

# Children: Sample meal guide & gluten free recipes

(12-18 years)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	2 slices GF toast ½ tsp GF vegemite substitute 1 slice cheese ½ sliced tomato  *Grill to melt cheese	1 sliced banana 200g yoghurt 1 tsp honey  *Sprinkle with cinnamon and LSA	Wholegrain GF cereal i.e. GF weet-bix 1 cup milk 1 piece sliced seasonal fruit	Fruit smoothie (see recipe)	2 slice GF toast 1 small tin baked beans	1 serve GF pancakes (see recipe) Serve with sliced seasonal fruit and yoghurt	2 slices GF toast 3 tbsp cottage cheese 1 sliced banana 1 tsp honey
<b>Morning tea</b>	1 piece seasonal fruit 200g yoghurt	1 handful mixed dried fruit and GF popcorn	1 cup vegetable 2 tbsp of hummus	1 piece GF muesli slice (see recipe)	200g tub yoghurt	3 wholegrain GF biscuits 1 slice cheese	1 wholegrain GF muesli bar 1 piece seasonal fruit
<b>Lunch</b>	1 GF wrap 1 slice GF ham 1 slice cheese ¼ avocado ⅓ sliced tomato	Rainbow vegetable slice (see recipe)	Tuna pasta salad (see recipe)	1 GF wrap 2-3 left over crumbed chicken bites 1 slice cheese ¼ avocado ⅓ sliced tomato 1 tsp GF mayonnaise	Savoury GF muffins (see recipe) 1 piece seasonal fruit	1 serve sushi rolls (see recipe)	Homemade GF pizza (see recipe)
<b>Afternoon tea</b>	½ cup mixed nuts (raw, unsalted), dried fruit and popcorn	Fruit smoothie (see recipe)	200g tub yoghurt	1 slice GF fruit toast with GF spread of choice 1 piece sliced seasonal fruit	Fruit smoothie (see recipe)	1 piece sliced seasonal fruit 200g yoghurt	1 cup milk made with GF chocolate powder 1 piece seasonal fruit
<b>Dinner</b>	Chicken & mixed vegetable fried rice (see recipe)	Beef corn tacos (see recipe)	Crumbed chicken bites & vegetable chips (see recipe)	Spaghetti meatballs & salad (see recipe)	Crumbed fish fingers with vegetable chips (see recipe)	Chicken skewers, vegetables & rice (see recipe)	Salmon patties with salad and sweet dipping sauce (see recipe)
<b>Dessert</b>	½ cup sliced seasonal fruit ½ cup GF custard		1 cup warm milk made with GF chocolate powder 1-2 GF marshmallows			200g yoghurt ½ cup sliced seasonal fruit	

\*Menu is based on average daily recommended serve sizes according to the Australian Dietary Guidelines. Children's daily energy requirements will vary depending on age, gender, activity level and presence of other medical conditions. Always check the label of packaged food to ensure that they are gluten free.

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## **BREAKFAST**

### **Fruit smoothie (serves 1)**

200ml milk

½ cup fruit of choice, eg: banana, tinned apple, peaches or fresh berries

3 tablespoons yoghurt

1 teaspoon honey

3-4 Ice cubes

½ tablespoon LSA

Blend all ingredients and serve.

### **Nutritional Information (per serve)**

Energy 1000kJ, Protein 12g, Fat 10g, Saturated fat 3g, Carbohydrate 28g, Fibre 3g, Sodium 120mg.

### **Pancakes (serves 3)**

1½ cups gluten free self-raising flour

1 tablespoon caster sugar

1 egg, lightly beaten

1¼ cups milk

Butter to grease pan

1. Combine sugar and flour, make a well in the centre and add milk and lightly beaten egg.
2. Brush a non-stick frypan with melted butter, place on a medium heat and pour ¼ cup amounts of mixture around the edge of the pan
3. Cook until bubbles appear, then flip pikelets and cook until the pikelets are golden and transfer to a plate.
4. Top with sliced fruit and yoghurt.

### **Nutritional Information (per serve)**

Energy 745kJ, Protein 3, Fat 2, Saturated <1g, Carbohydrate 30g, Fibre 1g, Sodium 30mg

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## LUNCH

### Rainbow vegetable slice (serves 4)

1 tablespoon oil

350g orange sweet potato, peeled and cut into 1 cm pieces

1 red capsicum, cut into 1 cm pieces

1 large zucchini, grated and squeezed of excess juice

125g button mushrooms, sliced

1 cup spinach

6 eggs

1/3 cup milk

Pepper, to taste

1. Preheat oven to 180°C and heat oil in a large fry pan on high.
2. Add sweet potato and cook for 5 minutes.
3. Add the capsicum and mushrooms and cook for a further 5 minutes, or until vegetables begin to soften.
4. Add the zucchini and cook for a further minute. Remove from the heat.
5. Mix in spinach and pour vegetables into a greased ovenproof baking dish.
6. Whisk together the eggs, milk and pepper in a small bowl. Pour the egg mixture over the vegetables and shake the dish gently to allow the egg to spread to the base.
7. Bake for 30 minutes, or until top is golden and centre is set.
8. Set aside for 10 minutes before slicing.

