

# INSPIRED DINING

Recipes & Guidance  
for Aged Care



## Inside

Tips for menu planning,  
food fortification and  
texture modified diets

Delicious and  
nutritious recipes

Practical guide to the  
aged care standards

## WHAT'S IN THIS GUIDE?



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# INTRODUCTION

**Nestlé Professional** and **Nestlé Health Science** are excited to share this comprehensive guide on creating nourishing menus full of flavour for the aged care industry. Inside you'll find practical strategies to support the Australian strengthened aged care quality standards, plus tips to build variety, choice and protein across the day. You'll also find guidance on food fortification and texture-modified meals, with recipes designed to keep flavour front and centre. A daily menu planning template is included to help build balanced menus along with over 30 delicious and nutritious recipes including breakfast, soups, main meals, desserts, beverages and snacks.





As a passionate chef, I love supporting the aged care industry by turning everyday meals into moments residents can genuinely look forward to. In this guide, I'm sharing fortified recipes that add extra protein, without losing flavour or satisfaction. You'll find delicious, well-balanced texture modified meals that have been tested to ensure the right consistency, designed to help people eat well with confidence. And to make planning easier for kitchen teams, there is a simple menu planning template to help you build balanced menus, with variety and choice, across the day.

**Elke Travers**  
**Commercial**  
**Development Chef**  
**Nestlé Professional**



As a dietitian, I'm committed to supporting the aged care industry to deliver delicious, nutritious and appetising food—served in a dining environment that feels welcoming, social and uplifting. When we get adequate food and nutrition right, we can support better health outcomes and help prevent malnutrition. Residents on special diets also deserve the same variety, choice and enjoyment as those on regular diets. That's why our balanced, nutritious recipes are designed to taste great while delivering quality protein and essential nutrients.

**Michelle McCracken**  
**Culinary Nutritionist and**  
**Accredited Practising Dietitian**  
**Nestlé Professional**



Working closely with the aged care industry I understand the challenges clinical and kitchen staff face, with high rates of malnutrition and up to half of residents requiring texture modified diets due to dysphagia. We want to support aged care teams to deliver great food and beverages that support health, dignity and wellbeing at every meal. This guide and recipes are here to support you —bringing big flavour, smart fortification and practical texture modified meals so every resident can eat well, safely, and with pleasure.

**Mareon Labuschagne**  
**National Key Account**  
**Manager**  
**Nestlé Health Science**





## AGED CARE QUALITY STANDARDS

### ELEVATING THE MEAL TIME EXPERIENCE: PRACTICAL GUIDE TO STANDARD 6 – FOOD AND NUTRITION

The strengthened aged care quality standards ensure older people receive quality care that is safe, meets their needs and preferences and upholds their rights. There is an increased focus on food and nutrition with the Strengthened Aged Care Quality Standards.

**Standard 6 – Food and Nutrition, includes outcomes that must be met.**

#### **Partner with older people to provide a quality food, drink and dining experience.**

For this, you need their feedback – try:

- resident meetings
- food focus groups
- surveys
- feedback boxes
- one-to-one discussions

The chef and / or cook should be involved and it can be useful to include families too.

Document feedback and outline how it is used in menu planning.

#### **Assess and meet the nutritional needs and preferences of each older person.**

Resident nutrition, hydration and dining needs should be taken into account when menu planning. Clinical staff regularly assess these so make sure there are good communication systems in place to receive this information.

Help monitor intake by documenting food waste.

Food charts can be helpful too but make sure everyone is filling them in the same way and that information is useful eg 'all vegetables and no meat eaten' is more useful than '½ meal eaten'.

**Provide access to nutritious food and drinks and give older people choice about what and when they eat and drink:**

- Document and follow standard recipes, including yield.
- Use standard serve sizes and utensils.
- Check out the nourishing menus information on the next page!
- Protein option at breakfast daily, preferably hot.
- 3 or more cereals at breakfast, including a hot cereal made with fortified milk.
- 2 hot options at lunch (main meal).
- 1 hot option + soup + sandwich and / or salad in the evening (light meal).
- Offer an alternatives list with lots of options that have a similar amount of protein to a main meal.
- Nourishing morning tea, afternoon tea and supper daily –
  - snacks should have >5g protein + >500kJ
  - drinks >8g protein + >800kJ.
- Keep repetition low - focus on protein, dish style, vegetable variety, mid-meals, colours, flavours and textures.
- Minimum 3-week menu cycle
- Change the menu at least twice a year to include seasonal fruit and vegetables.
- Communicate all options and dishes clearly.
- Have systems in place that allow people to eat tasty and nutritious food throughout the day e.g. resident fridge with grab-an-go options, meals able to be served hot anytime.

An Accredited Practising Dietitian (APD) should be involved whenever menus are changed e.g. seasonal updates. They should also conduct an in-home menu and mealtime assessment at least annually.

**Meet the dining experience needs and preferences of older people.**

Presentation is important, we eat with our eyes! Think colours and identifiable foods, especially for texture modified meals.

Smell and temperature can also impact how much someone eats. Where possible, allow older people to enjoy the aromas of cooking. Ensure hot food is served hot and cold food is served cold.

What is a positive dining experience?

- Tables are set for a meal, no clutter!
- Crockery is used rather than plastic – it should feel like home.
- Lighting is not too bright or dull.
- Pleasant music can set the mood, nothing too loud and no dishwasher on in the background!
- A mealtime is not interrupted by medicine rounds, toileting or collecting glasses to see.
- Know your residents, what cultural and religious traditions do they have – daily, weekly and significant dates throughout the year.

**Standard 6: Older person statement** – *I enjoy tasty and nutritious food every day.*

**Standard 6: Worker statement** – *I make sure our residents enjoy appetising and nutritious food every day.*



# NOURISHING MENUS





Check out our practical guide to creating nourishing menus and tips for food fortification and texture modified meals.



## PROVIDE VARIETY AND CHOICE

In general, older people have higher protein needs and smaller appetites, so nourishing food is a must! Fibre is important too as our gut slows down and we're less active. Around 2 litres of fluids is needed daily, so ensure variety to maintain hydration.

Offering variety helps keep people interested in their meals and provides choice.

Texture modified menus should provide the same variety and the same opportunity to meet food groups as the regular menu.



## Meat, poultry, fish, eggs, tofu, legumes / beans, nuts and seeds

This food group is great for protein, supporting the immune system, and wound healing.

- Include red meat on the menu at least once daily to provide a good source of iron.
- Include fish on the menu at least twice per week and make sure oily fish such as salmon, tuna, sardines and mackerel are included. They are a good source of omega-3 fats that support heart, brain and eye health.
- Ensure variety to cater for individual preferences.
- Ensure adequate protein in vegetarian meals and work with an Accredited Practising Dietitian (APD) if a full vegetarian or vegan menu is required, to ensure adequate nutrition is provided.
- Each hot meal and salad main meal should contain 100 – 120g meat and alternatives.
- Beans / legumes / lentils provide fibre too.

## Dairy and alternatives

Milk, yoghurt and cheese provide protein, energy and calcium.

- Full fat milk should be the standard milk used.
- Fortified milk should be used to make drinks and desserts whenever possible.
- Ensure milk alternatives e.g. soy and almond milk are fortified with calcium and protein.
- Offer calcium rich milk-based desserts twice daily. These desserts can include one that is served with fruit salad or pudding e.g. ½ cup custard or yoghurt, or 100g ice-cream.
- Include yoghurt at breakfast.
- Use cheese in cooking.
- Offer milk based drinks with all meals and mid-meals e.g. plain milk, flavoured milk, SUSTAGEN and MILO.

## Grains

Grains are great for energy! And can be a good source of fibre.

- Offer a variety across the menu e.g. pasta, rice, couscous, barley.
- Include 4 serves daily.
- Offer bread at every meal, try different varieties e.g. rolls, flat bread.
- Include wholegrains for fibre.

## Vegetables

Vegetables give you vitamins, minerals and fibre.

- 2-3 serves with the main meal, at least 2 different colours each time.
- 1 serve with the light meal.
- ½ - 1 serve in soup.
- ½ serve at breakfast.
- Use in baking for added fibre.

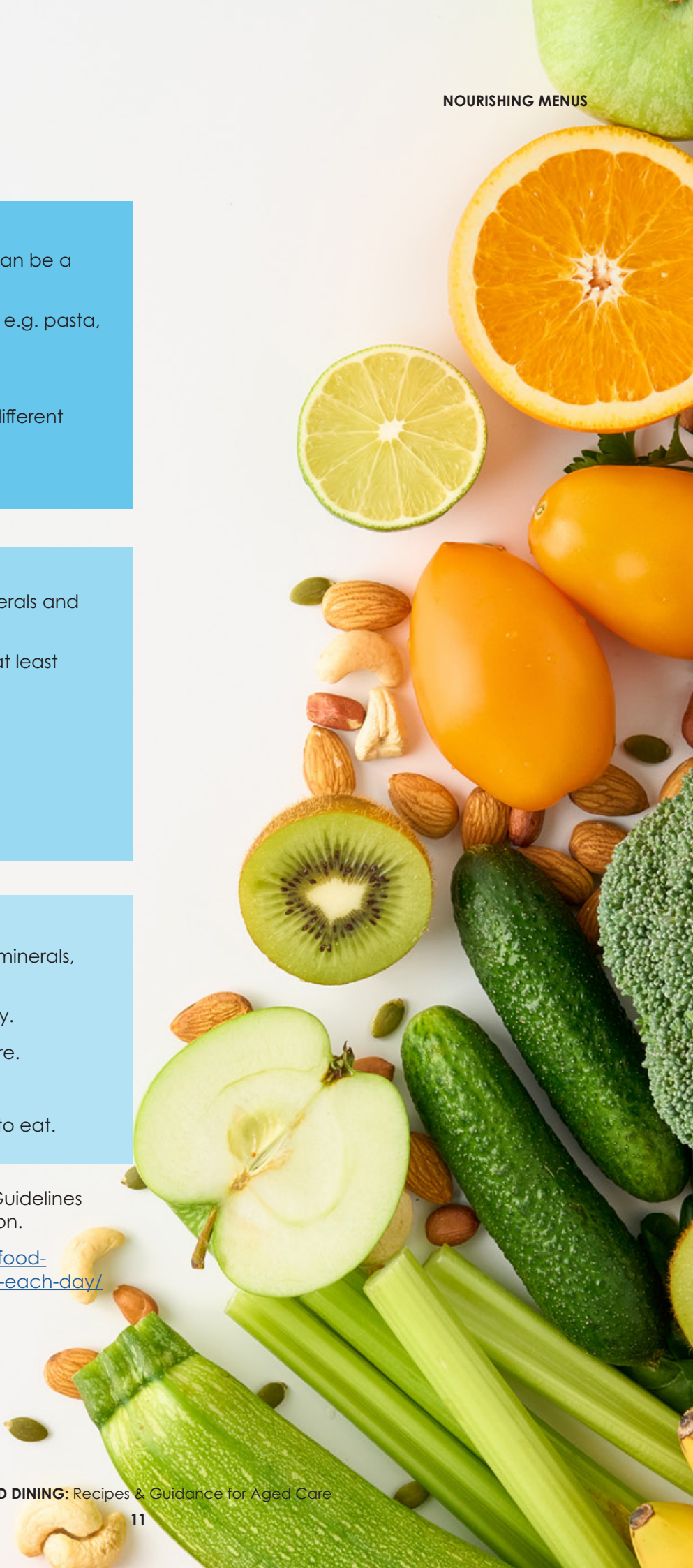
## Fruit

Fruit is another source of vitamins, minerals, fibre (& a bit of energy too)!

- Include a fruit dessert once daily.
- Use fruit in baking for added fibre.
- Offer fruit at breakfast.
- Make sure it's cut up and easy to eat.

Check out the Australian Dietary Guidelines for food group serve size information.

<https://www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/serve-sizes>



# PRACTICAL GUIDE TO PROTEIN & DAIRY FOODS

## Why is protein so important for older people?

Protein supports muscle strength, mobility, the immune system and wound healing. Older people have lower appetites so they're eating less but their needs are actually increased (even more so when they're unwell). Menus need to provide enough protein at each meal and mid-meal.

## Protein targets

Meal	Protein target
Lunch or evening meal	25 – 30g per meal
Dessert	5g
Soup	8g
Mid-meal	5g

## Why is dairy food so important for older people?

Dairy foods are the best source of calcium, which is needed for strong bones and muscle health.

