

Cooking Club

SERVED
6:30AM-8:15AM

Once per week IOSHC will facilitate a breakfast cooking club activity. Each recipe is tailored to children with all dietary needs and directly supervised. The Menu aims to provide children with the knowledge of breakfast items they could make at home!

DIETARY KEY:

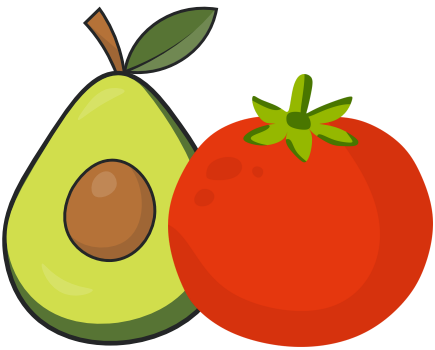
The following symbols denote items that have alternative dietary options available

Gluten Free.....GF	Sesame Free.....S
Wheat Free.....WF	Vegetarian.....VE
Dairy Free.....DF	
Nut Free.....NF	
Soy Free.....SF	
Egg Free.....EF	
Vegan.....V	

Loaded Hash Browns

Ingredients (V, NF, DF)

- Hash Brown
- Cheese
- Tomato
- Salsa
- Spinach
- Avocado
- Spring Onion



*Hash Browns oven baked

Breakfast Quesadillas

Ingredients (DF, NF, V)

- Coles White Wraps
- Ham
- Salami
- Tomato
- Spinach
- Cheese
- Avocado
- Dairy Free Cheese



*Quesadilla toasted on sandwich press

Pancakes

Ingredients (GF, EF)



- Flour
- Milk
- Banana
- Baking Powder
- Honey
- Vanilla Extract
- Nuttex Margarine
- Cinnamon
- Salt



*Pancakes are cooked on fry pan

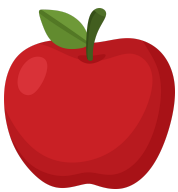
Breakfast Bagels

Ingredients (V, NF, DF)

- Coles Plain Bagels
- Cream Cheese
- Strawberries
- Honey
- Avocado
- Tomato
- Cucumber
- Ham
- Cheese



WHAT SKILLS DO WE TEACH?



How to chop food safely



How to be safe around kitchen equipment



Food Safety and Preparation



Recipes to make at home



Confidence in the kitchen



Teamwork and Collaboration