### Nutritional Information (per serve)

Energy 1007kJ, Protein 13g, Fat 11g, Saturated fat 3g,  
Carbohydrate 23g, Fibre 4g, Sodium 164mg.

### Tuna pasta salad (serves 1)

1/3 cup cooked gluten free pasta

1 x 95g tin of tuna, drained

1/2 tomato, diced (or cherry tomatoes)

1/4 cup corn

1/4 cup peas

30g grated cheese

1. Cook pasta in a medium saucepan. Drain and cool.
2. Place the pasta, tuna, tomatoes, corn and peas in a bowl.
3. Toss through with grated cheese.

### Nutritional Information (per serve)

Energy 1100kJ, Protein 24g, Fat 8g, Saturated fat 4g, Carbohydrate 37g,  
Fibre 4g, Sodium 455mg

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### **Savoury gluten free muffins (makes 12)**

2 cups wholemeal gluten free self-raising flour  
2 teaspoons gluten free baking powder  
250ml milk  
2 tablespoons butter  
2 tablespoons avocado  
2 eggs  
1½ cups grated cheese  
1 medium carrot, grated  
1 medium zucchini, grated  
100g finely chopped sundried tomatoes

1. Preheat oven to 210°C and line muffin tray with paper liners.
2. Sift all dry ingredients together and make a well in the centre.
3. In a separate bowl, combine all wet ingredients.
4. Add to dry ingredients and mix until well combined.
5. Fill muffin pans  $\frac{2}{3}$  full and bake for 10-12 minutes.
6. Allow to cool in tray for 5 minutes before placing on rack to cool completely.

### **Nutritional Information (per serve)**

Energy 580kJ, Protein 7g, Fat 7g, Saturated fat 3g, Carbohydrate 21g, Fibre 3g, Sodium 218mg

### **Sushi (serves 2)**

1 tablespoon rice vinegar  
2 cups cooked medium grain brown rice  
4 nori sheets (available from supermarkets)  
½ Lebanese cucumber, cut into thin strips  
½ small red capsicum, deseeded and cut into thin strips  
⅓ cup carrot, grated  
½ small avocado, peeled and mashed

1. Add rice vinegar to cooked rice, ensure rice is put aside and is cool before making rolls.
2. Place a nori sheet shiny side down and spread rice over the nori sheet leaving a 2cm border along one edge, spread  $\frac{1}{4}$  of the avocado across the centre of the rice, add  $\frac{1}{4}$  capsicum and  $\frac{1}{4}$  cucumber across avocado and top with  $\frac{1}{4}$  of the grated carrot.
3. Roll up, brushing edge with warm water to seal.
4. Place completed rolls, seam-side down for 5 minutes to seal.
5. Cut each roll into 4-6 pieces and serve.

### **Nutritional Information (per serve)**

Energy 1210 kJ, Protein 8g, Fat 6g, Saturated fat <1g, Carbohydrate 54g, Fibre 8g, Sodium 46mg.

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### DINNER

#### Homemade gluten free pizza (serves 6)

- 3 gluten free pizza bases (preferably wholemeal)
- 4 tablespoons tomato paste
- 1 cup grated cheese
- 200g thinly sliced gluten free leg ham
- ½ cup capsicum, sliced
- ½ tomato, sliced
- ½ can sliced pineapple
- 5 thinly sliced mushrooms

1. Preheat oven to 200°C/180°C fan-forced.
2. Spread tomato paste over each pizza base.
3. Top each pizza base with ham, pineapple, capsicum, tomato and mushrooms.
4. Sprinkle all ingredients with grated cheese.
5. Bake for 10 minutes or until cheese has melted and golden.