In aged care, we include:



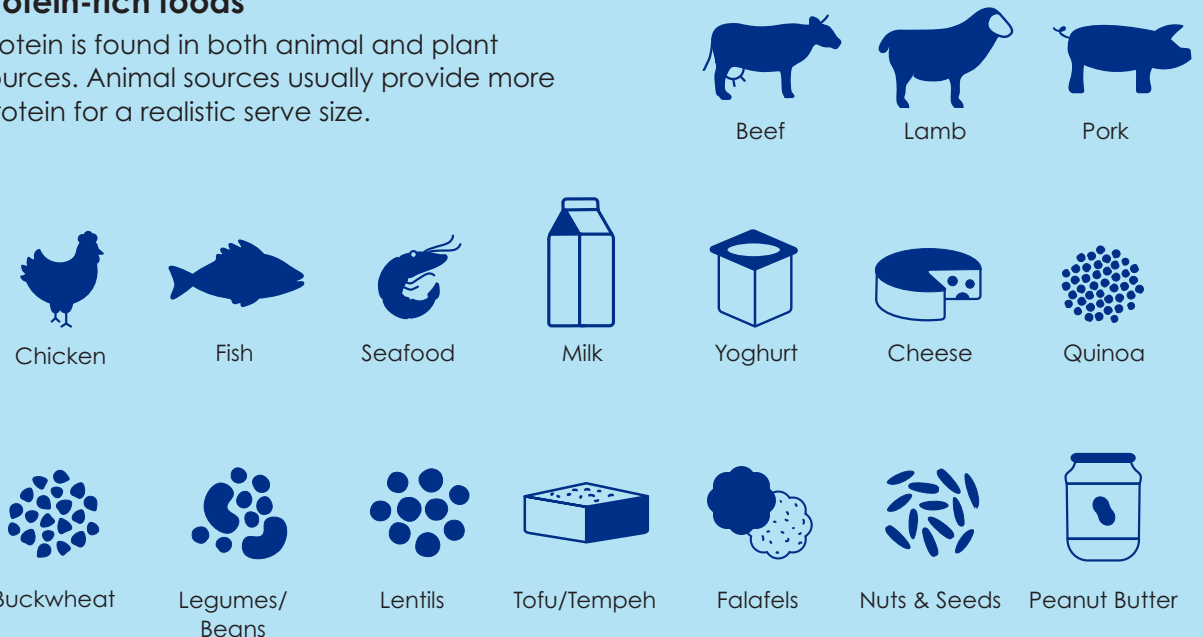
It's important to note that cream is high in fat and not a good source of protein or calcium. So while it may be good for energy, it's not counted as a dairy serve.

## Vitamin D

Vitamin D is important for strong bones. It's made in the body when sun hits the skin and this is the main way we get vitamin D. It's hard to meet requirements through diet alone. The best food sources are oily fish, egg yolks and mushrooms exposed to UV light, as well as some fortified foods such as margarine, so include these on the menu.

## Protein-rich foods

Protein is found in both animal and plant sources. Animal sources usually provide more protein for a realistic serve size.





## HYDRATION AND FLUIDS

### What about drinks?

Having enough to drink is important for many reasons. Symptoms of dehydration can be the same as illness and some medical conditions, so keeping older people well hydrated helps timely clinical management.

- Aim 1,500 – 2,000ml each day
- Offer with each meal and mid-meal, keep jugs on tables, extra in hot weather, consider a hydration cart.
- Variety is important - what counts as fluid:
  - Water
  - Tea/coffee
  - Juices
  - Milk drinks / MILO® / SUSTAGEN®
  - Soup
  - Custard, yoghurt, ice-cream
  - Jelly and ice blocks
  - Cordial and soft drink

Thickened fluids still count towards fluid intake (the challenge is people often drink less).

**Nestlé Health Science** offers **THICKENUP® Clear**, specifically designed to thicken fluids and support safe swallowing while helping residents maintain hydration.

To support hydration in everyday care settings, **Nestlé Professional** offers a broad range of beverage solutions tailored to health and aged care. From automated NESCAFÉ coffee machines that enable quick, consistent end cup delivery to familiar favourites like MILO®, NESCAFÉ and hot chocolate, all available in tin or sachet formats. Our total range of beverage solutions help care teams offer fluids practically, turning everyday hydration into comforting, familiar moments that residents can look forward to, whilst being simple for care staff to provide as part of a daily routine.



# PRACTICAL GUIDE TO FOOD FORTIFICATION

Protein and energy are key nutrients that often need supplementation in older people to maintain health and prevent malnutrition.

## Look for ways to add protein

- All soups should have meat &/or legumes &/or skim milk powder
- Offer nourishing dairy based drinks at all meals and mid-meals
- Use fortified milk for porridge, drinks and desserts whenever possible.
- Add skim milk powder into baking, sauces, mash and desserts
- Look for opportunities to add legume flours, nut meal or egg powder.
- Add legumes and lentils to soups, casseroles, curries, salads, vegetarian patties
- Add cheese to meals e.g. in mash potato, sauces, soups, baking and pasta
- If tolerated, include nuts as a snack and in cooking. Offer nut spreads at breakfast and mid-meals.
- Have milk, cheese, yoghurt and custard available anytime.

## Look for ways to add energy

- Add margarine or butter to vegetables; use on bread, toast and crackers. Offer avocado as an alternative spread. Some cultures may prefer oil with bread and vegetables.
- Add cream to soups or desserts
- Use full fat dairy foods
- Add plenty of oil in cooking
- Complete salads with dressings, cheese and nuts (if tolerated)

## Bake in house

Baking in house allows you to maximise nutrition provided to your residents.

- Mid-meals can be boosted by including fruit or vegetables for fibre, vitamins and minerals. Think blueberry muffins or zucchini slice.
- Fibre can also be added by including some wholemeal flour. Up to 1/3 flour can be exchanged for wholemeal with minimal impact on the dish form and function.
- Cheese and skim milk powder can be included for energy, protein and calcium.
- Making desserts in house helps ensure they're jam packed with nutrition, for example added fruit or fortified milk.

## Nutritious alternatives lists

Alternatives lists are useful tools to offer choice to residents, so it's important they offer opportunities to meet energy and protein needs. The below are nutritious and are generally easy for the kitchen to accommodate:

- Omelette / frittata / scramble / boiled eggs, made with 2 eggs
- Tinned or steamed fish (choose oily if possible), 100 – 120g per serve
- Tuna patties or vegetable patties from legumes, 150 – 200g per serve
- Salad – 100g meat / chicken / fish / cheese + salad + pasta / rice / bread roll
- Sandwich – at least 50g meat / chicken / fish / cheese

## Fortified milk recommended recipe

1L full cream milk + 1 cup skim milk powder

Note that favourite foods such as mini pies or sausage rolls often don't have enough protein in a serve size that an older person will eat. These are better saved for special occasions or may be an option for supper, depending on the rest of the menu.

## SUSTAGEN® Hospital Formula for food fortification

SUSTAGEN® Hospital Formula is a nutritionally complete powdered supplement that can be added to a wide range of foods and drinks to increase protein, energy and micronutrient content. Traditional fortifiers include ingredients such as cream, butter or oils—which mainly add calories—SUSTAGEN® Hospital Formula provides 13.8g of protein and 225 kcal per 60g serve, and 27 vitamins and minerals, making it a practical way to enrich meals when overall food intake is low.

### Why SUSTAGEN® Hospital Formula can be beneficial for food fortification

- Provide high quality protein, an average of 13.8g per 60g serve
- Contains essential vitamins and minerals (including calcium, iron, magnesium, zinc, vitamin B6, vitamin B12 and vitamin D), helping increase overall nutrient density.
- It can be added to hot or cold foods—such as soups, porridge, yoghurt, desserts or beverages.
- Neutral flavour variant blends in easily without altering taste or texture, while other flavours can be used when a specific flavour profile is desired.
- Supports efforts to address nutritional gaps when appetite or food intake is reduced.
- Formulated as a meal replacement, it can be incorporated with other drinks or foods useful particularly for volume sensitive individuals.

### Why this matters in aged care

Many older adults experience low appetite, early satiety or difficulty eating. In these situations, SUSTAGEN® Hospital Formula offers an easy way to increase the nutrition density of the small amounts of food they can manage.

## Nutrient contribution

Using a nutritionally complete product like SUSTAGEN® Hospital Formula in meals and beverages provides additional:

- Protein
- Energy
- Key micronutrients, including:
  - Calcium and vitamin D for bone health
  - Iron and magnesium to support energy function

This makes SUSTAGEN® Hospital Formula a versatile option for increasing the nutritional quality of foods and drinks in aged-care settings.

SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as a total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle.



### SUSTAGEN® Hospital Formula Neutral Fortified Milkshake Recipe

Makes 6 x 250ml serves

1.2L full cream milk + 360g SUSTAGEN® Hospital Formula Neutral + 20ml vanilla essence

# PRACTICAL GUIDE TO TEXTURE MODIFIED DIETS

## What is a Texture-Modified Diet and Why Is It Important?

A texture-modified diet involves adjusting the texture of foods and the thickness of fluids so they can be swallowed more safely and comfortably. These adjustments are made to support people who experience difficulty chewing or swallowing, ensuring that eating and drinking remain both safe and nourishing.

When food or fluids are not matched to a person's swallowing ability, the risk of choking and aspiration increases. At the same time, meals that are unappealing, difficult to manage or lack variety can lead to reduced intake.

## Who Is a Texture-Modified Diet For?

In aged care, texture-modified diets are commonly recommended for people with dysphagia, the clinical term for swallowing difficulties. Not every person with dysphagia will need texture modification, and requirements may change over time. Recommendations are typically made by a speech pathologist, working closely with a dietitian, to ensure that any modifications support both swallowing safety and adequate nutritional intake.

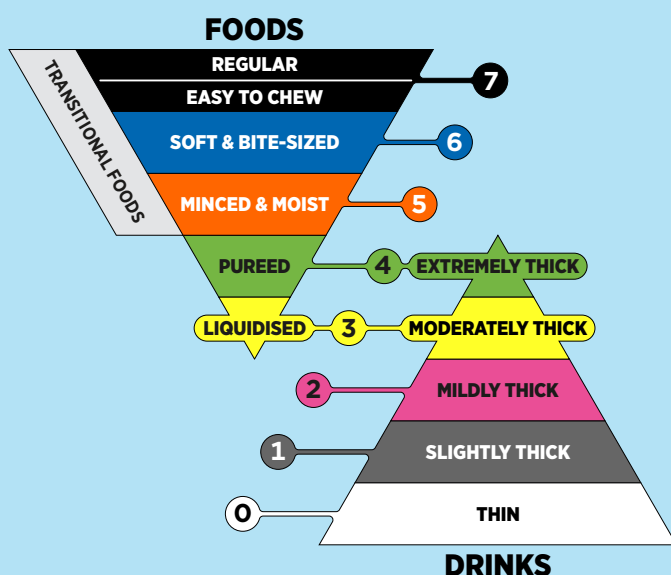
Using IDDSI standards supports:

- Consistent preparation across kitchens and care teams.
- Clear communication between clinicians, carers and foodservice staff.
- Safer swallowing outcomes for people with dysphagia.

In aged care settings, IDDSI alignment is an important enabler of Standard 6, helping providers demonstrate that meals are clinically appropriate, safe and tailored to individual needs.

## The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



## What Are the IDDSI Standards?

The International Dysphagia Diet Standardisation Initiative (IDDSI) provides a globally recognised framework for classifying food textures and drink thicknesses. Its purpose is to create a shared language across healthcare, aged care and foodservice settings, reducing confusion and improving safety.

The IDDSI Framework defines eight clear levels based on measurable characteristics:

© The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework/>  
 Licensed under the Creative Commons Attribution Sharealike 4.0 License <https://creativecommons.org/licenses/by-sa/4.0/legalcode>.  
 Derivative works extending beyond language translation are NOT PERMITTED.

### Practical tips on preparing texture modified foods

While texture modification improves safety, it must also support enjoyment, dignity and nutritional adequacy. Poorly prepared texture-modified meals are associated with reduced intake, particularly when food lacks flavour, visual appeal or variety. The following strategies help translate clinical recommendations into high-quality mealtime experiences:

#### Focus on presentation and dignity:

- Using moulds for puréed foods can transform the appearance of meals, helping them resemble familiar dishes. This improves visual appeal, supports dignity and encourages intake, particularly for residents on long-term modified diets.
- Improved presentation can encourage intake, increase meal variety and help residents feel more confident and engaged at mealtimes.

#### Choose foods that naturally meet texture requirements:

- Many everyday foods already align with specific IDDSI levels. Soft eggs, baked beans, tender fish and well-cooked pasta can often be used without excessive processing.
- Working with these foods can improve flavour and mouthfeel compared with over-blended options.

#### Maintain flavour and culinary quality:

- Texture modification should not mean bland meals. Sauces, herbs and spices can be used in the same way as for standard meals, provided textures remain appropriate.
- Familiar flavours help maintain enjoyment and appetite.

#### Manage fluid thickness carefully:

- For some people, fluids need to be thickened to slow flow and improve swallow control.
- Using a neutrally flavoured thickening agent, such as ThickenUp® Clear, allows drinks to reach the required IDDSI level without altering taste, aroma or appearance.
- Consistent thickening supports hydration while reducing the risk of aspiration.

#### Support nutrition with enriched options:

- High-protein, high-energy foods and drinks are often needed to reduce the risk of malnutrition.
- Texture-appropriate desserts, fortified drinks and nourishing snacks, including no-melt ice cream options, can help boost intake while maintaining enjoyment.

#### Encourage variety and creativity:

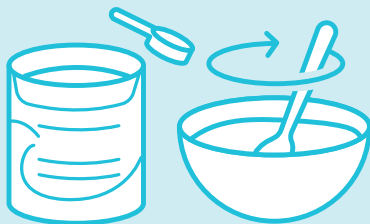
- Repeating the same meals day after day can reduce interest and intake. Rotating menus, adapting familiar recipes and presenting meals thoughtfully all contribute to better nutritional outcomes and more positive mealtime experiences.



# THICKENUP® CLEAR TEXTURE MODIFIED MEAL GUIDE

## PREPARATION

01



Add THICKENUP® Clear and combine until mixture holds its shape on a spoon. Sample should fall off easily with little food left on the spoon. Product should not be firm or sticky.

02



Form into desired shape using mold/piping/layering method. Cover and place in fridge/freezer for 1-2 hours for meat and vegetable and 2-3 hours for fruit (depending on size of container/vessel).

