



Outside School Hours Care

# Food and drink ideas

Menu ideas and tips for milk  
and alternatives

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Getting enough milk, yoghurt, cheese and/or their calcium-fortified alternatives during childhood is essential for children to learn, grow and develop.

These foods contain special nutrients such as calcium, protein, B group vitamins and vitamin A and D to build strong healthy bones and teeth, a strong immune system and a healthy heart.

Try the tips and menu ideas below to include more milk, yoghurt, and cheese on the menu.



Serve plain milk, yoghurt, cheese and/or calcium fortified alternatives at morning tea and afternoon tea.

Offer plain milk as a drink every day. Flavoured milk should not be included every day.



Include cheese with fruit and vegetable platters

Serve cheese with wholemeal or grainy crackers, or with pita bread as a snack

Serve yoghurt or cheese based dips, such as [tzatziki dip](#).

Use cottage cheese, cream cheese, ricotta or yoghurt as a spread for baked items such as fruit bread/raisin toast, pancakes, scones

Replace discretionary dairy food such as cream, ice cream or commercially made frozen yoghurt with healthy dairy/calcium fortified alternatives.







### Tips

**If a child has cow's milk allergy, it's important they're provided with calcium-fortified alternatives. In addition to removing the cow's milk product for this child when they are in your care, make sure you also include other calcium-rich foods on the menu, such as:**

- Calcium-fortified soy, oat, or almond milk that's been fortified with at least 100mg of calcium per 100ml. Check the nutrition information panel on the label. Soy milk is best alternative to cow's milk.
- Canned fish with soft edible bones, such as salmon and sardines. Half a cup of canned salmon provides 400mg of calcium, equivalent to 1-1 ½ cups or 250ml of cow's milk.
- Tofu and tempeh products

## Menu ideas



### Fruit yoghurt popsicles

Blend yoghurt (eg. cows natural, soy) with frozen or fresh seasonal fruit and pour into ice cream moulds. Add an icy pole stick to each mould and freeze.



## Fruit based ideas

### Fruit smoothie

Mix milk of choice (e.g. cows, soy, rice) with yoghurt and fresh or frozen fruit in a blender.

### Spiced apple and ricotta toasties

Mix cooked apple, cinnamon and ricotta cheese together. Spoon onto toast and serve or make pockets by spooning onto 10cm wide strips of mountain bread folding into a triangle. Oven-bake until the bread is crunchy.

### Yoghurt and fruit salad

For a quick and easy snack serve natural yoghurt with sliced seasonal fruit.

### Bircher muesli

This sweet and creamy recipe is ideal for summer menus. Combine rolled oats, milk, cinnamon, grated apple, nuts and/or seeds (almonds, pepitas and sunflower seeds if allowed) and cover with orange juice. Refrigerate overnight. Serve with fruit and yoghurt (Greek, natural, soy).

### Soft fruity porridge

This makes a delicious wintery treat the kids will love! Over low heat, simmer rolled oats, milk (eg. cows, soy, rice) and spices such as ground cinnamon, nutmeg, ginger and/or cardamon. Stir in chopped seasonal fruit such as apples, pears, rhubarb and once soften and the oats have thickened it's ready to serve.

### Rice milk custard

This recipe may be suitable for children with various food allergies or intolerances.



# Savoury goodies

## Bruschetta

Top wholegrain toast with ricotta or mozzarella, slices of tomato and basil leaves.

## Spinach and ricotta pockets

Squeeze out excess liquid from defrosted, frozen spinach. Mix spinach with cooked onion, ricotta and basil leaves. Spoon mixture into wrap/mountain bread or filo pastry, fold into triangles and bake until golden and crisp.

## Confetti quesadillas

Sprinkle half a tortilla with cheese, corn, chopped capsicum, and black beans. Cover with other half and press down. Bake in oven until cheese is melted.

## Pinwheels

Cut crusts from wholemeal bread and flatten with a rolling pin. Spread with cream cheese and top with lettuce, ribbons of carrot and cucumber. Roll bread up firmly and cut into rounds. Mountain bread works well too!

# Creamy dips

## Pineapple and yoghurt dip

Drain crushed pineapple and mix with natural yoghurt of choice. Serve with sliced fruit.

## Tzatziki dip

Squeeze out excess liquid from grated cucumber. Mix with natural yoghurt, crushed garlic, cumin and lemon juice. Serve with veggie sticks, crackers, corn thins or crispbread.

## Garlic and herb dip

Mix cream cheese, natural yoghurt, garlic, chives and lemon juice until smooth. Serve with veggie sticks, crackers, corn thins or crispbread.

## Creamy spinach dip

Squeeze excess water out of defrosted, frozen spinach. Blend with chopped shallots, cream cheese, cottage cheese, natural yoghurt and lemon juice. Serve with veggie sticks, crackers, corn thins or crispbread.

## Sweet cottage cheese dip

Blend cottage cheese with cinnamon and a tiny amount of honey. Natural yoghurt works well too! Serve dip with fruit or on muesli or use as a spread for raisin/fruit toast, pikelets or scones.



## Cheese and veggie muffins

Cheesy muffins are a great way to get children to enjoy veggies. This calls for spinach however you can increase its veggie variety by also adding corn, capsicum, sweet potato and/or carrot.



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phone 1300 22 52 88 or email [heas@nnf.org.au](mailto:heas@nnf.org.au)