#### Nutritional Information (per serve)

Energy 1390kJ, Protein 13g, Fat 16g, Saturated fat 6g,  
Carbohydrate 34g, Fibre 3g, Sodium 485mg

#### Chicken fried rice (serves 6)

- 2½ cups basmati rice
- 600g skinless chicken breast fillets, diced
- 1 tablespoon oil
- 2 shallots, finely diced
- ½ cup peas
- 1 carrot, cut into strips
- 1 capsicum, diced
- 1 cup bean sprouts
- 1 x 225g tin bamboo shoots, drained
- 2 tablespoons gluten free soy sauce
- 2 eggs, lightly beaten

1. In a large frying pan, heat oil. Add chicken until cooked through.
2. Remove from the pan. Add the shallots, peas, carrot, capsicum and bean sprouts. Cook until vegetables are softening.
3. Pour in the egg and stir until just cooked, breaking it up with a fork.
4. Return chicken to the pan and add the rice, soy sauce.
5. Stir until well combined.

#### Nutritional Information (per serve)

Energy 1340kJ, Protein 35g, Fat 6g, Saturated fat 1g, Carbohydrate 29g,  
Fibre 3g, Sodium 252mg

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### **Beef tacos/tortillas (serves 4)**

8 gluten free corn tacos or tortillas, warmed

1 tablespoon oil

400g lean beef mince

1 small onion

1 gluten free beef stock cube, reduced salt

1 cup water

1 can crushed tinned tomatoes

2 teaspoons dried (or fresh) mixed herbs

1 zucchini, cut into thin strips

1 capsicum, cut into strips

2 tomatoes, diced

½ iceberg lettuce shredded

¾ cup tasty cheese, grated

1. Heat oil in a large frying pan. Add the onion, cook for 2 minutes. Add the mince and brown, breaking up any lumps. Add the stock, water, tomatoes, herbs, zucchini and capsicum.
2. Reduce the heat to medium-low and simmer for 20-25 minutes.
3. Place the warmed tacos/tortillas on a plate, fill with beef mixture, and top with cheese, diced tomatoes and lettuce. Serve.

### **Nutritional Information (per serve)**

Energy 1969kJ, Protein 37g, Fat 25g, Saturated Fat 9g,  
Carbohydrate 21g, Fibre 4g, Sodium 557mg

### **Crumbed chicken bites with vegetable chips (serves 4)**

1 tablespoon olive oil

400g chicken breast, cut into 3cm cubes

2 tablespoons gluten free plain flour

1 egg

1 tablespoon milk

1 cup gluten free bread crumbs

2 potatoes, peeled and cut into chips

1 medium sweet potato, cut into chips

2 zucchinis, cut into chips

1 lemon, cut into wedges

1. Combine the egg and milk, beat together. Coat the chicken in the flour, then dip into the egg mixture and then into the breadcrumbs.
2. Place on an oven tray lined with baking paper. Place into the fridge.
3. Preheat oven to 220°C. Line a baking tray and place the potato and zucchini chips. Lightly spray with oil. Bake for 30 minutes, or until cooked, turning once.
4. Remove the chicken from the fridge and spray lightly with oil. Cook for 15 minutes, or until cooked through. Serve with vegetables chips and extra vegetables on the side.

### **Nutritional Information (per serve)**

Energy 1765kJ, Protein 30g, Fat 13g, Saturated Fat 3g,  
Carbohydrate 44g, Fibre 4g, Sodium 362mg

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### Spaghetti meatballs (serves 4)

- 1 tablespoon oil
- 2 x 400g cans diced tinned tomatoes
- 1 onion
- 1 tablespoon fresh (or dried) mixed herbs
- 2 garlic cloves, crushed
- 400g lean beef mince
- 1 carrot, grated
- 1 zucchini, grated
- ¼ cup gluten free bread crumbs
- 1 egg, lightly beaten
- 2 cups cooked gluten free spaghetti
- Parmesan cheese, to serve

1. Preheat oven to 180°C.
2. To make the sauce, heat oil over a medium-high heat in a saucepan. Add the onion and brown. Add the tinned tomatoes, ½ of the herbs and garlic. Bring to the boil, then reduce the heat to medium-low and simmer for 15-20 minutes.
3. In a large bowl, mix the mince, breadcrumbs, egg, and ⅔ of the garlic and ½ of the herbs. Shape into golf ball sized balls. Place into an ovenproof casserole dish and top with the sauce. Bake in preheated oven for 40-50 minutes, or until meatballs are cooked through.
4. Meanwhile, cook pasta, according to packet directions.
5. Serve meatballs on top of pasta with parmesan cheese.