### ROAST LAMB IDDSI Level 4 Puree



500g cooked lamb & gravy, pureed

4 scoops THICKENUP® Clear

See page 78 for full recipe details

### THICKENED GRAVY IDDSI Level 3



50g MAGGI Supreme Gravy Mix

500ml cold water

3 scoops THICKENUP® Clear

See page 86 for full recipe details

### PUMPKIN IDDSI Level 4 Puree



1.2kg pumpkin

3-4 scoops THICKENUP® Clear

3-4g MAGGI Chicken Flavoured Booster

See page 84 for full recipe details

To heat puree moulds use oven on regeneration mode, set to 130°C and aim for an internal food temperature of 76°C.

End product should be tested to ensure suitability for texture modified diet. Testing can be undertaken using IDDSI testing methods (e.g. IDDSI Spoon Tilt Test and IDDSI Fork Pressure Test). Scoop amounts may vary depending on the water content / moisture of the food. Seasonal variation in fruits and vegetables may occur. People who require texture modified food may need supervision when eating to reduce choking risk. Check supervision is available before serving. Please refer to your policies and procedures outlined in your food safety manual for safe food handling and correct storage.

MEAT & VEGETABLE

03



Once set, remove from fridge/freezer and plate accordingly. Cover food (e.g. plastic wrap, foil) and heat in combi or conventional oven until core temperature of 75°C or above is reached (approx. 20 – 45 minutes). Check texture suitability for swallowing safety before serving.

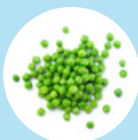
FRUIT

03



Remove from mold tray, cover and plate as desired, place in cool room to thaw before serving. Check texture suitability for swallowing safety before serving.

PEAS  
IDDSI Level 4 Puree



1kg frozen peas

5-6 scoops **THICKENUP® Clear**

3-4g **MAGGI Chicken Flavoured Booster**

See page 82 for full recipe details

Tips to Adjust Texture:

- Too thick: add cold water
- Too thin: add **THICKENUP® Clear**
- Too sticky: add a small amount of oil

THICKENUP® Clear is a food for special medical purposes specifically formulated for the dietary management of people with dysphagia (swallowing difficulties). Must be used under medical supervision.





## MENU PLANNING GUIDE

Use the information below for the foods and portion sizes to be included at each meal across your menu. This will help to assist with the development of standardised recipes, ensuring nutrition and protein targets are met at each meal for your residents.

### Breakfast

*Continental breakfast items + Hot meal item + Hot vegetable item*

- **Juice** (100% juice, no added sugar): offer variety, four different juice types, including pear and prune juice.
- **Cereals:** 2 - 3 high fibre cereals e.g. UNCLE TOBYS PLUS Fibre, UNCLE TOBYS Shredded Wheat, UNCLE TOBYS Oats/Porridge and 1 - 2 low fibre cereals e.g. puffed rice and toasted corn cereals.
- **Bread:** wholemeal, wholegrain, white high fibre, raisin bread, English muffins and crumpets.
- **Spreads:** jam, honey, marmalade, Vegemite and peanut butter
- **Fibre supplement:** prunes, prune bran mix, pear juice, prune juice, psyllium husk and bran.
- **Hot protein:** eggs, baked beans, bacon, mince or mini sausages
- **Hot veg:** tomato, mushrooms, hash brown, spinach or asparagus

### Morning/Afternoon Tea

*Sweet e.g. muffin/cake and/or Savoury item e.g. quiche + Fresh Fruit and Yoghurt or Custard + Nourishing drink + Crackers & Cheese*

- Scratch made muffins and cakes by your kitchen allows for the addition of fruit, vegetables, wholemeal flour, milk powder or SUSTAGEN® Hospital Formula Neutral Flavour to maximise nutrition.
- 2-3 biscuits or 100g baked item e.g. muffin, cake, savoury per serve to provide:
  - Protein > 5g
  - Energy > 500kJ
- Nourishing drink, per serve to provide:
  - Protein > 8g
  - Energy > 800kJ
- 25g cheese + 4 crackers

Lunch	Dinner	Supper
2 hot Main Meal options with different proteins e.g. beef and fish + Salad + Sandwich + Dessert	Soup + 1 hot Main Meal option + Sandwich + Salad + Dessert	Sandwich + Nourishing Drink + Dairy Dessert

### Hot meals

Portion sizes of each main meal component per serve:

- 120g raw meat or alternatives
- 120g vegetables, at least 2 different coloured vegetables or more
- 90g starch

To provide:

- Protein > 25g
- Energy > 1250kJ

### Sandwiches

- 2 slices bread
- > 50g meat, fish, chicken, eggs, cheese or legumes
- Include salad or vegetables in the sandwich and/or on the side

### Salads

- > 100g cooked meat, fish, chicken, eggs, cheese or legumes
- 100g salad vegetables
- 90g starchy salad e.g. pasta, couscous or bread on the side

### Soup

- All soups to contain a source of protein and vegetables. Per serve to provide:
  - Protein > 8g
  - Energy > 400kJ

### Dessert

- Desserts to provide at least half a serve of dairy and/or half a serve of fruit. Per serve to provide:
  - Protein > 5g
  - Energy > 500kJ
- If the dessert offered at lunch is fruit based, offer a dairy-based dessert in the evening.

### Drinks – available every meal and throughout the day

- Water
- Tea and coffee, including milky coffee
- Cordial
- Soft drinks
- Variety of juices
- Full cream milk
- Nestlé MILO®
- Nestlé MALTED MILK
- Nestlé Hot Chocolate Complete Mix
- SUSTAGEN® Hospital Formula, SUSTAGEN® Everyday and SUSTAGEN® Ready to Drink flavours e.g. chocolate, vanilla
- Milkshake or smoothie

SUSTAGEN® Hospital Formula is a formulated meal replacement and cannot be used as a total diet replacement. Consume as part of a varied and balanced diet and healthy lifestyle. SUSTAGEN® Everyday and SUSTAGEN® Ready to Drink are Formulated Supplementary Foods which can be of assistance where dietary intakes of nutrients and energy may not be adequate.

# SAMPLE ONE DAY GREEK INSPIRED MENU

For residents on a regular diet.

Meal	Menu
<b>Breakfast</b> - Continental breakfast items - 1 x hot meal - 1 x hot vegetable	<b>Continental Breakfast:</b> <ul style="list-style-type: none"> <li>• Orange, apple, pear and prune juices</li> <li>• Fruit - tinned peaches/pears and fresh strawberries with passionfruit</li> <li>• Yoghurt – strawberry &amp; vanilla flavoured and plain high protein Greek yoghurt</li> <li>• Cereals – UNCLE TOBYS PLUS Fibre, UNCLE TOBYS Oat Flakes, UNCLE TOBYS CHEERIOS and puffed rice cereal</li> <li>• Porridge made on milk</li> <li>• Full cream milk and fortified milk</li> <li>• Bread and Toast - wholegrain, wholemeal. white high fibre, raisin toast, crumpets and English muffins</li> <li>• Butter + Margarine</li> <li>• Spreads - jam, honey, marmalade, Vegemite and peanut butter</li> <li>• Cheese</li> <li>• Fibre Supplement – bran and psyllium husk</li> </ul> <b>Hot Options:</b> <b>Bircher Muesli</b> (oats and fruit soaked in milk, topped with honey, Greek yoghurt, nuts and seeds) <b>Spanakopita-Style Egg Bake</b> (eggs baked in tomato sauce with spinach and feta). Mixed mushrooms sauteed in butter, garlic and thyme.
<b>Morning tea</b> - 1 x savoury item - 1 x fruit with yoghurt - 1 x nourishing drink	Mini feta & herb savoury quiches Fresh fruit salad and yoghurt <b>Iced coffee shake</b>
<b>Lunch</b> - 2 hot meals - 1 x sandwich - 1 x salad - 1 x dessert	<b>Hot Options:</b> <b>Slow Braised Lamb with skordalia (potato), roast pumpkin, peas and carrots</b> Lemon Chicken Rice, serve with a side of broccolini with lemon olive oil and honey carrots Alternative options include egg & salad sandwiches and Greek style salad with poached chicken breast <b>Enriched Baklava pannacotta</b>

Meal	Menu
<p><b>Afternoon tea</b></p> <ul style="list-style-type: none"> <li>- 1 x sweet item</li> <li>- 1 x cheese &amp; crackers</li> <li>- 1 x nourishing drink</li> </ul>	<p><b><u>Tre lech cake</u></b> Crackers and cheese</p> <p><b><u>MILO Smoothie</u></b></p>
<p><b>Evening meal</b></p> <ul style="list-style-type: none"> <li>- 1 x soup</li> <li>- 1 x hot meal</li> <li>- 1 x sandwich</li> <li>- 1 x salad</li> <li>- 1 x dessert</li> </ul>	<p><b><u>Crème of Broccoli Soup</u></b></p> <p><b><u>Moussaka</u></b> with roast pumpkin and peas</p> <p>Tuna and salad sandwiches</p> <p>Chickpea, Feta and vegetable couscous salad</p> <p><b><u>Greek style creamy rice pudding (Rizogalo)</u></b></p>
<p><b>Supper</b></p> <ul style="list-style-type: none"> <li>- 1 x sandwich</li> <li>- 1 x nourishing drink</li> <li>- 1 x dessert</li> </ul>	<p>Chicken, cucumber, avocado, lettuce &amp; mayonnaise sandwiches</p> <p><b><u>Chai spiced enriched hot chocolate</u></b></p> <p><b><u>Espresso Toffee Crème Caramel</u></b></p>





# HEALTHY BREAKFASTS

*\*Recipe Approx cost per serve estimates: Approx cost per serve estimates have been provided for each recipe and were generated using AI-assisted calculations based on indicative Australian foodservice pricing in April 2026 and standard recipe assumptions. These estimates are for guidance only and may vary due to supplier pricing, yield, portion size, seasonal availability, and operational factors.*



Add variety to your breakfast menu with inspiring new ideas for eggs, beans and oats.

# CHICKPEA SHAKSHUKA

## CHEFS TIP:

- For a Greek inspired version, add spinach and fetta for a baked Spanakopita style.

Shakshuka is a celebrated dish from the Middle East and North Africa, featuring eggs poached with the addition of chickpeas. For a Moroccan inspired version add labneh, dukka and falafels.



**PREP TIME: 30 MINUTES**

**SERVES: 10 X 240G LEVEL: EASY APPROX COST PER SERVE: \*\$2.89**

## INGREDIENTS

50ml olive oil  
200g brown onions, finely diced (1)  
400g eggplant (1)  
3 cloves garlic, minced  
5g ground cumin  
10g smoked paprika  
2g chilli flakes (optional, to taste)  
1kg **BITTONI Sugo Rustico De Pomodoro**  
500g **BITTONI Salsa Di Peperoni**  
250g cooked chickpea drained  
Black pepper, to taste  
20 large eggs | soft poached  
Fresh parsley or coriander, chopped, for garnish  
10 portions crusty bread or focaccia, for serving  
Extra protein and flavour options: falafels, labneh, dukka, feta, spinach

## PREPARATION

1. Prepare the Sauce: In a large wide braising pan, heat the olive oil over medium heat. Add the diced onions and eggplant, cooking for 2 minutes until softened.
2. Add the garlic, cumin, smoked paprika, and chilli flakes. Stir for 1–2 minutes until aromatic.
3. Pour in the BITTONI & chickpeas, simmer for 2-3 minutes, stirring occasionally, season with black pepper stand aside.
4. Poach the Eggs: In a simmering pot of water & vinegar, poach eggs softly to order, drain and place the eggs in a small dish with a ladle of the sauce, cover & cook in a moderate oven for 5 minutes, or until desired doneness.
5. Garnish and Serve: Remove from heat. Sprinkle with chopped parsley or coriander. Serve hot. For the Moroccan inspired version serve with labneh, dukka and falafels.



**BITTONI Sugo Rustico De Pomodoro**  
13531287



**BITTONI Salsa Di Peperoni**  
12147818

## Nutrition Information (per serve, 240g)

Energy: 1,225kJ | Energy: 293Cal | Protein: 15.8g | Total Fat: 17.1g | Saturated Fat: 3.4g | Carbohydrate: 16.2g | Total Sugars: 11.9g | Sodium: 548mg | Fibre: 5.9g | Iron: 4.2 (35% RDI)



Serving suggestion.

# SPICED BAKED BEANS BOWLS

Perfect for breakfast or brunch.



**PREP TIME: 15 MINUTES**

**SERVES: 10 LEVEL: EASY APPROX COST PER SERVE: \*\$2.39**

## INGREDIENTS

30ml olive oil  
 150g onion chopped finely  
 1 garlic clove, crushed  
 1 red chilli long, de seeded  
 420g mixed beans, drained  
 400g **BITONI Sugo al Pomodoro Tomato Couli**  
 Salt and pepper to taste

### To serve

10 thick slices bread  
 5 Avocados, quartered  
 10 eggs, poached

## PREPARATION

1. Heat olive oil in a pan add onion & cook until tender.
2. Add the garlic & chilli cook for a minute, add beans & BITONI simmer & serve with toast, eggs avocado.



**BITONI Sugo al Pomodoro Tomato Couli**  
 12147751

### Nutrition Information (per serve, 250g)

Energy: 1,655kJ | Energy: 396Cal | Protein: 16.1g | Total Fat: 19.9g | Saturated Fat: 3.5g | Carbohydrate: 32.7g | Total Sugars: 6.1g | Sodium: 433mg | Fibre: 11.5g | Iron: 3.3 (28% RDI)

# BIRCHER MUESLI

A delicious and nutritious way to start the day, full of goodness from oats, fruit, yoghurt, nuts and seeds.



