

# Seniors: Sample meal guide & gluten free recipes

|                      | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday  |
|----------------------|---|--|--|--|--|---|---|
| <b>Breakfast</b>     | 2 slices GF toast<br>1 small can baked beans<br>2 slices cheese | 2 slices GF toast<br>2 eggs<br>(cooked to your liking)<br>½ sliced tomato<br>⅓ sliced avocado<br>3 tbsps crumbled feta | ½ cup wholegrain GF<br>muesli or (see GF muesli<br>recipe)<br>1 cup milk<br>2 tsp psyllium<br>½ sliced banana<br>1 tsp honey | 1 serve GF porridge<br>(see recipe)                          | 1 slice GF toast<br>½ sliced banana<br>1 tsp honey<br><br>200g yoghurt | Ham, cheese and tomato<br>omelette<br>(see recipe)<br>1 slice GF toast  | Fruit smoothie<br>(see recipe)  |
| <b>Morning tea</b>   | 200g yoghurt  | 1 coffee or GF hot<br>chocolate made on 1 cup<br>milk<br>1 piece seasonal fruit  | ½ cup canned fruit<br>200g yoghurt   | 1 cup warm milk with<br>2 tsp GF chocolate<br>powder         | 1 coffee or GF hot<br>chocolate made on<br>1 cup milk                  | 200g yoghurt  | 1 slice GF toast<br>1 slice cheese<br>½ sliced tomato   |
| <b>Lunch</b>         | Zucchini slice<br>(see recipe)                                  | 1 GF wrap<br>1 slice GF ham<br>2 slices cheese<br>¼ avocado<br>⅓ sliced tomato   | Pea & ham soup<br>(see recipe)<br>1 slice GF toast   | Chicken pasta salad<br>(see recipe)                          | Homemade chicken<br>burger (see recipe)                                | 2 slices GF toast<br>1 small tin tuna<br>2 slices cheese<br>⅓ avocado<br>⅓ sliced tomato<br>2 tsp GF mayonnaise | 2 slices GF toast<br>2 eggs<br>(cooked to your liking)<br>1 small tin baked<br>beans<br>½ cup spinach |
| <b>Afternoon tea</b> | ½ cup sliced fruit<br>½ cup GF custard                          | 200g yoghurt<br>1 piece sliced seasonal fruit  | 3 wholegrain GF biscuits<br>2 slices cheese  | 2 GF fruit muffins<br>(see recipe)<br>1 cup warm milk        | 1 piece sliced seasonal<br>fruit<br>200g yoghurt                       | 1 coffee or GF hot<br>chocolate made on 1 cup<br>milk<br>1 piece seasonal fruit                                 | ½ cup stewed fruit<br>½ cup GF custard  |
| <b>Dinner</b>        | Vegetable pie with sweet<br>golden mash<br>(see recipe)         | Beef and bean casserole<br>(see recipe)  | Tuna pasta bake<br>(see recipe)  | Spaghetti bolognese<br>(see recipe)                          | Lemon chicken &<br>quinoa (see recipe)                                 | Oven baked fish with<br>potato & salad<br>(see recipe)  | Shepherd's pie<br>(see recipe)  |
| <b>Dessert</b>       |   | ½ cup canned fruit<br>½ cup vanilla ice-cream  |  | 1 serve fruit cake or<br>gluten free muffin<br>(see recipes) |  |   | Bread and butter<br>pudding<br>(see recipe)   |

\* Menu is based on average daily recommended serve sizes according to the Australian Dietary Guidelines. Individual 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

#### Buckwheat porridge (serves 2)

½ cup buckwheat

½ cup water

1 cup milk (substitute with gluten free soy, almond or rice)

1 tablespoon LSA

1 tablespoon psyllium husk

1 tablespoon chia seeds

2 tablespoons maple syrup

½ teaspoon cinnamon

\*Serving suggestion – top with your choice of fruit and yoghurt,

e.g. 1 sliced banana and ½ cup yoghurt for a creamy texture

1. Combine water, ½ cup milk and buckwheat. Bring to a boil then turn heat down and let simmer for 15 minutes, until liquid has been absorbed.
2. Combine cooked buckwheat, remaining milk, maple syrup, and cinnamon.
3. Serve with remaining milk and your choice of fruit and yoghurt.