### Nutritional Information (per serve)

Energy 1859kJ, Protein 33g, Fat 18g, Saturated Fat 6g,  
Carbohydrate 31g, Fibre 7g, Sodium 327mg

### Crumbed fish fingers & vegetable chips (serves 4)

- 1 tablespoon olive oil
- 400g white fish fillets, cut into finger-sized pieces
- 2 tablespoons gluten free plain flour
- 1 egg
- 1 tablespoon milk
- 1 cup gluten free bread crumbs
- 2 potatoes, peeled and cut into chips
- 1 medium sweet potato, cut into chips
- 2 zucchinis, cut into chips
- 1 lemon, cut into wedges

1. Combine the egg and milk, beat together. Coat the fish in the flour, then dip into the egg mixture and then into the breadcrumbs. Place on an oven tray lined with baking paper. Place into the fridge.
2. Preheat oven to 220°C. Line a baking tray and place the potato and zucchini chips. Lightly spray with oil. Bake for 30 minutes, or until cooked, turning once.
3. Remove fish from the fridge and spray lightly with oil. Cook for 5-10 minutes depending on the thickness of the fish, or until golden brown and cooked to your liking. Serve with vegetables chips and extra vegetables on the side.

### Nutritional Information (per serve)

Energy 1620kJ, Protein 33g, Fat 7g, Saturated Fat 1g,  
Carbohydrate 44g, Fibre 4g, Sodium 387mg

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### **Chicken skewers (serves 4)**

400g skinless chicken breast, cut into cubes

1 garlic clove, crushed

Juice and rind of 1 lemon

1 tablespoon fresh oregano

½ red capsicum, cubed

½ green capsicum, cubed

1 red onion, cut into chunks

1 large zucchini

2 cups cooked rice (e.g. basmati)

1. Combine the garlic, lemon juice, lemon rind and oregano in a bowl. Marinate the chicken for 30 minutes. Soak skewers in water for 10 minutes. Thread the chicken and vegetables on to the skewer.
2. Heat a grill plate to medium high and cook the chicken for approximately 8-10 minutes, or until cooked.
3. Serve with rice and vegetables.

### **Nutritional Information (per serve)**

Energy 1134kJ, Protein 24g, Fat 6g, Saturated Fat 2g,

Carbohydrate 28g, Fibre 2g, Sodium 66mg

### **Salmon patties (serves 4)**

2 medium potatoes, cooked, mashed and chilled

1 x 415g tin salmon, drained

1 egg, lightly beaten

2 spring onions, sliced

1 zucchini, grated

1 carrot, grated

1 cup corn

1 tablespoon parsley, chopped

½ cup gluten free breadcrumbs

Oil, for frying

1. Combine the potato, salmon, egg, spring onions, parsley and breadcrumbs. Form into 8 patties.
2. Heat oil in a frying pan over medium heat. Add patties and cook for 1-2 minutes each side, or until golden.
3. Serve with salad.

### **Nutritional Information (per serve)**

Energy 1178kJ, Protein 21g, Fat 12g, Saturated Fat 3g,

Carbohydrate 23g, Fibre 3, Sodium 420mg



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### SNACKS

#### Gluten free muesli slice (makes 15 slices)

- 2 cups gluten free muesli
- ½ cup crushed gluten free Weet-bix
- 2 tablespoons psyllium
- 1 cup mixed dried fruit
- ½ cup honey
- ⅓ cup brown sugar

1. Grease and line baking pan with baking paper.
2. Place cereals, psyllium and dried fruit into a bowl.
3. Cook butter, honey and sugar in a small saucepan over medium heat for 3-4 minutes, until sugar dissolves. Bring to the boil.
4. Reduce heat to low and simmer without stirring for 7 minutes.
5. Add the honey mixture to the cereal and stir until combined
6. Spoon mixture into prepared pan and press down firmly with large spoon.
7. Refrigerate overnight.
8. Cut into squares and store in foil-lined airtight container for up to 7 days.

#### Nutritional Information (per serve)

Energy 600kJ, Protein 3g, Fat 1g, Saturated fat <1g, Carbohydrate 34g, Fibre 5g, Sodium 57mg

#### Gluten free fruit muffins (makes 48 mini muffins)

- 2 cups gluten free self-raising flour, sifted
- 2 teaspoons cinnamon
- ¾ cup brown sugar
- 1 cup milk
- ½ cup vegetable oil
- 1 egg, lightly beaten
- 2 small apples, 1 grated and 1 sliced

1. Preheat oven to 180°C.
2. In a large bowl, mix together sifted flour, brown sugar and cinnamon. Form a well in the centre.
3. In a separate bowl, combine the milk, egg and oil. Add to dry ingredients and stir until just combined. Add the grated apple and fold in.
4. Place mixture into muffins tins lined with patty pans and top with sliced apple. Bake in preheated oven for 15-20 minutes, or until golden brown.

#### Nutritional Information (per serve of 2 muffins)

Energy 460kJ, Protein 2g, Fat 6g, Saturated fat 1g, Carbohydrate 14g, Fibre 1g, Sodium 80mg

**Look for wholegrain GF muesli bars that are endorsed by Coeliac Australia.**