**PREP TIME: 15 MINUTES (PLUS OVERNIGHT SOAKING)**  
**SERVES: 10 X 150G LEVEL: EASY APPROX COST PER SERVE: \*\$1.46**

## INGREDIENTS

400g **UNCLE TOBYS Traditional Rolled Oats**  
600ml milk  
120g **SUSTAGEN® Hospital Formula Neutral Flavour**  
500g apples, skin on, grated  
150g raisins  
5g cinnamon  
200ml milk  
100g **Nestlé DOCELLO French Vanilla flavoured Mousse Mix**  
400g high protein Greek yoghurt  
150g walnuts, chopped  
100g pepita seeds  
100g coconut flakes

## PREPARATION

1. In a bowl enrich the milk with SUSTAGEN® Hospital Formula Neutral Flavour and whisk to combine. Mix in oats grated apple, raisins and cinnamon. Cover and leave overnight to soak.
2. Place 200ml cold milk into a stand mixer fitted with a balloon whisk. Add Nestlé DOCELLO French Vanilla Flavoured Mousse Mix and mix on medium speed for 1 minute until fully combined. Scrape down the sides of the bowl. Increase to high speed and mix for 6 minutes until light and aerated.
3. Stir yoghurt, walnuts, pepita seeds and coconut flakes through the soaked oat mixture.
4. Gently fold the vanilla mousse through the oat and yoghurt mixture until evenly combined.
5. Spoon Bircher muesli vanilla mousse into individual serving glasses and garnish with extra pepita seeds, walnuts and coconut flakes.



**UNCLE TOBYS Traditional Rolled Oats**  
102826



**Nestlé DOCELLO French Vanilla flavoured Mousse Mix**  
12026967



**SUSTAGEN® Hospital Formula Neutral**  
12339186

**CHEFS TIP:**

- Use a high protein Greek style yoghurt to boost protein and serve with fresh seasonal fruit.



*Serving suggestion.*

**Nutrition Information (per serve, 150g)**

Energy: 1,818 kJ | Energy: 435Cal | Protein: 15.8g | Total Fat: 19.5g | Saturated Fat: 6.3g | Carbohydrate: 46.3g | Total Sugars: 27.2g | Sodium: 96mg | Fibre: 5.7g | Calcium: 282 (35% RDI) | Iron: 1.8 (15% RDI)

# BEVERAGES



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**Nourishing  
beverages provide  
important nutrients  
such as calcium  
and contribute to  
hydration.**



Serving suggestion.

# MILO® SMOOTHIE

A delicious on-the-go smoothie with the goodness of MILO® and milk, probiotics from yoghurt and fibre from oats and psyllium husk.



**PREP TIME: 5 MINUTES**

**SERVES: 2 X 250ML LEVEL: EASY APPROX COST PER SERVE: \*\$1.56**

## INGREDIENTS

- 350ml milk
- 60g yoghurt
- 40g **MILO® CAN**
- 20g **UNCLE TOBYS**  
Traditional Rolled Oats
- 10g psyllium husk
- 60g frozen strawberries

## PREPARATION

1. Place all ingredients in a blender. Blend until smooth.
2. Pour into tall glasses and serve with a straw.



**Milo® Can**  
102296



**UNLCE TOBYS Traditional**  
**Rolled Oats**  
102826

### Nutrition Information (per serve, 250ml)

Energy: 1,083kJ | Energy: 259Cal | Protein: 12.5g | Total Fat: 8.8g | Saturated Fat: 5.2g | Carbohydrate: 29.5g | Total Sugars: 20.8g | Sodium: 100mg | Fibre: 6.6g | Calcium: 388 (49% RDI) | Vitamin D: 2.8ug (28% RDI)  
As part of a healthy, varied diet.

**CHEFS TIP:**

- Vary the flavour of this smoothie by adding different frozen fruits e.g. strawberries, blueberries or mango.



Serving suggestion.

# MALTED BANANA HONEY SMOOTHIE

A classic malted milk smoothie with the goodness of banana, oats and the sweetness of honey.



**PREP TIME: 5 MINUTES**

**SERVES: 2 X 250ML LEVEL: EASY APPROX COST PER SERVE: \*\$0.76**

## INGREDIENTS

250ml milk

40g **Nestlé MALTED MILK**

100g frozen banana, sliced

2 tsp Honey

¼ cup **UNCLE TOBYS**

Traditional Rolled Oats

½ cup ice

## PREPARATION

1. Place all ingredients in a blender. Blend until smooth.
2. Pour into tall glasses and serve with a straw.



**Nestlé Malted Milk Can**  
101147



**UNCLE TOBYS Traditional Rolled Oats**  
102826

### Nutrition Information (per serve, 220ml)

Energy: 1,135kJ | Energy: 271Cal | Protein: 8.4g | Total Fat: 7.1g | Saturated Fat: 3.7g | Carbohydrate: 42.5g | Total Sugars: 27.6g | Sodium: 98mg | Fibre: 2.0g | Calcium: 267mg (33% RDI) | Vitamin D: 1.4ug (14% RDI)

### CHEFS TIP:

- To reduce waste, portion the tinned apple into ice cube trays, freeze and use in smoothies.



Serving suggestion.

# APPLE PIE BRÛLÉE SHAKE

The perfect dessert shake to give the experience of apple pie and custard all day long.



**PREP TIME: 5 MINUTES**

**SERVES: 2 X 190ML LEVEL: EASY APPROX COST PER SERVE: \*\$1.50**

## INGREDIENTS

150ml milk  
30g **SUSTAGEN® Hospital Formula Neutral**  
30g ice cream  
50g ice  
50g **Nestlé DOCELLO Crème Brûlée Dessert Mix**  
40g apple (tinned cooked Pink Lady apples in juice)

### To Serve

2 x 30g scoops vanilla ice cream  
Cinnamon, to taste

## PREPARATION

1. Place the milk, Nestlé SUSTAGEN® Hospital Formula Neutral, ice cream, ice, Nestlé DOCELLO Crème Brûlée Dessert Mix, and apple into a jug.
2. Blend until completely smooth.
3. Pour into two glasses and top each with one scoop vanilla ice cream.
4. Finish with a sprinkle of cinnamon.



**SUSTAGEN® Hospital Formula Neutral**  
12339186



**Nestlé DOCELLO Crème Brûlée Dessert Mix**  
12104230

### Nutrition Information (per serve, 190g)

Energy: 1,224 kJ | Energy: 293Cal | Protein: 8.0g | Total Fat: 7.9g | Saturated Fat: 5.1g | Carbohydrate: 47.1g | Total Sugars: 40.7g | Sodium: 113mg | Calcium: 221mg (28% RDI)

### CHEFS TIP:

- For a stronger coffee hit, dissolve the NESCAFÉ Blend 43 in 20 ml hot water before blending.



Serving suggestion.

## ICED COFFEE SHAKE

A rich, creamy and high energy iced coffee shake that gives you a pick me up any time of day.



**PREP TIME: 5 MINUTES**

**SERVES: 2 X 200ML LEVEL: EASY APPROX COST PER SERVE: \*\$1.90**

### INGREDIENTS

60g **SUSTAGEN® Hospital Formula Neutral**

200ml milk, chilled

10g **NESCAFÉ Blend 43**

50g | 1 scoop Vanilla ice-cream

30g **Nestlé Sweetened Condensed Milk**

50g Ice | optional

### PREPARATION

1. Enrich the milk with Nestlé SUSTAGEN® Hospital Formula Neutral Flavour, stir well
2. Pour the enriched milk, NESCAFÉ Blend 43, Nestlé Sweetened Condensed Milk and ice and vanilla ice-cream to a blender.
3. Blend until smooth, thick and creamy.
4. Pour into a chilled glass and serve immediately.



**SUSTAGEN® Hospital Formula Neutral**  
12339186



**Nescafé Blend 43**  
102295



**Nestlé Sweetened Condensed Milk**  
12481593

### Nutrition Information (per serve, 200ml)

Energy: 1,168kJ | Energy: 279Cal | Protein: 12.5g | Total Fat: 8.1g | Saturated Fat: 5.4g | Carbohydrate: 39.2g | Total Sugars: 32.7g | Sodium: 145mg | Calcium: 333mg (42% RDI) | Vitamin B12: 1.1ug (55% RDI) | Vitamin D: 1.8ug (18% RDI)

### CHEFS TIP:

- This recipe can be adapted to suit texture modified diets using THICKENUP® Clear.



*Serving suggestion.*

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#### **Nutrition Information (per serve, 220ml)**

Energy: 1,236kJ | Protein: 12.9g | Total Fat: 8.5g | Saturated Fat: 5.9g | Carbohydrate: 42.8g |  
Total Sugars: 34.7g | Sodium: 231mg | Calcium: 380mg (50% RDI) | Vitamin B12 : 1.0µg (48% RDI) | Iodine: 60µg (40% RDI)

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# CHAI SPICED ENRICHED HOT CHOCOLATE

A creamy rich hot chocolate with aromatic chai spice flavours, enriched with SUSTAGEN® Hospital Formula to provide a source of protein and essential vitamins and minerals, with the addition of THICKENUP® Clear for textured modified diets.



**PREP TIME: 10 MINUTES**

**SERVES: 5 X 220ML LEVEL: EASY APPROX COST PER SERVE: \*\$1.37**

## INGREDIENTS

875ml full cream milk  
 125g **Nestlé Hot Chocolate Complete Mix**  
 100g (5 scoops) **SUSTAGEN® Hospital Formula Neutral**  
 1 cinnamon stick  
 1 star anise  
 3 cloves  
 3 cardamon pod  
 1g nutmeg



**Nestlé Hot Chocolate Complete Mix**  
12086132



**SUSTAGEN® Hospital Formula Neutral**  
12339186

## PREPARATION

1. In a saucepan heat milk with spices to 75°C for 3 minutes. Add Nestlé Hot Chocolate Complete Mix before boil and stir to dissolve. Simmer for a few minutes.
2. Remove pan from the heat and add SUSTAGEN® Hospital Formula Neutral, whisk for 2 minutes until smooth and free from lumps. Strain and serve immediately for regular diets.

### To thicken for texture modified diets:

3. Add required amount of THICKENUP® Clear to prepared hot chocolate. Whisk for 1 minute to incorporate. Wait 5-10 minutes to thicken and achieve the correct consistency. Perform IDDSI level test with a speech pathologist or trained staff member. Serve warm at ~ 55°C.

### To thicken for IDDSI level 1 (slightly thick):

1 scoop (1.2g) THICKENUP® Clear for a single 200ml serve  
 6 scoops (7.2g) THICKENUP® Clear for 1 litre

### To thicken for IDDSI level 2 (mildly thick):

2 scoops (2.4g) THICKENUP® Clear for a single 200ml serve  
 10 scoops (12g) THICKENUP® Clear for 1 litre

### To thicken for IDDSI level 3 (moderately thick):

3 scoops (3.6g) THICKENUP® Clear for a single 200ml serve  
 14 scoops (16.8g) THICKENUP® Clear for 1 litre

### To thicken for IDDSI level 4 (extremely thick):

5 scoops (4.8g) THICKENUP® Clear for a single 200ml serve  
 27 scoops (30 g) THICKENUP® Clear for 1 litre

# SOUPS

A top-down view of a bowl of soup. The bowl is filled with a dark broth, wide white noodles, sliced pieces of meat, and sliced purple onions. The bowl is garnished with fresh green herbs and sliced red and green chili peppers. The bowl sits on a light-colored woven placemat. To the left of the bowl is a small green bowl containing two lime wedges. To the right is another small green bowl containing fresh green herbs.

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Nutritious soups all  
provide a source of  
protein in every serve.

# BEEF PHO

Take a trip back to Vietnam with this light fragrant broth, packed full of goodness for the perfect entrée or light meal.



**PREP TIME: 30 MINUTES**

**SERVES: 10 X 200G LEVEL: EASY APPROX COST PER SERVE: \*\$1.23**

## INGREDIENTS

### Broth

1 large onion, halved  
(blackened in pan)

1 piece ginger (5–7 cm),  
sliced

3-star anise

1 cinnamon stick

2 cloves

6 black peppers

1 litres water

20g **MAGGI Beef Flavoured  
Booster**

7-10ml fish sauce (adjust  
to taste)

7-10g sugar

### Noodles & Toppings

400g rice noodles  
(pho-style) | cooked

300–400g thinly sliced beef  
flank | cooked MR & rested

100g Fresh bean sprouts

Fresh herbs: Thai basil,  
coriander, mint

100g Thinly sliced red onion  
or shallot,

200g capsicum | Sliced

100g Spring onion, chopped

1 Lime wedges

Fresh chilli slices

## PREPARATION

1. In a small fry pan colour one onion, place in the oven & cook until golden and brown.
2. In a medium saucepan toast the ginger, star anise, cinnamon, clove & black peppers.
3. Add water, browned onion and MAGGI Beef Flavoured Booster, simmer 15-20 minutes.
4. Add fish sauce, sugar, stir & serve with cook sliced beef strips, rice noodles, bean sprouts, aromatics, onion, capsicum, spring onion, lime & chilli.



**MAGGI Beef  
Flavoured Booster**  
12169488

**CHEFS TIP:**

- Use MAGGI Chicken Flavoured Booster to make a chicken pho.