#### Nutritional Information (per serve)

Energy 1479 kJ, Protein 13g, Fat 10g, Saturated fat 2g,  
Carbohydrate 58g, Fibre 9g Sodium 59mg

#### Homemade muesli:

Made by combining gluten free cereals of choice, i.e. rolled rice/quinoa flakes, rice bran straws, chopped nuts, dried fruits, psyllium husks, LSA/linseed. Store in an airtight container and serve with milk/yoghurt and fruit.

#### Ham, cheese and tomato omelette (serves 1)

2 eggs

1 slice gluten free ham, sliced

30g cheese, grated

½ tomato, sliced

⅓ cup spinach

1 tablespoon milk

1 teaspoon oil

Pepper and extra grated cheese, to serve

1. Whisk eggs in bowl with milk.
2. Combine ham, grated cheese and spinach to egg mixture.
3. Add oil to pan of medium heat and pour mixture onto pan.
4. Cook until base of omelette is golden brown.
5. Use a spatula to flip omelette in half on pan and serve.

#### Nutritional Information (per serve)

Energy 1490kJ, Protein 26g, Fat 21g, Saturated fat 10g,  
Carbohydrate 7g, Fibre 2g, Sodium 690mg

#### Fruit smoothie (serves 1)

300ml milk

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

100g yoghurt

1 teaspoon honey

3-4 cubes of ice

Blend all ingredients and serve.

#### Nutritional Information (per serve)

Energy 1225 kJ, Protein 15g, Fat 10g, Saturated Fat 7g,  
Carbohydrate 35g, Fibre 2g, Sodium 190mg

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### LUNCH

#### Zucchini slice (serves 4)

5 eggs

1 x 250g packet microwave long grain white rice

¾ cup cheddar cheese, grated

2 zucchinis, grated

½ cup frozen peas

3 spring onions, chopped

1. Preheat oven to 170°C. Grease 20cm square pan (can also line with baking paper).
2. Beat eggs in a large bowl. Add rice, cheese, zucchini, peas and spring onions. Mix to combine.
3. Pour into pan ensuring the top is smoothed to ensure even cooking. Bake for 30-35 minutes, or until set.
4. Cut slice into pieces.

#### Nutritional Information (per serve)

Energy 1730kJ, Protein 23g, Fat 17g, Saturated fat 8g,  
Carbohydrate 45g, Fibre 7g, Sodium 282mg.

#### Pea and ham soup (serves 6)

1 tablespoon olive oil

1 small brown onion, chopped

2 cloves garlic, finely chopped

2 carrots, finely chopped

2 celery stalks, cut into 1cm pieces

1 teaspoon thyme leaves

400g dried beans and lentils

700ml gluten free chicken stock

2 litres water

600g ham or bacon hocks, cut into 1cm long batons

Pepper, to season

1. Heat olive oil in a large heavy based saucepan over medium heat
2. Cook onion, garlic, carrots, celery and thyme for 5 minutes until onion is soft.
3. Add soup mix, water, stock and smoked pork belly batons, cover and simmer for 1 hour, stirring occasionally.
4. Soup is cooked when vegetables and soup mix are soft and meat is tender.
5. Season with pepper to taste.

#### Nutritional Information (per serve)

Energy 1195kJ, Protein 25g, Fat 8g, Saturated fat 2g,  
Carbohydrate 28g, Fibre 8g, Sodium 1200mg

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### Chicken pasta salad (serves 1)

80g cooked chicken  
½ cup cooked gluten free pasta  
1 tomato, diced (or cherry tomatoes)  
½ small capsicum, sliced  
1 small tin legumes  
¼ cup cheese, grated  
⅓ avocado  
½ cup spinach leaves  
Juice of half a lemon

1. Cook pasta in a medium saucepan. Drain and cool.
2. Place the pasta, chicken, tomatoes, capsicum, legumes, and spinach and lemon juice in a bowl and toss to coat.

