



***Vegan***

***Menu***

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***Recipes***

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# Vegan Meal Preparation

***This menu is free from:  
Egg, Dairy, Meat, Gelatin and Shellfish***

## ***Before preparing meals***

1. Check dietary lists, guests with allergies must receive meals from the allergy menu as a first option with adjustments to allow for veganism where possible.
2. Ensure you thoroughly wash hands before preparing food and when switching between preparing Standard Menu and Allergen-Free and Vegan Menu
3. Only use the following oils specified as others may contain additives containing allergens:
  - **Coles - Canola Oil** (liquid)
  - **Cobram - Estate Olive Oil** (spray)
  - **ProChef - Olive Oil** (spray)
4. If you find another brand of oil or an item in the pantry that is not on the approved list please place it in the staff box.

## ***Serving***

1. Vegan meals are to be prepared using clean pots, pans and utensils.
2. Vegan meals are to be served after Vegetarian meals.



# *Breakfast*



# Continental Breakfast

Cereal Options	Toast Spreads	Side Options	Milk Options
Cornflakes	Nuttlex	Goulburn Valley Peaches	Soy Milk
Coco pops	Strawberry Jam	Orange Juice	Oat Milk
Nutri Grain	Raspberry Jam	Apple Juice	
Weetbix			
Rice Bubbles			

## Preparation & Serving

1. Students on the Vegan Menu for breakfast can be served with students having the standard menu but offered alternative milks.



# Tomato Wrap

## Camp Out Breakfast

<i>Old El Paso GF Wrap</i>	<i>1 per person</i>
<i>Sliced Tomato</i>	<i>As Required</i>
<i>Tomato Sauce</i>	<i>As Required</i>
<i>BBQ Sauce</i>	<i>As Required</i>
<i>Plant Based Cheese</i>	

## Preparation

1. Thickly cut tomato and cook in a pan and pop aside wrapped in foil

## Serving

1. Serve wrap on a plate with tomato or BBQ sauce
2. No egg



# *Morning & Afternoon Tea*



# Vegan Chocolate Cake

All Age Groups	Serves
Orgran Chocolate Muffin Mix	1 pkt serves 6-8
Orgran Chocolate Cake Mix	1 pkt serves 6-8
Oil (Liquid)	As needed

## Preparation

1. Follow packet instructions for vegan option and cooking (No egg or Butter).
2. Cook in patty pans.
3. Once cooled, place in plastic containers and label with student names to be served fresh.
4. Left overs go in plastic containers, labelled Vegan + Allergy (if only a single cake left then wrap in glad wrap), label and place in freezer within 2 hours of cooking, adjusting freezer numbers.

## Serving

1. Serve from plastic containers.
2. Defrost portions as needed, adjusting freezer numbers when removed.



# Vegan Bush Cooking

All Age Groups	Serves
Orange	½
Banana	1 small or ½ large
Orgran Chocolate Muffin Mix	1 pkt serves 8
Orgran Chocolate Cake Mix	1 pkt serves 8
Oil (Liquid)	As needed

## Preparation

1. Follow packet preparation instructions for vegan option. If only making for a few students you can use half a packet – if you do, please seal and clearly label the packet with the amount used/left and keep it in the original box.
2. Place required portion of raw mix in a plastic container to take out for activity and label as Vegan/Allergen-Free mix with student names (excess mixture can be placed straight in the fridge for afternoon session or ask lunch staff to cook into cupcakes and add to freezer).
3. Pack container in small green cold bag with ice block and spoons (enough for each child on the Vegan menu).

## Serving

1. Students are to use spoons to carve out their orange. Place Vegan/Allergen-Free cake mix in orange skin shell. Wrap in foil and clearly mark so they can be clearly distinguished from Standard and Allergen-free cakes.
2. Please dispose of excess mixture that has been outside to activities – do not return to fridge.



# Crispbread with Tomatoes

## Saladas Alternative

All Age Groups	Serves
Orgran Crispbread Biscuits	2-4 per person
Nuttelelex Original	Optional
Tomato	4 slices per person
Coles Whole Black Peppercorn	Optional
Coles Himalayan Pink Salt	Optional

## Preparation

1. Prepare with bulk of food for standard menu.

## Serving

1. Serve with students having Standard Menu using tongs and gloves. Vegans will not have cheese.
2. Coles salt and pepper and Nuttelelex may be added.