*Serving suggestion.*

**Nutrition Information (per serve, 200g)**

Energy: 939kJ | Energy: 224Cal | Protein: 11.4g | Total Fat: 1.8g | Saturated Fat: 0.6g | Carbohydrate: 38.4g | Total Sugars: 3.7g | Fibre: 2.5g | Sodium: 444mg | Iron: 1.6 mg (13 % RDI) | Vitamin B12 : 0.8ug (40 % RDI)

### CHEFS TIP:

- Use as a base sauce for a chicken & broccoli casserole.



*Serving suggestion.*

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#### **Nutrition Information (per serve, 200ml)**

Energy: 987kJ | Energy: 236Cal | Protein: 8.0g | Total Fat: 16.2g | Saturated Fat: 9.7g | Carbohydrate: 14.2g |  
Total Sugars: 5.6g | Sodium: 514mg

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# CRÈME OF BROCCOLI SOUP

A creamy soup with the goodness of broccoli and the delicious taste of leek, bacon and parmesan.



**PREP TIME: 15 MINUTES**

**SERVES: 10 X 200ML LEVEL: EASY APPROX COST PER SERVE: \*\$2.05**

## INGREDIENTS

25g butter or oil  
 200g leek, shredded  
 195g **MAGGI Crème of Broccoli Flavoured Soup Mix**  
 1.6L water – as per preparation instructions  
 250g broccoli pieces (fresh or frozen)  
 250ml cream  
 150g bacon, diced  
 75g parmesan cheese, grated  
**Enriched cream**  
 100ml cream  
 60g **SUSTAGEN Hospital Formula Neutral Flavour**

## PREPARATION

1. In a medium saucepan cook the leek and bacon in butter for 1 or 2 minutes.
2. In a bowl, mix 200ml of water with MAGGI Crème of Broccoli Soup Mix to form a smooth slurry, stand aside.
3. Add the remaining water to a saucepan & bring to the boil.
4. Pour in the slurry & stir constantly.
5. Add broccoli & cream, reduce heat and simmer for 5 minutes, stirring continuously. Remove from heat and blend.
6. For enriched cream, whisk Nestlé SUSTAGEN® Hospital Formula Neutral Flavour and fresh cream until thick.
7. Serve hot, garnished with grated parmesan cheese, chopped chives and enriched cream.



**SUSTAGEN® Hospital Formula Neutral**  
12339186



**MAGGI Crème of Broccoli Flavoured Soup Mix**  
12028307

# MINISTRONE SOUP

A Winter warmer in no time, making it an all-day menu item, snackable quick and easy.



**PREP TIME: 20 MINUTES**

**SERVES: 15 X 180ML LEVEL: EASY APPROX COST PER SERVE: \*\$1.69**

## INGREDIENTS

20ml oil  
200g onion (1 ) small diced  
60g celery (2 sticks) small diced  
200g Carrot (2 ) small diced  
100g leek (¼) small diced  
1.6L cold water  
170g **MAGGI Chicken Noodle Soup Mix**  
500ml **BUITONI Sugo Per Pasta**  
260g canned mixed beans (1 can)  
300g cooked pasta shells

**MAGGI Chicken Flavoured Booster** | to taste

### Serve:

Parsley | chopped  
Parmesan | grated

## PREPARATION

1. In a saucepan add oil, onion, celery, carrots, leek & cook until tender.
2. In a bowl mix 200ml of water with MAGGI Chicken Noodle soup Mix to form a slurry & stand aside.
3. Add the remaining water to the pot of vegetables and stir in the slurry, bring to the boil, add BUITONI Sugo Per Pasta & stirring frequently.
4. Reduce heat and simmer for 10 minutes, stirring constantly.
5. Add mixed beans, cooked pasta shells, season with MAGGI Chicken Flavoured Booster.
6. Serve with parsley & parmesan.



**MAGGI Chicken Noodle Soup Mix**  
12026840



**BUITONI Sugo Per Pasta**  
12147978



**MAGGI Chicken Flavoured Booster**  
12169489

**CHEFS TIP:**

- Garnish with grated parmesan cheese and crusty bread.



*Serving suggestion.*

**Nutrition Information (per serve, 180ml)**

Energy: 776kJ | Energy: 185Cal | Protein: 10.2g | Total Fat: 6.3g | Saturated Fat: 2.8g | Carbohydrate: 18.4g | Total Sugars: 5.1g | Fibre: 6.1g | Sodium: 681mg | Iron: 1.5mg (13 % RDI) | Zinc : 1.2mg (10 % RDI)

### CHEFS TIP:

- Freeze in small containers for a quick snack solution.



*Serving suggestion.*

---

#### **Nutrition Information (per serve, 250g)**

Energy: 960kJ | Energy: 229Cal | Protein: 8.3g | Total Fat: 12.2g | Saturated Fat: 6.7g | Carbohydrate: 19.8g |  
Total Sugars: 5.3g | Fibre: 3.3g | Sodium: 504mg

---

# POTATO & LEEK SOUP

Quick and easy to make, this winter warmer fills the dining room with the comforting aroma of home cooking, sparking appetites and giving your residents the feeling of home.



**PREP TIME: 20 MINUTES**

**SERVES: 15 X 250ML LEVEL: EASY APPROX COST PER SERVE: \*\$1.30**

## INGREDIENTS

30ml olive oil  
 30g butter  
 450g leeks (2), use all the leek | wash well | shredded  
 200g brown onions (1), sliced thin  
 60g celery, (2sticks) sliced thin | peeled  
 2 cloves garlic, crushed  
 Fresh thyme (4–5 sprigs)  
 1 bay leaf  
 2.5 litres water  
 500g canned cannellini beans  
 100g **MAGGI Gluten Free French Onion Soup Mix**  
 150g **MAGGI Natural Mashed Potato**  
 250ml cream

### Enrich

60g **SUSTAGEN® Hospital Formula Neutral**  
 100ml fresh pouring cream  
 White pepper to taste  
 300g cooked bacon, diced  
 Chives, finely chopped, to garnish

## PREPARATION

1. In a medium pot add oil, butter, leeks, onions and celery, cook until tender.
2. Add garlic & thyme, cook for another minute.
3. Add bay leave, half the water, cannellini beans and bring to a gentle simmer.
4. In a bowl mix the remainder of the water & MAGGI Gluten Free French Onion Soup Mix to form a slurry, pour the slurry into the pot, stir & continue to simmer for 5 minutes.
5. Thicken with MAGGI Natural Mashed Potato, continue to simmer 5 minutes & stir.
6. Add the cream, remove the bay leaf and thyme stems, blend until smooth.
7. Enriched Cream: in a small bowl whisk the cream and Nestlé SUSTAGEN® Hospital Formula Neutral until thick.
8. Serve soup topped with a dollop of cream and garnish with chives and crispy bacon.



**MAGGI Gluten Free French Onion Soup Mix**  
12026832



**MAGGI Natural Mashed Potato**  
12314698



**SUSTAGEN® Hospital Formula Neutral flavour**  
12339186

## CHEFS TIP:

- Reserve a few pieces of diced roasted pumpkin for garnish.



Serving suggestion.

# SPICED ROAST PUMPKIN SOUP

A warming roast pumpkin soup with the flavours of laksa spices and coconut, with added lentils to boost protein and fibre.



**PREP TIME: 15 MINUTES**

**SERVES: 12 X 250ML LEVEL: EASY APPROX COST PER SERVE: \*\$2.05**

## INGREDIENTS

- 50g butter
- 1 leek | shredded
- 25 - 30g **MAGGI Malaysian Laksa Paste**
- 500g Pumpkin | small diced roasted pieces
- 500g red lentils, cooked
- 1.6L cold water
- 170g **MAGGI Gluten Free Pumpkin Soup Mix**
- 100g **MAGGI Coconut Milk Powder Mix**

### Enrich

- 200ml cream
- 150g **SUSTAGEN® Hospital Formula Neutral Flavour**
- 60g coriander to serve

## PREPARATION

1. In a saucepan add butter, leek, MAGGI Malaysian Laksa Paste, roasted pumpkin, lentils & stir.
2. Add two thirds (~ 1L) of the water & simmer.
3. In a bowl mix the remainder of water with MAGGI Gluten Free Pumpkin Soup Mix to form a slurry, pour the slurry into the pot & bring it to the boil.
4. Whisk in the MAGGI Coconut Milk powder and simmer for 5 minutes, stirring constantly. Blend until smooth.
5. Enriched cream: in a bowl whisk the cream and Nestlé SUSTAGEN® Hospital Formula Neutral until thick.
6. Take soup off the heat, add enriched cream, stir and serve.



**MAGGI Malaysian Laksa Paste**  
100410



**MAGGI Gluten Free Pumpkin Soup Mix**  
12026958



**MAGGI Coconut Milk Powder Mix**  
11450007



**SUSTAGEN® Hospital Formula Neutral Flavour**  
12339186

### Nutrition Information (per serve, 250g)

Energy: 1,349kJ | Energy: 322Cal | Protein: 8.7g | Total Fat: 17.4g | Saturated Fat: 11.9g | Carbohydrate: 30.1g | Total Sugars: 12.5g | Fibre: 3.5g | Sodium: 538mg

## CHEFS TIP:

- Garnish with coriander, chilli, fried shallots, or lime wedges.



Serving suggestion.

# MALAYSIAN CHICKEN LAKSA

A fragrant Malaysian laksa crafted with MAGGI Coconut Milk for rich creaminess and MAGGI Malaysian Laksa Paste for bold, authentic spice. Served with tender chicken, fresh sprouts and silky noodles.



PREP TIME: 20 MINUTES

SERVES: 10 LEVEL: EASY APPROX COST PER SERVE: \*\$2.66

## INGREDIENTS

### Laksa Broth

90g **MAGGI Coconut Milk Powder Mix**

2L warm water or chicken stock

100g **MAGGI Malaysian Laksa Paste**

**MAGGI Chicken Flavoured Booster** (optional)

### Noodles & Toppings

500g vermicelli rice noodles, blanched

100g bean sprouts

150g tofu puffs, sliced

500g cooked chicken fillet, shredded

## PREPARATION

- Prepare Coconut Milk: Dissolve the MAGGI Coconut Milk Powder Mix in warm water or stock until smooth. Set aside.
- Cook Laksa Base: Combine the MAGGI Malaysian Laksa Paste with the prepared coconut milk. Bring to the boil, stirring occasionally, then simmer for 5 minutes.
- Assemble Bowls: Divide noodles, bean sprouts, tofu puffs, and shredded chicken evenly among 10 bowls.
- Finish & Serve: Ladle the hot laksa broth over each bowl and serve immediately. Garnish as desired.



**MAGGI Coconut Milk Powder Mix**  
11450007



**MAGGI Malaysian Laksa Paste**  
100410



**MAGGI Chicken Flavoured Booster**  
12169489

### Nutrition Information (per serve, 344g)

Energy: 983kJ | Energy: 235Cal | Protein: 18g | Total Fat: 10.1g | Saturated Fat: 5.8g | Carbohydrate: 18.4g | Total Sugars: 2g | Sodium: 1,811mg

# MAIN MEALS



*\*Recipe Approx cost per serve estimates: Approx cost per serve estimates have been provided for each recipe and were generated using AI-assisted calculations based on indicative Australian foodservice pricing in April 2026 and standard recipe assumptions. These estimates are for guidance only and may vary due to supplier pricing, yield, portion size, seasonal availability, and operational factors.*



Classic main meal favourites like bangers & mash and inspiring new dishes for your menu.

### CHEFS TIP:

- Serve with a variety of seasonal vegetables.



*Serving suggestion.*

#### **Nutrition Information (per serve, 280g)**

Energy: 1,571kJ | Energy: 376Cal | Protein: 11.13g | Total Fat: 25.7g | Saturated Fat: 13.6g | Carbohydrate: 24.4g | Total Sugars: 4.5g | Fibre: 2.1g | Sodium: 1,040mg

Nutrition information provided on 2 x sausages in onion gravy with mash potato, excludes vegetable side dishes.

# BANGERS & MASH

Tender braised sausages with onion gravy, a tasty classic that melts in your mouth.



**PREP TIME: 20 MINUTES**

**SERVES: 10 LEVEL: EASY APPROX COST PER SERVE: \*\$2.30**

## INGREDIENTS

20 x 70g MEYERS braised sausages 2 per serve (MEYERS Food Co code:600 blanched thin sausages)

20ml olive oil

300g onions | sliced caramelised

2g pepper

2g salt

1 litre water

100g **MAGGI SUPREME Gravy Mix**

### Mash

500ml water

2-3g salt

250ml milk

125g **MAGGI Natural Mashed Potato**

90g butter diced

### To Serve

Seasonal Vegetables (brussels & beans)

## PREPARATION

1. Heat the sausages to 75°C as per back of pack instructions.
2. In a saucepan, add caramelised onions & half the water, bring to the boil.
3. Mix the remainder of water with MAGGI Supreme GRAVY Mix to form a slurry. Pour into onion mix and bring to the boil. Turn down and simmer for 1-2 minutes, stand aside.
4. Mash Potato: Bring the water to the boil, add salt & milk, remove from heat, whisk in the MAGGI Natural Mashed Potato Mix & butter. Allow to stand for 5 minutes.
5. Stir & serve with Sausages, onion gravy and seasonal vegetables.



**MAGGI SUPREME Gravy Mix**  
12259019



**MAGGI Natural Mashed Potato**  
12314698

# BARRA BURGER WITH UMAMI FRIES

A delicious alternative to a traditional burger, adding variety to your menu.