\*Hint – Freeze other portions for a quick lunch or dinner.

### Nutritional Information (per serve)

Energy 963kJ, Protein 24g, Fat 3g, Saturated Fat 1g,  
Carbohydrate 23g, Fibre 7g, Sodium 84mg

### Chicken burgers (serves 2)

2 gluten free rolls  
1 chicken breast  
1 teaspoon olive oil  
½ avocado  
1 small tin sliced beetroot  
1 tomato, sliced  
4 slices cheese  
1 tablespoon gluten free mayonnaise  
½ cup salad leaves

1. Add olive oil to a pan over medium heat. Add chicken breast and cook until golden.
2. Fill the GF bread rolls with sliced chicken, avocado, tomato, beetroot and cheese. Place under grill for 2 minutes or until cheese has melted.
3. Add mayonnaise and salad leaves before serving.

### Nutritional Information (per burger)

Energy 1880kJ, Protein 29g, Fat 28g, Saturated fat 9g,  
Carbohydrate 39g, Fiber 9g, Sodium 400mg

## Seniors: Sample meal guide & gluten free recipes

### DINNER

#### Vegetable pie with sweet golden mash (serves 4)

- 2 small sweet potatoes, chopped
  - 2 medium butternut pumpkins, peeled and chopped
  - 2 medium potatoes, peeled and chopped
  - 1 parsnip, peeled and chopped
  - 2 teaspoons butter
  - 2 tablespoons olive oil
  - 1 garlic clove, crushed
  - 1 medium red onion, chopped
  - 1 teaspoon mixed herbs
  - 1 x 420g tin lentils, drained
  - 1 x 400g tin diced tomatoes
  - 3 cups frozen mixed vegetables (peas, carrots, corn, beans)
  - ½ cup water
1. Preheat oven to 180° C.
  2. Cook chopped pumpkin, sweet potatoes, pumpkin and potato in a large saucepan of boiling water until tender (about 15 minutes).
  3. Drain vegetables and mash with butter, set aside.
  4. Add olive oil to a large frying pan and place on medium-high.
  5. Add onion and garlic. Cook until onion is soft.
  6. Add herbs, lentils and tomatoes, mixed frozen vegetables, and ½ cup water, bring to boil until vegetables are cooked.
  7. Reduce heat and simmer for 5 minutes.
  8. Transfer mixture to a casserole dish and top with mashed vegetables, place in oven for 15 minutes, until mash is golden brown and serve.

#### Nutritional Information (per serve)

Energy 1956kJ, Protein 15g, Fat 10g, Saturated fat 3g, Carbohydrate 65g, Fibre 14g, Sodium 498mg

#### Beef and bean casserole (serves 4)

- 400g beef cheek steak, cut into 2cm pieces
  - 1 x 400g tin kidney beans
  - 1 x 400g tin tomatoes
  - ¾ cup gluten free beef stock
  - 1 cup silver beet, chopped
  - 1 red capsicum, chopped
  - 1 garlic clove
  - 2 tablespoons olive oil
  - 1 brown onion
1. Drain tinned beans and rinse well with water. Place in a bowl of boiling water. Cover and leave to sit for 45 minutes.
  2. Add olive oil to a large saucepan over medium-high heat. Add beef and cook until brown.
  3. Add garlic and onion to pan and sauté for 3-4 minutes.
  4. Add stock, tinned tomato and capsicum to pan and bring to boil.
  5. Reduce heat to low and simmer for 45 minutes.
  6. Add beans and cook uncovered for further 15 minutes.
  7. Combine silver beet through mixture until just wilted.
  8. Serve with ⅓ cup mashed potato per portion.

