

## Meat Stew (Gluten free)

Serves: 70 Litres:

5 kg diced stewing meat

4 kg canned chopped tomatoes

1.6 kg canned chickpeas

1.6 kg canned bean mix or lentils

12 large zucchini

5 large eggplants

8 green capsicums

Cinnamon

All spice

oil

water

GLUTEN FREE SOY SAUCE (COLES BRAND)

SATURDAY

20.42 Orig Recipe Serves:

90

1. Add eggplants, lamb cubes, tinned peas, tinned chickpeas (with liquid from cans), tinned tomatoes, spices to pot, cook for 1.5 hours
2. Add other vegetables, extra spices if necessary
3. Add extra water during cooking if necessary

## Chickpea and Lentil curry

Serves: 60 Litres:

3.5 kg rice    Orig kg of rice:  
2 handfuls curry powder (GLUTEN FREE)  
0.2 kg veg stock powder  
2 kg carrots  
2 kg chopped onions  
2 kg pumpkin  
21 large zucchini  
4.3 kg potatoes  
2 kg broccoli  
2 hands garlic  
10 cups red lentils  
4.1 kg canned chickpeas

SATURDAY

Orig Recipe Serves:

70

4.1

1. Start cooking lentils immediately - can take a long time to soften.
2. Fry onions in a large pot with the curry powder until soft.
3. Wash and chop vegies.
4. Add vegies and stock powder to the onions with enough water to stop sticking.
5. Simmer together until soft, adding water when necessary.

**Meat sauce - gluten free:**

**Serves:** 70 **Litres:**

- 4.7 kg mince beef
- 4.7 kg canned chopped tomatoes (gluten free)
- 1.2 kg tinned tomato paste (gluten free)
- 0.4 kg sunflower seeds (gluten free)
- 6.2 kg chopped onions
- 4.7 hands garlic
- 6.2 tsp basil
- 6.2 tsp oregano
- 23 bay leaves
- 0.3 L soy sauce (gluten free - Coles brand)
- 0.2 L beef stock (gluten free - Massell brand)

water

oil to fry onions

0.14 kg parmesan - to serve

8 kg pasta - keep separate from meat sauce so it is gluten free

**SATURDAY**

19 **Orig Recipe Serves:**

90

1. Fry onions, mince, herbs on BBQ
2. Simmer all ingredients in pot for 20 minutes
3. Add extra herbs
4. Parmesan, about 20g per serve (.18kg)

**Coleslaw**

**Serves:** 50

- 1 cabbage chopped
- 5 grated carrots
- 0.5 celery chopped finely
- 1 green capsicum chopped finely
- 1 small jar mayonnaise
- 0.15 L French Dressing

**SUNDAY**

1 kg assume

## Barley soup - vegetarian version

Serves 70 Litres:

- 0.8 kg pearl barley
- 0.8 kg dried yellow split peas
- 1.2 whole celeries
- 1.2 kg carrots
- 1.2 kg potatoes
- 10 large parsnips
- 10 small turnips/swedes
- 3.4 kg chopped onions
- 2.0 kg tinned corn - don't drain.

18 L water (adjust as required, part of this will be liquid from tinned corn, barley may make thick soup)

lots of vegetable stock for taste, cumin to taste, parsley to taste

SATURDAY

20 Orig Recipe Serves:

90

1. Place barley, lentils, gravy into about 10 L water and liquid from tinned corn, and cook for 1 - 1.5 hours
2. Add remaining vegies and simmer for 30 min - 1 hour until tender
3. Add more stock as required

Orig litres:

4

**Vegie Goulash - Gluten free, vegetarian**

**Serves 60 Litres:**

- 4.5 kg tinned tomatoes
- 4.5 kg green beans
- 1.5 hand garlic
- 1.5 kg chopped onion
- 1.5 kg potatoes
- 1.3 kg carrots
- 7.5 zucchini
- 4.5 turnips (chop these very finely)
- 1 bunches parsley
- 7.5 tbsp paprika
- thyme
- cornflour (enough to thicken a bit - make sure it is gluten free)
- 3.8 L water

**SUNDAY**

**18 Orig Recipe Serves:**

**120**

1. Clean and chop vegies
2. Place in a large pot and simmer for at least 2 hours.
3. Taste and add extra herbs and water as needed.

## Honey beef stew - Gluten free

Serves 80 Litres:

- 9.6 kg diced beef
- 2.4 kg chopped onions
- 1.3 kg carrots
- 1.6 bunch celery
- 1 ginger (big piece)
- 1.1 L vinegar (gluten free)
- 0.5 L honey
- 0.5 L soy sauce (gluten free - Coles brand)
- 2.4 L tomato sauce (gluten free)
- 10 tsp vegetable stock (gluten free - Massell brand)
- 2.4 L water

SUNDAY

34 Orig Recipe Serves:

150

1. Fry onions and beef on BBQ - clean well so no gluten contamination
2. Clean and chop vegetables.
3. Put all ingredients in pot and simmer till cooked.
4. Taste and add herbs as needed.

**Potato and leek soup (vegetarian and gluten free)**

**Serves**            **80 Litres:**

16 large leeks  
1.6 kg chopped onions  
9.6 kg potatoes  
0.8 kg cheese (grated)  
24 tsp vegetable stock (gluten free - Massell brand)  
1.6 bunches parsley  
black pepper

**SUNDAY**

**24 Orig Recipe Serves:**

100

1. Clean and chop leeks and potato
2. Boil all ingredients except parsley
3. Close to serving, chop parsley and add it.

**Apple + peach crumble**

Serves: 90

**Orig Recipe Serves:**

150

**70 Serves for both days:**

160

**Saturday Sunday****Total**

6.6	5.1	2.75-3kg can apples/peaches	11.7
0.9	0.7	kg flour	1.6
0.9	0.7	kg raw sugar	1.6
0.9	0.7	kg coconut	1.6
0.8	0.6	kg quick cook oats	1.3
0.45	0.35	kg sunflower seeds	0.80
0.9	0.7	kg butter	1.6
1.2	0.9	kg sultanas (add to taste)	2.1
cinnamon, nutmeg			

1. Heat and mix all ingredients other than apples in saucepan
2. Heat apples and sultanas separately in another saucepan
3. Keep apples hot, and warm up the crumble
4. Serve the apple and crumble separately  
- a spoon of apple and a spoon of crumble.

## Porridge

**Serves:** 20 Overall, make 3.5 batches:

1 kg oats  
5 L water  
2 cups milk powder  
pinch of salt

**Serves:**

3.5  
17.5  
7

70

## Pancakes

**Serves** 50 Overall make 5 batches

7 eggs  
7 cups SR flour  
10.5 cups milk  
oil

**Serves**

35  
35  
52.5

250

4.4 kg  
13.1 L

## Fruit Salad

Serves

50 Weight (kg)

	<b>Total:</b>	<b>5 Total serves: Saturday:</b>	<b>Sunday:</b>	
4 pears	3.2		2	1.2
4 apples	3.2		2	1.2
10 bananas	8		5	3
2 rockmelons	1.6		1	0.6
5 kiwi	4		2.5	1.5
4 kg tinned fruit salad	1.2		0.75	0.45
Lemon juice bottle				