**PREP TIME: 40 MINUTES**

**SERVES: 10 LEVEL: EASY APPROX COST PER SERVE: \*\$3.35**

## INGREDIENTS

### Burger Pattie

1.5kg barramundi, wild fillet skinned, boned

90g **MAGGI Thai Tom Yum Paste**

2 egg whites

1/4 bunch shallots | chopped fine

### Coating

100g **MAGGI Natural Mashed Potato**

100g sesame seeds

100ml olive oil

### Assemble

10 burger buns

100g mayonnaise

25g **MAGGI Korean BBQ Sauce**

2 baby cos | washed cut into rounds 1cm thick

1 cucumber | sliced

2 avocado | sliced

### Side

1kg fries

2-3g **MAGGI MARIDOR Seafood Seasoning Mix**

## PEPARATION

1. Set you oven to 200°C.
2. Place the barramundi, MAGGI Thai Tom Tum Paste, egg white & shallot in a processor & blend.
3. Mould into 10 patties & coat with MAGGI Natural Mashed Potato & sesame seeds.
4. Pan fry & finish in the oven for 5 minutes or until cooked, stand aside.
5. Mix the mayonnaise & MAGGI Korean BBQ Sauce.
6. Spread mayonnaise mix on the crown & heel of the burger & top with burger pattie.
7. Top with lettuce round, cucumber, avocado & serve with fries seasoned with MAGGI Maridor Seafood Seasoning Mix.



**MAGGI Thai Tom Yum Paste**  
100397



**MAGGI Natural Mashed Potato**  
12314698



**MAGGI Korean BBQ Sauce**  
12385873



**MAGGI MARIDOR Seafood Seasoning Mix**  
12600458

**CHEFS TIP:**

- Make smaller for a slider, a great afternoon snack.
- Use MAGGI Malaysian Laksa Paste for a variation of flavour.



*Serving suggestion.*

**Nutrition Information (per serve, 350g)**

Energy: 3,154kJ | Energy: 754Cal | Protein: 38.7g | Total Fat: 37.7g | Saturated Fat: 5.7g | Carbohydrate: 62.0g | Total Sugars: 9.7g | Fibre: 9.7g | Sodium: 1,260mg | Iodine: 47ug (31%) | Vitamin B12: 2.0ug (100% RDI)

### CHEFS TIP:

- Serve with buttered greens or seasonal vegetables.



*Serving suggestion.*

---

#### **Nutrition Information (per serve, 320g)**

Energy: 1,452kJ | Energy: 347Cal | Protein: 44.1g | Total Fat: 9.2g | Saturated Fat: 5.6g | Carbohydrate: 20.1g | Total Sugars: 5.7g | Fibre: 2.6g | Sodium: 627mg | Zinc: 8.9mg (74% RDI) | Calcium: 208mg (26% RDI)

---

# BEEF & GUINNESS PIE

A hearty, slow cooked classic featuring tender beef shins braised in a rich Guinness infused sauce, finished with a golden cheesy mashed potato topping.



**PREP TIME: 240 MINUTES**

**SERVES: 10 LEVEL: INTERMEDIATE APPROX COST PER SERVE: \*\$4.68**

## INGREDIENTS

### Pie Filling

2kg beef shins, cut into cubes

80g **MAGGI Jus Lié Beef Flavoured Sauce Mix** (for dusting)

200g onions, chopped

150g carrots, chopped

200g mushrooms, sliced

4 garlic cloves, diced

2-3g **MAGGI Beef Flavoured Booster**

1 litre water

500mL Guinness beer

Extra **MAGGI Jus Lié Beef Flavoured Sauce Mix** (to thicken)

### Topping

**MAGGI Natural Mashed Potato**

(prepared as per pack)

250g grated cheese

## PREPARATION

1. Brown the beef: Preheat oven to 150°C. Dust beef cubes with **MAGGI Jus Lié Beef Flavoured Sauce Mix**, then brown in a hot oiled pan. Transfer to a lightly oiled deep gastro pan. In the same pan brown off the onions, carrots, mushrooms and garlic.
2. Deglaze: Pour in water & **MAGGI Beef Flavoured Booster** and 500mL Guinness into the pan, transfer all cooking liquid to the deep gastro pan ensuring the beef is about three quarters covered. Cover with grease proof & lid and braise for 2.5 hours. Remove the lid, stir, recover and cook for a further 45 minutes.
3. Reduce the Sauce: Allow beef to cool slightly. Remove meat from the pan. Strain vegetables from the braising liquid and reduce the liquid, thicken with a little more **MAGGI Jus Lié Beef Flavoured Sauce Mix**, to a glossy sauce.
4. Assemble the Pies: Divide beef, vegetables, and reduced sauce evenly into ramekins, ensuring the mixture is just covered with sauce.
5. Prepare the Topping: Make **MAGGI Natural Mashed Potato** following pack instructions. Stir in 250 g grated cheese. Pipe or spoon generously over each ramekin.
6. Bake & Serve: Bake at 170°C for 20 minutes or until golden and heated through. Serve hot.



**MAGGI Jus Lié Beef Flavoured Sauce Mix**  
12211750



**MAGGI Beef Flavoured Booster**  
12169488



**MAGGI Natural Mashed Potato**  
12314698

# LAMB RAGU WITH PAPPARDELLE

An Italian classic to theme any menu with ease, full of flavor this soft braised lamb ragu can be served with any shape of pasta as a meal or snack, comforting and delicious.



**PREP TIME: 4-5 HOURS**

**SERVES: 10 LEVEL: EASY APPROX COST PER SERVE: \*\$5.85**

## INGREDIENTS

4 sprigs thyme  
4 Rosemary sprigs  
6g black pepper  
5-10g **MAGGI Maridor Seafood Seasoning Mix**  
50ml vegetable oil  
50g butter  
2kg lamb shoulder, bone-in  
200g onion, coarsely chopped  
200g celery, coarsely chopped  
200g carrot, coarsely chopped  
3 garlic cloves, chopped  
30g tomato paste  
50g **MAGGI Jus Lié Beef Flavoured Sauce Mix**  
500g **BUITONI Salsa Di Peperoni**  
2 bay leaves  
400ml red wine  
500ml stock or water  
700g pappardelle pasta cooked  
50g Italian parsley, chopped  
150g parmesan Reggiano, finely grated

## PREPARATION

1. Preheat oven to 150°C.
2. Rub lamb with dry rub & oil, seal in a braising pot, remove and stand aside.
3. Sauté onion, celery, carrot, cook until tender, add garlic & stir cook for 1 minute, add tomato paste & deglaze with wine & reduce by 2/3.
4. Place the lamb shoulder, water or stock, BUITONI Salsa Di Peperoni, herbs, pepper, cover & braise 3-4 hours or until the bones pull away from meat.
5. Remove the lamb shoulder and pull the meat, discarding fat and skin, stand aside.
6. Remove the fat from the cooking liquid, heat and thicken with MAGGI Jus Lié Beef Flavoured Sauce Mix, add the pulled meat, stand aside.
7. To Serve: In a pan heat a portion of sauce with a hot portion of cooked pasta, top with parsley & parmesan.



**MAGGI Maridor Seafood Seasoning Mix**  
12600458



**MAGGI Jus Lié Beef Flavoured Sauce Mix**  
12211750



**BUITONI Salsa Di Peperoni**  
12147818

**CHEFS TIP:**

- Serve on lentil pilaf rice, soft polenta, or risotto rice and change it up on the seasonal menu.



*Serving suggestion.*

**Nutrition Information (per serve, 400g)**

Energy: 2,598kJ | Energy: 621Cal | Protein: 44.0g | Total Fat: 36.2g | Saturated Fat: 15.0g | Carbohydrate: 27.6g | Total Sugars: 6.1g | Fibre: 3.8g | Sodium: 806mg | Iron: 5.8mg (48% RDI) | Zinc: 11.1mg (93% RDI)

### CHEFS TIP:

- Serve with a variety of coloured, seasonal vegetables.



*Serving suggestion.*

#### **Nutrition Information (per serve, 220g)**

Energy: 867 kJ | Energy: 207Cal | Protein: 30g | Total Fat: 6.9g | Saturated Fat: 3.5g | Carbohydrate: 4.6g | Total Sugars: 3.2g | Fibre: 2.0g | Sodium: 465mg | Iron: 2.6mg (22%) | Vitamin B12: 1.3ug (65% RDI)  
Nutrition information completed on the Beef Bourguignon recipe and excludes side dishes.

# BEEF BOURGUIGNON

A timeless French classic of tender beef, slowly braised until meltingly soft in a rich, savoury sauce.



**PREP TIME: 6 HOURS (INCLUDING MARINATION)**

**SERVES: 10 LEVEL: INTERMEDIATE APPROX COST PER SERVE: \*\$3.08**

## INGREDIENTS

1 kg lean beef stewing steak, trimmed and cubed

2 rindless short-cut bacon rashers, chopped

1 onion, chopped

2 carrots, peeled and cut into chunks

2 cloves garlic

500ml red wine

1 bouquet garni (thyme, bay leaf, parsley)

40g butter

40g plain flour

200g mushrooms

10g **MAGGI Beef Flavoured Booster**

125 ml **MAGGI Jus Lié Beef Flavoured Sauce Mix** (made as back of box)

Water, as required

**MAGGI Natural Mashed Potato**, to serve (pommes puree recipe see page 85)

## PREPARATION

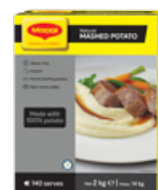
1. Place beef, red wine, garlic and bouquet garni into a non-metallic bowl. Cover and marinate for at least 4 hours or overnight.
2. Remove beef from marinade and reserve liquid. Preheat oven to 170°C.
3. Heat half the butter in a large oven-proof casserole dish. Cook bacon and onion until lightly browned. Add mushrooms, cook briefly, then remove and set aside.
4. Add remaining butter, carrots and beef to the dish. Brown beef evenly.
5. Sprinkle over flour and stir to coat.
6. Add reserved marinade, bouquet garni, water and **MAGGI Beef Flavoured Booster**. Bring to the boil.
7. Cover and cook in oven for 1¼ hours, stirring occasionally.
8. Add bacon, mushrooms and **MAGGI Jus Lié Beef Flavoured Sauce Mix**. Stir gently and return to oven for a further 30 minutes until beef is tender.
9. Remove bouquet garni and adjust seasoning. Serve with **MAGGI Natural Mashed Potato**.



**MAGGI Beef Flavoured Booster**  
12169488



**MAGGI Jus Lié Beef Flavoured Sauce Mix**  
12211750



**MAGGI Natural Mashed Potato**  
12314698

# BRAISED BEEF STEAKS IN MUSHROOMS SAUCE

A tasty classic that melts in your mouth, serve with potato pommes purée and creamy silver beet.



**PREP TIME: 20 MINUTES**

**SERVES: 10 LEVEL: EASY COST APPROX PER SERVE: \*\$4.61**

## INGREDIENTS

10 × 90 g MEYERS braised beef steaks (MEYERS Food Co no:113 braised steaks, 8 per packet)

### Mushroom Sauce

200g onion, finely diced

500g mushrooms, sliced

1–2 sprigs fresh thyme

100g **MAGGI Demi-Glace Sauce Mix**

1L water

Cracked black pepper, to taste

### To Serve

Pommes purée made with **MAGGI Natural Mashed Potato** (see Pommes Puree recipe page 85)

Creamy silver beet (see recipe page 74)

## PREPARATION

1. Heat the MEYERS Braised Beef Steaks according to pack instructions until the internal temperature reaches 75°C.
2. In a saucepan, sauté the onion and thyme mushrooms until soft and lightly golden.
3. In a bowl mix MAGGI Demi-Glace Sauce Mix with 200ml water to form a slurry & stand aside.
4. Deglaze the pan with the remainder of water and bring to the boil.
5. Whisk in the slurry & return to the boil, then reduce heat and simmer for 1–2 minutes.
6. Season with cracked black pepper & serve braised steaks with sides.
7. To Serve: Plate the braised beef steaks with pommes purée and creamy silver beet, spoon over the mushroom sauce and serve



**MAGGI Demi-Glace  
Sauce Mix**  
12169543



**MAGGI Natural  
Mashed Potato**  
12314698

**CHEFS TIP:**

- Vary the gravy or sauce served with this dish to add variety to your menu. Serve with vegetables in season.



*Serving suggestion.*

**Nutrition Information (per serve, 243g)**

Energy: 849kJ | Energy: 203Cal | Protein: 31.5g | Total Fat: 4.6g | Saturated Fat: 1.7g | Carbohydrate: 7.4g | Total Sugars: 2.1g | Fibre: 1.5g | Sodium: 608mg

Nutrition information provided on braised beef steaks in mushroom sauce, excluding sides.

### CHEFS TIP:

- This is a master bolognese recipe for pasta sauce, curry mince or pies.



Serving suggestion.

#### Nutrition Information (per serve, 210g)

Energy: 1,672kJ | Energy: 400Cal | Protein: 25.7g | Total Fat: 16.8g | Saturated Fat: 8.1g | Carbohydrate: 35.3g | Total Sugars: 11.4g | Fibre: 2.2g | Sodium: 1,209mg | Vitamin B12: 2.0 ug (100% RDI) | Calcium: 265mg (33% RDI)

# CLASSIC BEEF LASAGNA (MASTER BOLOGNAISE)

A hearty, oven baked beef lasagne layered with rich tomato sugo, creamy béchamel and pasta sheets.



