



Vegetarian Menu

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Recipes

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General Information for Staff

This menu is free from:

Meat & Gelatine

- Fridge and Freezer temperatures must be done daily
- Ensure you thoroughly wash hands before preparing food and when switching between preparing different Menu's
- Check dietary needs before preparing all meals – see alternative menus recipe book for details – **Please note that some Standard Menu and Allergen-Free Menu recipes are cooked together so ensure that correct oil is used for these meals**
 - 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)
- 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.
- Instruct duty groups in setting and clearing tables (see duty group checklists).
- Use crockery, not plastic (unless students are eating outside).
- Cover, label and date anything opened or partially used eg: soy milk, cakes, left over meals, pre-cooked meals



Breakfast



Continental

1. Follow instructions for Standard Menu.

Egg Cheese & Tomato Muffin / Roll

Camp Out Breakfast Alternative

<i>White Roll or English Muffin</i>	<i>1 per person</i>
<i>Sliced Tomato</i>	<i>As Required</i>
<i>Egg</i>	<i>1 Per person</i>
<i>Tomato Sauce</i>	<i>As Required</i>
<i>BBQ Sauce</i>	<i>As Required</i>

1. Cook eggs in fry pan inside and keep separate from other eggs.
2. Cook Tomato halves in pan and place with separate eggs.
3. Follow other preparation instructions for Standard Menu.
4. Vegetarians will not have bacon.



Morning & Afternoon Tea



Bush Cooking

Follow instructions for Standard Menu. This meal is Vegetarian Friendly.

Chocolate Brownie

Follow instructions for Standard Menu. This meal is Vegetarian Friendly.

Chocolate Cake

Follow instructions for Standard Menu. This meal is Vegetarian Friendly.

Crackers

Follow instructions for Standard Menu. This meal is Vegetarian Friendly.

Damper

Follow instructions for Standard Menu. This meal is Vegetarian Friendly.

Raspberry & White Chocolate Muffins

Follow instructions for Standard Menu. This meal is Vegetarian Friendly.

Lamingtons

Follow instructions for Standard Menu. This meal is Vegetarian Friendly.

Pack-Out Snacks

Follow instructions for Standard Menu. This meal is Vegetarian Friendly.

Cheese & Bacon Roll substitute

1. Plain cheese rolls will be ordered for this menu.
2. Pack required number of cheese rolls in a small Tupperware container separate from the cheese and bacon rolls and send out in green bag.



Lunch



Salad Rolls

<i>White bread roll from Foodworks</i>	<i>1 per person</i>
<i>Salad Options</i>	
<i>Iceberg Lettuce Capsicum Cucumber Carrot</i>	<i>Beetroot Tomato Red Onion Coles Salt & Pepper</i>

1. Follow instructions for Standard Menu.
2. Vegetarians will not have ham or chicken.
3. Condiments are vegetarian friendly.

BBQ

Vegie Sausages (Student) & Vegie Burgers (Teachers)

All Age Groups	Serves
Vegie Delights Plant Based Sausages	<i>2 per person</i>
I&J Vegetable Burgers	<i>1 per adult</i>
White Bread	<i>2 slices per person</i>
<i>Green Salad</i>	
Mixed lettuce leaves Tomato Capsicum	Cucumber Red Onion Fetta

1. Defrost required quantity of I&J vegie burgers in the microwave.
2. Cook on the BBQ away from meat products.
3. Keep warm and separate from meat until service.
4. Serve Vegetarians after Allergen-Free Menu and before Standard Menu.
5. Serve in bread with salad for teachers.



Hot Dogs

Vegie Hot Dog

All Age Groups	Per Person
Vegie Delights Hotdogs	1.5
Hot Dog Rolls	1.5
Brown Onion	1tbsp
Grated Cheese	1tbsp
American Mustard	As required
Tomato Sauce	As required

1. Follow packet instructions to prepare hotdogs.
2. Prepare other items with Standard Menu.
3. Serve in roll with onion, tomato sauce and mustard.