**Mashed potato**, to serve: 3 large potatoes; 2 tablespoons milk; 1 tablespoon butter; pepper to taste.

#### Nutritional Information (per serve)

Energy 1948kJ, Protein 36g, Fat 14g, Saturated fat 4g, Carbohydrate 63g, Fibre 7g, Sodium, 412mg

## Seniors: Sample meal guide & gluten free recipes

### Tuna pasta salad (serves 4)

250g gluten free pasta  
1 x 425g tin tuna, drained  
1 tablespoon olive oil  
1 onion, diced  
1 x 400g tin tomatoes  
1 cup peas  
1 cup corn  
½ red capsicum  
¾ cup cheese, grated

1. Preheat oven to 200°C.
2. Add pasta to boiling water and cook for 10 minutes, or until tender.
3. Add olive oil to large saucepan. Sauté onion until golden.
4. Add vegetables, tomato and tuna to pan. Cook over pan for 5 minutes.
5. Drain pasta and add to pan. Combine well.
6. Place tuna and vegetable mixture into a greased baking dish and cover with cheese.
7. Bake for 20-25 minutes, until cheese is melted.

\*Hint – freeze left overs for quick and simple dinners.

### Nutritional Information (per serve)

Energy 2174kJ, Protein 39g, Fat 12g, Saturated fat 5g,  
Carbohydrate 72g, Fibre 7g, Sodium 520mg

### Spaghetti bolognese (serves 6)

250g gluten free pasta  
500g lean beef mince  
2 teaspoons olive oil  
1 brown onion, chopped finely  
1 garlic clove, crushed  
1½ cups tomato passata sauce  
1 carrot, grated  
1 zucchini, grated  
1 tablespoon tomato paste  
Steamed vegetables: 1 carrot (chopped) and ½ cup broccoli

1. Heat oil in fry pan, add onion and garlic, cook until onion is soft.
2. Add mince, using a wooden spoon break up mince and continue cooking until mince is browned and cooked.
3. Add passata sauce and tomato paste and stir well, reduce heat to a simmer while pasta is cooking.
4. In a separate saucepan cook pasta in boiling water until cooked.
5. Steam carrot and broccoli until just soft.
6. Drain pasta into a sieve and serve into bowls, top with pasta sauce.
7. Serve with parmesan cheese.

\*Hint – freeze left overs for quick and simple dinners.

### Nutritional Information (per serve)

Energy 1367kJ, Protein 22g, Fat 7g, Saturated 2g, Carbohydrate 44g,  
Fibre 4g, Sodium 299mg

## Seniors: Sample meal guide & gluten free recipes

### Lemon chicken and quinoa (serves 4)

- 1½ cups quinoa
- 1 cup gluten free chicken stock
- 1 cup water
- 2 tablespoons honey
- ⅓ cup lemon juice
- 1 teaspoon gluten free cornflour
- 1 tablespoon olive oil
- 500g skinless chicken breasts, slice thinly
- 4 cups mixed vegetables (fresh or frozen)
- 3 spring onions , sliced

1. Cook quinoa in chicken stock (see packet for instructions).
2. Add water to quinoa.
3. Combine honey, lemon juice, corn flour and ½ cup water in a small bowl and whisk.
4. Add olive oil and chicken to a large saucepan/wok on medium-high heat. Cook until browned.
5. Add vegetables and lemon mixture, and simmer until sauce thickens and vegetables are cooked.
6. Serve by placing quinoa on 4 plates and adding lemon chicken and vegetable mix.

### Nutritional Information (per serve)

Energy 1572kJ, Protein 34g, Fat 10g, Saturated fat 1g,  
Carbohydrate 35g, Fibre 5g, Sodium 303mg

### Oven baked fish, sweet potato and salad (serves 2)

- 1 tablespoon olive oil
- 250g firm white fish fillets
- 2 tablespoons gluten free plain flour
- 2 tablespoons milk
- 1 egg, lightly beaten
- ½ cup gluten free corn chips, crushed
- 1 large sweet potato

1. Preheat oven to 200 °C.
2. Combine the milk and lightly beaten egg, set aside.
3. Coat fish fillets with gluten free flour, dip into the egg/milk mixture and then coat with crushed corn chips. Place on an oven tray lined with baking paper or sprayed lightly with cooking spray.
4. Bake in preheated oven for 12-15minutes, or until fish is cooked and golden in colour.
5. Peel potato, chop roughly then place in boiling water for 5-10 minutes to soften. Drain well. Add 2 tablespoons milk and ½ tablespoon olive oil to potato, mash well until smooth. Serve.