**PREP TIME: 60 MINUTES**

**SERVES: 16 LEVEL: EASY APPROX COST PER SERVE: \*\$2.38**

## INGREDIENTS

### Beef Ragù

50ml olive oil

1kg beef mince

200g onion, finely diced

200g carrot, finely diced

100g celery, finely diced

20g garlic, chopped

Italian herbs, fresh or dried

100g tomato paste

100ml white wine

1L **BUITONI Sugo Rustico di Pomodoro**

Cracked black pepper

15g **MAGGI Beef Flavoured Booster**

100ml milk or cream optional

**Béchamel Sauce** (1.8L)

1.5L milk

300g **MAGGI Béchamel Sauce Mix**

300g dried lasagne sheets

300g mozzarella cheese, grated

500ml **BUITONI Sugo Rustico di Pomodoro**

## PREPARATION

1. Beef Ragù: Heat olive oil in a large saucepan. Add beef mince and cook until well browned. Add onion, carrot, celery, garlic and Italian herbs. Cook until vegetables are tender. Stir in tomato paste, deglaze with white wine and reduce by two thirds. Add BUITONI Sugo Rustico di Pomodoro, season with pepper, MAGGI Beef Flavoured Booster & add milk, simmer for 15–20 minutes. Set aside.
2. Béchamel Sauce: Bring half the milk to the boil. Whisk remaining milk into MAGGI Béchamel Sauce Mix to form a slurry, pour the slurry into boiling milk and simmer & stir for 2 minutes until smooth and thickened.
3. Assembly: Grease a deep baking dish. Layer in the following order: béchamel (250g), lasagne sheets (90g), beef ragù (900g), a little mozzarella, to desired thickness. Repeat layers, finishing with béchamel and mozzarella on top.
4. Bake: Cover with grease proof and foil, bake at 180°C for 35–40 minutes. Uncover and bake 5 minutes or until golden and bubbling. Rest for 20 minutes before cut and serve.
5. Serve: Place a puddle of Buitoni Sugo Rustico Di Pomodoro on a plate and lasagna on top, garnish with parmesan and basil.



**BUITONI Sugo Rustico di Pomodoro**  
13531287



**MAGGI Beef Flavoured Booster**  
12169488



**MAGGI Béchamel Sauce Mix**  
12026822

# NORTHERN ITALIAN MEATBALLS WITH GREMOLATA GRAVY

Succulent slow baked meatballs with a flavoursome gremolata gravy to add variety to your menu.



**PREP TIME: 30 MINUTES**  
**SERVES: 38 X 50G MEATBALLS** **LEVEL: EASY**  
**APPROX COST PER SERVE: \*\$1.38**

## INGREDIENTS

20ml olive oil  
 200g onions diced  
 100g carrot diced  
 100g celery diced  
 100g fennel diced  
 10g garlic crushed  
 Pepper to taste  
 10g smoked paprika  
 5g Italian herbs | fresh garden or dry | chopped  
 1kg chicken mince  
 75g **MAGGI Gluten Free French Onion Soup Mix**  
 2 eggs  
 70g parmesan  
 150g breadcrumbs to bind  
**MAGGI Chicken Flavoured Booster** optional to taste  
**Gremolata Gravy**  
 ¼ cup parsley | chopped, washed dry  
 1 lemon | zest  
 1 garlic clove small | grated  
 100g **MAGGI Golden Roast Gravy Mix**  
 1L water

## PREPARATION

1. Set the oven to 180°C.
2. In a fry pan cook the onion, carrot, celery and fennel in oil until tender, add garlic & pepper, paprika, Italian herbs and cook 1-2 minutes, remove from heat and cool.
3. In a bowl, combine chicken mince, cooled vegetables, **MAGGI Gluten Free French Onion Soup Mix**, egg, parmesan & breadcrumbs, mix until combined.
4. Shape into balls and gently seal in a frypan, place in a baking tray & in the oven.
5. Cook until golden & cooked, approximately 10-15 minutes.
6. Gremolata: mix parsley, lemon zest & garlic together and stand aside.
7. Gravy: Follow back of box instructions for **MAGGI Golden Roast Gravy Mix** and stir through the gremolata.
8. Serve three meatballs with gremolata gravy & sides of polenta & ratatouille.

Serve with sides  
 Parmesan Polenta (see recipe page 74)  
 Ratatouille (see recipe page 76)



**MAGGI Gluten Free French Onion Soup Mix**  
12026832



**MAGGI Chicken Flavoured Booster**  
12169489



**MAGGI Golden Roast Gravy Mix**  
12323279

**CHEFS TIP:**

- A great snack on a wrap or meatball sandwich for lunch. Use Turkey mince for a different menu item.



*Serving suggestion.*

**Nutrition Information (per serve, 255g)**

Energy: 1,161kJ | Energy: 278Cal | Protein: 22.6g | Total Fat: 10.4g | Saturated Fat: 3.6g | Carbohydrate: 22.0g | Total Sugars: 4.0g | Fibre: 2.3g | Sodium: 838mg | Iron: 1.5mg (13% RDI) | Zinc: 2.0mg (17% RDI) | Vitamin B12: 0.8ug (40% RDI)  
Nutrition information provided on 3 x meatballs and 80ml gravy.

# LAMB MOUSSAKA

A Greek inspired moussaka with soft layers of meat, vegetables, sugo sauce and topped with cheesy, creamy mash.



**PREP TIME: 1 HOUR 30 MINUTES**

**SERVES: 12 LEVEL: INTERMEDIATE APPROX PER SERVE: \*\$3.54**

## INGREDIENTS

60ml olive oil  
250g Onion, chopped  
250g Carrot, chopped  
250g Celery, chopped  
2 Garlic cloves, crushed  
1.2kg lamb or beef mince  
750ml **BITONI Sugo per Pasta Sauce**  
5g salt  
5g black pepper  
¼ cup oregano, finely chopped  
225g **MAGGI Béchamel Sauce Mix**  
1.5L milk  
500g potatoes (large), peeled & thinly sliced  
700g eggplants (large)  
60ml olive oil  
200g cheddar or edam cheese, grated

## PREPARATION

1. In a large frying pan heat half the oil and sauté the onions, carrots, celery and garlic for 4-5 minutes until golden, transfer to a large saucepan.
2. In the same frying pan heat the remaining oil and sauté the mince until well browned and broken up.
3. Transfer to a large saucepan with the vegetables and add the BITONI Sugo per Pasta Sauce, salt, pepper and oregano and simmer for 15-20 minutes.
4. Make the MAGGI Béchamel Sauce as per pack and keep it to one side for assembling the Moussaka.
5. Slice the potato into 1.5mm thick slices and line the bottom of the Moussaka dish (oven-proof glass or ceramic works best). Keep the remaining potato for another layer.
6. Slice the eggplant lengthwise in about 2.2mm thick slices and brush with olive oil. Roast the eggplant at 220°C in the oven for about 6-8 minutes until golden brown.
7. Now layer the mince mix with alternative layers of sliced potato and roasted eggplant slices, finishing with eggplant.
8. Top the Moussaka with the Béchamel sauce and then the cheese.
9. Finally, bake the Moussaka for about 30 minutes at 180°C until brown on top.



**BITONI Sugo per Pasta Sauce**  
12147978



**MAGGI Béchamel Sauce Mix**  
12026822

**CHEFS TIP:**

- To make sure the potato slices cook through, blanch beforehand for a few minutes to al dente.



*Serving suggestion.*

**Nutrition Information (per serve, 400g)**

Energy: 1,965kJ | Energy: 470Cal | Protein: 15.8g | Total Fat: 25.5g | Saturated Fat: 9.8g | Carbohydrate: 42.5g | Total Sugars: 22.6g | Fibre: 5.7g | Sodium: 1,676mg | Zinc: 1.6mg (13% RDI) | Vitamin B12: 1.3ug (40% RDI)

### CHEFS TIP:

- Remove the bones and toss through pasta for a pasta of the day dish.



*Serving suggestion.*

#### **Nutrition Information (per serve, 380g)**

Energy: 2,935kJ | Energy: 701Cal | Protein: 36.0g | Total Fat: 56.6g | Saturated Fat: 14.5g | Carbohydrate: 11.7g | Total Sugars: 9.2g | Fibre: 3.6g | Sodium: 994mg | Zinc: 3.1mg (26% % RDI) | Iron: 3.1mg (34% RDI)  
Nutrition analysis provided on Chicken Cacciatore only, excludes side dishes.

# CHICKEN CACCIATORE WITH A MODERN TWIST

A modern take on the Italian classic, featuring tender chicken slowly simmered in a rich, vibrant tomato and capsicum sauce.



**PREP TIME: 60 MINUTES**  
**SERVES: 10 LEVEL: EASY APPROX COST PER SERVE: \*\$5.10**

## INGREDIENTS

20 × small chicken thighs,  
bone in, skin on

2-3g **MAGGI Chicken  
Flavoured Booster**

Cracked black pepper

4-5 sprigs fresh rosemary  
chopped

4-5 oregano sprigs  
| chopped

4-5 springs thyme |  
chopped

### Base & Sauce (2.8L)

120ml extra virgin olive oil

2 large brown onions, finely  
diced

3 cloves garlic, lightly  
crushed

500ml dry white wine

2 bay leaves

2L **BITONI Salsa Di  
Peperoni**

500g **BITONI Sugo Al  
Pomodoro Coulis**

400g olives mixed seedles

### To Finish

Extra virgin olive oil, to finish

Flat leaf parsley, finely  
chopped

Optional: Chilli flakes,  
lightly crushed

## PREPARATION

1. Season chicken with MAGGI Chicken Flavoured Booster, herbs & pepper. Heat olive oil in a wide, heavy based braising pan, brown chicken and stand aside.
2. Add onions cook until tender, add garlic & cook 1 minute deglaze with wine, & reduce by 2/3.
3. Return the chicken & bay leaves, BITONI sauces to the pan & bring to a gentle simmer, cover and braise on low heat for 45-50 minutes, or until cooked.
4. Remove the bay leaves & finish with olives & a light drizzle of extra virgin olive oil and chopped parsley

### Serving Suggestions

Serve with whole grains or rice, soft parmesan polenta or MAGGI Natural Mashed Potato and seasonal vegetables



**MAGGI Chicken  
Flavoured Booster**  
12169489



**BITONI Salsa  
Di Peperoni**  
12147818



**BITONI Sugo Al  
Pomodoro Coulis**  
12147751

# VEGETABLE QUICHE

Golden baked vegetable quiche set in buttery shortcrust pastry and filled with tender garden vegetables and finished with melted cheese.



**PREP TIME: 1 HOUR**  
**SERVES: 12 LEVEL: EASY APPROX PER SERVE: \*\$0.95**

## INGREDIENTS

10ml olive oil  
100g leek, sliced  
100g red capsicum  
5g garlic, minced  
250g shitake mushrooms, sliced  
100g **BITTONI Sugo Al Pomodoro Coulis**  
100g silverbeet, shredded  
125 ml milk  
60g **SUSTAGEN® Hospital Formula Neutral Flavour**  
4 eggs  
250g sheet pie crust (short pastry)  
10g **MAGGI Maridor Seafood Seasoning Mix**  
80g tasty cheese, grated

## PREPARATION

1. Preheat the oven to 180°C. In a pan, heat the oil and sauté the leek until tender. Add capsicum, garlic, and mushrooms. Continue to sauté for an additional 5 minutes.
2. Stir in the shredded silverbeet and BITTONI Sugo Al Pomodoro Coulis. Remove from heat and allow the mixture to cool for about 15 minutes.
3. In a deep container, whisk the eggs thoroughly, add milk, SUSTAGEN® Hospital Formula Neutral Flavour and MAGGI Maridor Seafood Seasoning Mix. Continue whisking until the mixture is smooth and frothy.
4. Press the pie crust into a quiche pan. Evenly distribute the vegetable mix over the crust, and top with cheese. Pour the smooth, frothy milk and egg mixture over the vegetables.
5. Bake the quiche for 40-45 minutes until the pastry is golden brown and the egg filling is just set in the centre.
6. Allow the quiche to rest for 15 minutes after baking before serving.



**BITTONI Sugo Al Pomodoro Coulis**  
12147751



**SUSTAGEN® Hospital Formula Neutral Flavour**  
12339186



**MAGGI Maridor Seafood Seasoning Mix**  
12600458

**CHEFS TIP:**

- Vary the vegetables and type of cheese used in this recipe e.g. roast pumpkin and feta quiche.
- Make mini quiches for morning and afternoon tea by using muffin trays.



*Serving suggestion.*

**Nutrition Information (per serve, 105g)**

Energy: 764kJ | Energy: 183Cal | Protein: 7.7g | Total Fat: 10.3g | Saturated Fat: 4.5g | Carbohydrate: 14.4g | Total Sugars: 6.2g | Fibre: 1.2g | Sodium: 419mg | Vitamin B12: 0.5ug (25% RDI)

# CREAMY SILVER BEET

Silky, tender silver beet gently simmered and finished in a light, creamy sauce.

**PREP TIME: 10 MINUTES**

**SERVES: 10 X 33G LEVEL: EASY APPROX PER SERVE: \*\$0.40**

## INGREDIENTS

20g butter  
100g | ¼ leek, shredded  
330g | 1 bunch silver beet leaves  
100ml cream  
2-3g **MAGGI Chicken Flavoured Booster**  
Pepper to taste

## PREPARATION

1. In a sauté pan, cook leek and silver beet until tender, add the cream & reduce.
2. Season with MAGGI Chicken Flavoured Booster & pepper, serve.