# Damper

## Serving

1. Serve with golden syrup and black tea. No Butter



# Apple Muffins

All Age Groups	Serves
Orgran Vanilla Cake Mix	1 pkt serves 6-8
Oil (Liquid)	As needed
Fresh Apple	1

## Preparation

1. Peel, core and dice apple (approx. 5mm x 5mm).
2. Follow packet instructions for vegan option.
3. Pour batter into patty pans and add approx. 5 apple cubes to top of each one.
4. Bake according to packet (time may vary so keep an eye on them).
5. Once cooled, place in plastic containers and label with student names to be served fresh.
6. Left overs go in plastic containers, labelled Vegan/Allergen-Free (if only a single cake left then wrap in glad wrap), label and place in freezer within 2 hours of cooking, adjusting freezer numbers.

## Serving

1. Serve from plastic containers.
2. Defrost portions as needed, adjusting freezer numbers when removed.



# Vegan Vanilla & Raspberry Muffins

All Age Groups	Serves
Orgran Vanilla Cake mix	1 pkt serves 6-8
Oil (Liquid)	As needed
Coles Frozen Raspberries	½ cup

## Preparation

1. Follow packet instructions for vegan option.
2. Pour batter into patty pans and add a few raspberries to top of each one.
3. Bake according to packet (time may vary so keep an eye on them).
4. Once cooled, place in plastic containers and label with student names to be served fresh.
5. Left overs go in plastic containers, labelled Vegan/Allergen-Free (if only a single cake left then wrap in glad wrap), label and place in freezer within 2 hours of cooking, adjusting freezer numbers.

## Serving

1. Serve from plastic containers.
2. Defrost portions as needed, adjusting freezer numbers when removed.



# Packaged Snacks

*These snacks may be used for pack out snacks or as substitutes*

All Age Groups	
Cool Pak original Popcorn	Just Juice Orange Juice
Orgran Apricot Fruit Filled Biscuits	Just Juice Paradise Punch Juice
Orgran Apple Cinnamon Fruit Filled Biscuits	Just Juice Apple Blackcurrant Juice
Orgran Wild Raspberry Fruit Filled Biscuits	Orgran Outback Animals Chocolate Cookies
Orgran Itsy Bitsy Bears Choc Chip Biscuits	

## Preparation

1. Place required portion in plastic container (or glad wrap for pack out snack) and label with student names.
2. Glad wrap and label remaining items and return to allergen-free section of pantry.



# *Lunch*



# Salad Rolls

All Age Groups	30	45	60	75	Additional 5 people
<b>Fresh Bread Rolls</b>	35	50	65	80	5
<b>Lettuce</b>	2	3	4	5	
<b>Tomato</b>	6	9	12	15	1
<b>Cucumber</b>	1	2	3	3	
<b>Capsicum</b>	1	2	2	2	
<b>Red Onion</b>	1	2	2	3	
<b>Beetroot</b>	1	1-2	2	3	
<b>Carrot (Large)</b>	6	9	12	15	1
<b>Margarine</b>	As required				
<b>Chutney/Relish/ Mustard</b>	For teachers - As required				
<b>Assorted Seasonal Fruit</b>	As required				

## Preparation

1. Vegans will be served with the standard menu. Vegans will only have salad, no meat or cheese.



# Vegie Delight Sausages

*BBQ sausages substitute*

All Age Groups	Serves
Vegie Delight Sausages	1-2 per person
White Bread	1 per person

## Preparation

1. Defrost sausage and cook in oil in frying pan.

## Serving

1. Serve in bread with green salad on the side.

# Vegan Hot Dogs

*Hot Dog substitute*

All Age Groups	Serves
Vegie Delights Classic Hotdogs	1-2 per person
White Hot Dog Roll/Bread	1 per person
Nuttelex Original	As needed
Mixed lettuce leaves	Tomato
Capsicum	Red Onion
Cucumber	

## Preparation

1. Defrost frozen burgers and cook in oil in frying pan.

## Serving

2. Serve burger in roll with green salad on the side.



# *Dinner*



# Vegan Pasta Sauce

All Age Groups	
Onion	Zucchini
Crushed Garlic	Oil
Mushroom	Crushed Tomatoes
San Remo Spiral Pasta	Carrots
Passata	Garlic Powder

## Preparation

1. Follow the Standard Menu Recipe for Bolognese Sauce, remove vegetables prior to adding meat. Add the sauce and tomatoes and simmer for 20 minutes.