Dinner



Pasta Bolognese

Year 7 – 12	25	40	55	70	Additional 5 people
Grade 3 – 6	30	45	60	75	
Grade Prep – 2	35	50	65	80	
Onion	2	3	4	5	
Crushed Garlic	1 tbsp	2tbsp	3tbsp	4tbsp	1
Mushroom	2 pkt	3pkt	4pkt	5pkt	
Zucchini	2	3	4	5	
Carrot	2	3	4	5	
Oil	As required				
Pasta Sauce	2 jars	3 jars	4 jars	5 jars	½ jar
Crushed Tomatoes	2 can	3 cans	5 cans	6 cans	
Pasta (to marked line)	3 jugs	5 jugs	7 jugs	9 jugs	½ jug
Grated Cheese	2 bags	3 bags	3 bags	4 bags	As Required
Garlic Bread (1pkt = 10ppl)	3 pkt	5 pkt	6 pkt	8 pkt	1 pkt

1. Prepare pasta with Standard Menu.
2. Dice onion, mushroom and grate carrot & zucchini. Heat oil in large pot, add onion and garlic and cook until onion is transparent. Add mushroom, carrot and zucchini and sauté for 5 minutes.
3. Add sauce and diced tomatoes and bring to simmer. Add more sauce if needed.
4. Drain pasta and separate required portion for vegetarians.
5. Serve pasta in big bowls topped with Vegetarian sauce and garlic bread portion on the side. Have teacher serve cheese as required at the end of the bench.

Side Salad

Prepare the same as Standard Menu. Vegans will not have Feta.



Cauliflower Taco Bowl

Chicken Nacho Substitute

Year 7 – 12	25	40	55	70	Additional 5 people
Grade 3 – 6	30	45	60	75	
Grade Prep – 2	35	50	65	80	
Cauliflower Diced	2	3	4	6	1/2
Iceberg Lettuce	1	2	3	4	1/2
Tomato Salsa	3	4	5	6	1
Taco Seasoning	2	2	3	3	
Tinned Corn	2	3	4	6	1
Mexican Style 3 Bean Mix	1	2	2	3	
Grated Cheese	2 pkts	2 pkts	3 pkts	4 pkts	
Oil	As required				
Nachos	2 small bags serve 10 – use extra if required 1 large bag serves 10				
Sour Cream	As required				

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.



Baked Potatoes

Only use Liquid Coles Canola Oil or Cobram Estate Olive Oil Spray

All Age Groups	30	45	60	75	Additional 5 people
Regular Washed Potatoes	45	60	75	90	5
Undressed Coleslaw	4	5	6	8	1
Tasty Cheese	2 pkts	3 pkts	4 pkts	6 pkts	½ pkt
Sour Cream	2 tubs	3 tubs	5 tubs	7 tubs	½ tub
Corn	4	6	8	10	1
Salt	As required				
Oil	As required				

1. Follow instructions for Standard Menu.
2. Serve with Standard Menu. Vegetarians will not have bacon.



Veggie Burgers:

Only use Liquid Coles Canola Oil or Cobram Estate Olive Oil Spray

All Age Groups	30	45	60	75	Additional 5 people
Veggie Burger	30	45	60	75	5
Bread Roll	30	45	60	75	5
Cheese	One slice				
Lettuce	As required				
Brown Onion	As required				
Tomato	As required				
Sauces	As required				

1. Vegetarian burgers
2. Prepare salad items and place in a large serving bowls, cover and put in fridge
3. Slice rolls through the middle and place in a large silver bowl. Cover with food net or cling wrap.
4. Cook the required hamburgers and onion on BBQ first when cooked take back to kitchen
5. Have students file past one bench at a time, take a roll, serve them the hamburgers and toppings and have staff or teacher serve sauce at end.
6. Serve with oven fries



Dessert



Fancy Plants Silky Pot

Chocolate Mousse Alternative

Serve with raspberries & scoop of vanilla ice cream

Butterscotch Pudding

Follow instructions for Standard Menu. This is a vegetarian friendly meal

Apple Crumble & Ice Cream

Follow instructions for Standard Menu. This is a vegetarian friendly meal

Fruit Salad & Ice Cream

Follow instructions for Standard Menu. This is a vegetarian friendly meal

Ice Cream with Topping

Follow instructions for Standard Menu. This is a vegetarian friendly meal

