

Cooking Club

**SERVED
6:30AM-8:15AM**

DIETARY KEY:

The following symbols denote items that have alternative dietary options available

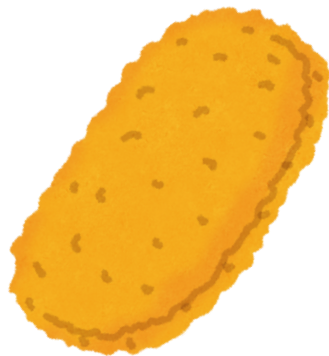
Gluten Free.....GF	Sesame Free.....S
Wheat Free.....WF	Vegetarian.....VE
Dairy Free.....DF	
Nut Free.....NF	
Soy Free.....SF	
Egg Free.....EF	
Vegan.....V	

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!

Loaded Hash Browns

Ingredients (V, NF, DF)

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



*Hash Browns oven baked

Smoothies

- Ingredients (VE, GF, WF, NF, EF, SF)
- Frozen Mixed Berries
- Frozen Mango
- Strawberry Yoghurt
- Mango Yoghurt
- Milk



Scrolls

Ingredients (NF, EF, SF)

- Puff Pastry
- Vegemite
- Cheese
- Ham
- Cinnamon



Breakfast Bagels

Ingredients (V, NF, DF)

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



Waffles

Ingredients (GF, EF)

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

