Red Rock Deli Chips
Dinner	Chicken Casserole	Lamb Chops & Veggies	Cottage Pie	Sang Choy Bow (<i>ie Savoury Mince in Lettuce cups</i>)	Pizza with mashed Potato or mashed lentils, or mashed kidney beans as base, then add meat and veggies	Chicken and Salad, coleslaw, etc	Spaghetti Bolognese or Savoury Mince (<i>ie with or without the pasta</i>)