## Serving

1. Serve San Remo pasta topped with sauce in bowls. NO cheese or Garlic Bread for students on this menu.



# Cauliflower Taco Bowl

## Chicken Nacho Substitute

Year 7 – 12	25	<b>Additional 5 people</b>
Grade 3 – 6	30	
Grade Prep – 2	35	
Cauliflower Diced	2	½
Iceberg Lettuce	1	½
Tomato Salsa	3	1
Taco Seasoning	2	
Tinned Corn	2	1
Mexican Style 3 Bean Mix	1	
Original Doritos	2pk	½ pk

1. Chop cauliflower florets into 3-4cm pieces
2. Heat oil in large pan and add cauliflower.
3. Add taco season and water to pan and cooking until cauliflower is soft enough to stick a fork in.
4. Prepare rest of meal with Standard Menu
5. Serve without sour cream or cheese.



# Baked Potatoes

All Age Groups	
Washed Potatoes	2
Oil (Liquid)	As needed
Coles Himalayan Pink Salt	As needed
Nuttelex Original	As needed
Coleslaw Mix (No Dressing)	As needed
Coles tinned Corn Kernels	As needed
Praise Mayonnaise	As needed

## Preparation

1. Prepare potatoes with bulk of meal. Ensure that correct oil is used.

## Serving

1. Serve potato on dinner plate with Nuttelex, coleslaw mix with Vegan mayonnaise and corn.
2. NO cheese, bacon or sour cream.



# *Dessert*



# Vanilla Cupcake

## With Berry Coulis and Sorbet

### Crumble Substitute

All Age Groups	Serves
Orgran Vanilla Cake mix	1 pkt serves 6-8
Oil (Liquid)	As needed
Coles Frozen Berries	2 cups
Gelativo Lemon Lime Sorbet	1-2 scoops

### Preparation

#### Vanilla Cake

1. Follow packet instructions for vegan option and cooking. Cook in patty pans.
2. Once cooled, place in plastic containers and label with student names to be served fresh. Left overs go in plastic containers labelled Vegan/Allergen-Free (if only a single cake left then wrap in glad wrap), label and place in freezer within 2 hours of cooking, adjusting freezer numbers.

#### Berry Coulis

1. Place full bag of frozen berries in RED saucepan.
2. Cook on medium heat until berries are soft and a mushy sauce consistency.
3. Allow to cool, pour into small containers, label and place in allergen-free freezer within 2 hours of cooking, adjusting freezer numbers.

### Serving

1. Defrost portions of sauce or cake as needed, adjusting freezer numbers when removed.
2. Place cupcake in white bowl and add portion of berry coulis.
3. Microwave until hot and serve with Gelativo.



# Butterscotch Pudding

All Age Groups	Serves
Orgran Vanilla Cake mix	2pkt
Oil (Liquid)	As needed
Golden Syrup	$\frac{3}{4}$ of a small bottle
Gelativo Lemon Lime Sorbet	1-2 scoops

## Preparation

1. Preheat oven to 180°C (350°F).
2. Follow packet preparation instructions for vegan option.
3. Dissolve golden syrup in 500mls of hot water.
4. Spray small loaf tin with oil.
5. Pour cake batter into tin.
6. Gently pour syrup mixture over the top of the cake mixture (disperse the liquid by pouring over the back of a spoon) until covered by 4cm.
7. Bake until brown on top (check with skewer).
8. Cool then cover with cling wrap, label and place in fridge within 2 hours of cooking.

## Serving

1. Cut required portions, place in white bowls and heat in microwave (if no full pudding available defrost portions from freezer).
2. Cut remaining pudding into portions and place in small containers, label Vegan/Allergen-Free and place in allergen-free freezer adjusting freezer numbers.



# Fruit Salad

All Age Groups	Per Person
Seasonal Fruit	1 large scoop
Gelativo Lemon Lime Sorbet	1-2 scoops

## Serving

1. Cut fruit into 1-2 cm pieces.
2. Place in a big bowl and mix around.
3. Serve in bowl with a scoop of sorbet.

# Fancy Plants Silky Pot

Chocolate Mousse Alternative

Serve with raspberries & scoop of sorbet