**Side Salad:** Mix 1 cup salad mix with 1 sliced tomato, ½ sliced cucumber and 4 tbsp of crumbled feta. Drizzle with 1 tbsp olive oil and balsamic vinegar. Toss through to combine all ingredients.

### Nutritional Information (per serve)

Energy 2038kJ, Protein 34g, Fat 28g, Saturated fat 8g,  
Carbohydrate 34g, Fibre 4g, Sodium 396mg

## Seniors: Sample meal guide & gluten free recipes

### Shepherd's pie (serves 6)

2 tablespoons olive oil  
2 brown onions  
1 teaspoon gluten free mustard  
60g gluten free plain flour  
1½ cups gluten free chicken stock  
500g lean mince  
1 carrot, grated  
1 zucchini, grated  
1 x 400g tin tomatoes  
¼ cup flat leaf parsley, chopped  
Pepper, to season  
3 large potatoes, cooked and mashed  
¼ cup hot milk  
1½ tablespoons butter

1. Preheat oven to 200°C. Grease a large casserole dish with vegetable oil. In a fry pan over high heat, add remaining oil and onions and cook until golden.
2. Add mustard and sprinkle in flour, stirring to remove lumps. Add stock and bring to boil, reduce heat and simmer for 2 minutes. Add meat, tomatoes, grated vegetables and parsley. Remove from heat and spoon into casserole dish.
3. Combine potato, milk and butter. Mix until smooth and creamy. Season with pepper to taste. Spread over meat.
4. Bake for 40-45 minutes until pie is heated through and potato topping is golden.

### Nutritional Information (per serve)

Energy 1672kJ, Protein 25g, Fat 15g, Saturated fat 6g,  
Carbohydrate 40g, Fibre 4g, Sodium 484mg

### SNACKS & DESSERT

### Simple fruit and nut cake (serves 24)

1 kg mixed dried fruit  
500ml black coffee  
1 cup walnuts, chopped  
2 cups gluten free self-raising flour  
\*Optional - 60ml brandy

1. Soak mixed fruit in black coffee for 4-12 hours.
2. Preheat oven to 170°C. Grease and line a cake tin.
3. Add flour and nuts into fruit mixture and combine well. Pour into prepared cake tin.
4. Bake in preheated oven until cooked in centre. About 1½ hours.

### Nutritional Information (per slice)

Energy 485kJ, Protein 1g, Fat 3g, Saturated fat <1g,  
Carbohydrate 20g, Fibre 1g, Sodium 43mg.



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### **Gluten free fruit muffins (makes 24 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, cinnamon and brown sugar. Make a well in the centre.
3. In a separate bowl, combine the milk, oil and egg. Add to dry ingredients and stir until just combined. Add the grated apple and fold in.
4. Place mixture into muffin tins lined with patty pans and top with sliced apple.
5. Cook in preheated oven for 15-20 minutes, or until golden brown.

### **Nutritional Information (per serve of 1 muffin)**

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

### **Bread and butter pudding (serves 4)**

6 slices gluten free fruit loaf  
(crusts removed, lightly buttered and cut into squares)  
½ cup sultanas  
1 tablespoon sugar  
3 eggs  
500ml milk  
Nutmeg

1. Preheat oven to 170°C.
2. Place bread in a greased oven proof dish, sprinkle over the sultanas and sugar.
3. Beat the eggs and milk together and pour over the bread. Stand for 15 minutes.
4. Sprinkle nutmeg and bake for about 40 minutes, or until set.
5. Serve warm with gluten free custard.

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

Energy 1233kJ, Protein 12.3g, Fat 8.9g, Saturated Fat 4.5g, Carbohydrate 4.2g, Fibre <1g, Sodium 237mg

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