# PARMESAN POLENTA

A classic creamy, cheesy bowl of goodness, this is pure comfort food packed full of flavoured, enriched with goodness.

**PREP TIME: 15 MINUTES**

**SERVES: 10 X 100G LEVEL: EASY APPROX COST PER SERVE: \*\$1.19**

## INGREDIENTS

400ml milk  
300ml cream  
5g **MAGGI Chicken Flavoured Booster**  
100g instant polenta  
100g parmesan  
100g butter

## PREPARATION

1. Place the milk & cream in a medium pot & bring it to the boil.
2. Season with MAGGI Chicken Flavoured Booster, pour in the polenta & whisk until dissolved.
3. Add the cheese, pepper & mix until smooth.
4. Serve with Northern Italian Meatballs & Ratatouille.



**MAGGI Chicken Flavoured Booster**  
12169489

### CHEFS TIP:

- Leave the vegetables with a little crunch and keep the colour fresh and vibrant.

MAIN MEALS

# RATATOUILLE

Serving suggestion.

A Mediterranean classic bursting with flavour. Keep the vegetables bright and lightly sautéed, then let vine-ripened tomatoes in BUITONI Sugo Al Pomodoro bring everything together.

**PREP TIME: 30 MINUTES**

**SERVES: 15-20 LEVEL: EASY APPROX PER SERVE: \*\$0.72**

## INGREDIENTS

100ml olive oil, plus extra  
700g eggplants (approx. 2), small dice  
200g onion (approx. 1 large), small dice  
400g zucchini (approx. 4), small dice  
350g red capsicums (approx. 2), small dice  
4 garlic cloves | fine dice  
½ bunch basil | chiffonade  
600g **BUITONI Sugo Al Pomodoro Coulis**  
**MAGGI Maridor Seafood Seasoning Mix**, to taste  
Black pepper, to taste

## PREPARATION

1. In a fry pan add olive oil & cook the eggplant until tender, stand aside.
2. In the same pan add olive oil & onion cook until tender, add the zucchini and capsicum, continue to cook, keeping the zucchini with a little crunch.
3. Add the garlic & basil toss through the BUITONI Sugo Al Pomodoro Coulis.
4. Season with MAGGI Maridor Seafood Seasoning Mix, pepper & serve.



**BUITONI Sugo Al Pomodoro Coulis**  
12147751



**MAGGI Maridor Seafood Seasoning Mix**  
12600458

# TEXTURE MODIFIED RECIPES



*\*Recipe Approx cost per serve estimates: Approx cost per serve estimates have been provided for each recipe and were generated using AI-assisted calculations based on indicative Australian foodservice pricing in April 2026 and standard recipe assumptions. These estimates are for guidance only and may vary due to supplier pricing, yield, portion size, seasonal availability, and operational factors.*



Simple recipes adapted to meet all texture modified diets, adding choice and variety to your menu.

### CHEFS TIP:

- For a richer sauce, thicken lamb with MAGGI Jus Lié Beef Flavoured Sauce.



Serving suggestion.

# SLOW BRAISED GREEK LAMB

A soft and delicious creation that can be adapted to suit all IDDSI diet levels, providing a Greek flavour and a taste bud teaser for your dinners.



**PREP TIME: 5 HOURS**

**SERVES: 10 LEVEL: EASY APPROX COST PER SERVE: \*\$4.63**

## INGREDIENTS

1.8kg lamb shoulder bone in

### Dry Rub

20ml olive oil

6 sprigs Lemon thyme

4 sprigs Oregano | leaves

3 sprigs rosemary leaves |  
chopped

2g **MAGGI Maridor Seafood  
Seasoning Mix**

Pepper to taste

### Braise

200g Onion | small dice

100g Celery | small dice

200g Carrot | small dice

150g Leek | small dice

2 cloves garlic | diced

## PREPARATION

1. Set oven to 150°C combi oven, prepare braising dish.
2. Dry rub: mix all the chopped herbs & MAGGI Maridor Seafood Seasoning Mix & pepper in a bowl, rub on the lamb with a little olive oil.
3. In a medium braising pot, seal the lamb, move to the side.
4. In the same pan, add the onion, celery, carrot, leek & cook until just coloured.
5. Add garlic & tomato paste and stir, deglaze with wine & reduce liquid by 2/3.
6. Add bay leaf water or stock & BUITONI Salsa Di Peperoni & lamb, cover with baking paper and a lid and braise for 3 -4 hours low and slow, until the bone pulls away.
7. Remove the lamb &, rest, shred & stand aside.
8. Degrease fat from the braising liquid, blend & strain the liquid back to a pot.
9. Bring the cooking liquid to the boil & thicken with MAGGI Supreme Gravy Mix or MAGGI Jus Lié Beef Flavoured Sauce Mix. Pour over the shredded meat.

**INGREDIENTS CON.**

40g Tomato paste  
 400ml wine red or white (optional)  
 Bay leave  
 500ml water or stock  
 500g **BUITONI Salsa Di Peperoni**  
 50g **MAGGI Supreme Gravy Mix or MAGGI Jus Lié Beef Flavoured Sauce Mix** to flavour and thicken slightly  
 Nestlé **THICKENUP® Clear** (as needed)

**For Textured Modified Diets:**

**IDDSI Level 4 Puree:** Blend lamb with gravy and thicken with approx. 2 scoops (2-3g) of THICKENUP® Clear to every 230g lamb puree.

Serve with thickened gravy, add 1½ scoops THICKENUP® Clear to every 250 ml prepared MAGGI Gravy.

**Note: Adjust texture:**

- too thick: add cold water
- too thin: add THICKENUP® Clear
- too sticky: add a small amount of oil

Perform IDDSI Level test with a speech pathologist or trained staff member.

Place lamb in moulds and freeze or use straight away.

**IDDSI Level 5 Minced & Moist:** Shred and chop lamb & vegetable mixture very finely, approx. 4 mm in size and add prepared MAGGI Gravy with 1 scoop of THICKENUP® Clear to every serve (110g cooked lamb + 50g braised vegetable mix + 50g MAGGI Gravy). Perform fork pressure test with a speech pathologist or trained staff member. Serve with mashed potato, mashed peas and mashed roast pumpkin.

**IDDSI Level 6 Soft & Bite Size:** Chop the braised lamb & vegetable mix to a 1.5 cm dice and serve with prepared MAGGI Gravy of the right consistency, mashed potato, peas and diced roast pumpkin. Check size of diced lamb and vegetables with a speech pathologist or trained staff member.

**Serve with**

Cheat's Skordalia (see Chef's Tip on Pommes Puree recipe page 85)

Roast Pumpkin Puree (see recipe page 84)

Green Pea Puree (see recipe page 82)



**MAGGI Maridor  
Seafood Seasoning Mix**  
12600458



**BUITONI Salsa  
Di Peperoni**  
12147818



**MAGGI Supreme  
Gravy Mix**  
12259019



**THICKENUP®  
Clear**  
12114005

**Nutrition Information (per serve, 350g)**

Energy: 2,129kJ | Energy: 509Cal | Protein: 22.7g | Total Fat: 33.5g | Saturated Fat: 17.7g | Carbohydrate: 26.4g | Total Sugars: 9.5g | Fibre: 6.9g | Sodium: 268mg | Zinc: 4.9mg (41% RDI) | Iron: 3.7mg (31% RDI) | Vitamin B12: 2.4ug (100% RDI)  
 Nutrition analysis completed on a regular diet meal: lamb (120g) with skordalia potato mash (90g), roast pumpkin (75g) and peas (75g).

## CHEFS TIP:

- To heat puree moulds use oven on regeneration mode, 14 minutes 130°C to an internal food temperature of 76°C.

Serving suggestion.

# FISH OF THE DAY WITH SPICED CARROT & COCONUT BROTH

A flavoursome, Laksa spiced broth that can be adapted to suit all texture modified diets.



**PREP TIME: 1 HOUR**

**SERVES: 6 X 120G FISH PORTIONS LEVEL: MODERATE**

**APPROX COST PER SERVE: \*\$2.42**

## INGREDIENTS

### White Fish Mousseline

400ml cream

500g skinless, boneless white fish | Barramundi, wild or farmed Australian catch

2 egg whites

1-2 g **MAGGI Maridor Seafood Seasoning Mix**

White pepper

### Spiced Carrot & Coconut Broth

300ml Carrot juice (fresh)

10g Ginger (fresh)

100g **MAGGI Coconut Milk Powder**

20g **MAGGI Malaysian Laksa Paste**

**THICKENUP® Clear** (note approx. 5g THICKENUP® Clear to 50ml for IDDSI level 3)

## PREPARATION

### IDDSI Level 4:

#### Spiced Carrot & Coconut broth:

1. In a saucepan heat the carrot & ginger juice with MAGGI Coconut Milk Powder and MAGGI Malaysian Laksa Paste, bring to the boil, strain & thicken to require IDDSI Level by adding 5g THICKENUP® Clear to every 50ml serve & stand aside for 5 minutes to thicken.
2. Adjust texture:
  - too thick: add cold water
  - too thin: add THICKENUP® Clear
  - too sticky: add a small amount of oil
3. Perform IDDSI Level test of the broth with a speech pathologist or trained staff member.



**MAGGI Coconut Milk Powder**  
11450007



**MAGGI Malaysian Laksa Paste**  
100410



**THICKENUP® Clear**  
12114005



**MAGGI Maridor Seafood Seasoning Mix** 12600458

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## PREPARATION CON.

### IDDSI level 4:

#### Fish Mousseline:

1. In a food processor blend the fish, egg white & half the cream with MAGGI Maridor Seafood Seasoning Mix and pass through a sieve.
2. Place the sieved fish in a bowl & mix the remainder of cream, season with pepper.
3. Pipe into moulds & steam for approx. 10-12 minutes or until 80-85°C.
4. Perform IDDSI Level test with a speech pathologist or trained staff member.
5. Serve or cool in blast freezer, store in airtight container or moulds and freeze.

**To Serve:** Heat fish, pommes puree, green pea puree, honey glazed carrots & spiced carrot and coconut broth.

### IDDSI Level 5 Minced & Moist:

6. Very finely chop the fish, approx. 4 mm in size and add prepared broth with 1 scoop of THICKENUP® Clear to every serve (120g cooked fish + 50ml broth). Perform fork pressure test with a speech pathologist or trained staff member. Serve with pommes puree, mashed peas and mashed honey carrots.

### IDDSI Level 6 Soft & Bite Size:

7. Chop fish to a 1.5 cm dice and serve with prepared broth of the right consistency, pommes puree, peas and diced honey glazed carrots. Check size of fish and vegetables with a speech pathologist or trained staff member.

### IDDSI Level 7 Regular Diet:

8. For everyday regular diets, make the broth as per recipe without the addition of ThickenUp® Clear.
9. Replace the Fish Mousseline with 150g piece Barramundi, grilled or steamed, served with seasonal vegetables, e.g. potato, honey glazed carrots and peas.

#### Serve with

Green pea puree (see recipe page 82)

Honey Glazed Carrot Puree (see recipe page 83)

Pommes Puree (see recipe page 85)

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#### Nutrition Information (per serve, 195g)

Energy: 2050kJ | Energy: 490Cal | Protein: 20.5g | Total Fat: 40.4g | Saturated Fat: 26.3g | Carbohydrate: 10.6g | Total Sugars: 6.3g | Fibre: 2.8 | Sodium: 2.8mg | Omega 3 fatty acids (long chain): 450mg | Vitamin B12: 1.65ug (84% RDI)  
 Nutrition information provided on 120 g serve of the white fish mousseline and 75 g serve of spiced carrot & coconut broth.

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# GREEN PEA PUREE

A vibrant green, full of flavour green pea puree.

**PREP TIME: 20 MINUTES**

**SERVES: 12 X 60G LEVEL: EASY APPROX COST PER SERVE: \*\$0.92**

## INGREDIENTS

400ml water  
3-4g **MAGGI Chicken Flavoured Booster**, to taste  
200g butter  
1kg frozen peas  
Pinch bicarb soda (optional)  
5-6g **THICKENUP® Clear**

## CHEFS TIP:

To use for a pea pie floater, add a little more stock.

## PREPARATION

### IDDSI Level 4 Puree

1. Place the water, MAGGI Chicken Flavoured Booster and butter in a small saucepan & bring to the boil. Add the peas & bicarb soda and stir, cook until tender, blend and pass through a sieve.
2. Adjust texture:  
-too thick: add cold water  
-too thin: add THICKENUP® Clear  
-too sticky: add a small amount of oil
3. Perform IDDSI Level test with a speech pathologist or trained staff member. Place into mould to freeze or use straight away.



**MAGGI Chicken Flavoured Booster**  
12169489



**THICKENUP® Clear**  
12114005



# HONEY GLAZED CARROT PUREE

Sweet honey-glazed carrots meet rich, buttery depth—finished with a savoury hit of chicken booster for a puree that tastes like a Sunday roast in every spoonful.

**PREP TIME: 1 HOUR 30 MINUTES**

**SERVES: 20 X 50G LEVEL: EASY APPROX COST PER SERVE: \*\$0.39**

## INGREDIENTS

1 kg carrots, peeled and sliced  
200ml water  
200g butter  
100g honey  
2-4g **MAGGI Chicken Flavoured Booster**, to taste  
Pepper to taste  
5-6g **THICKENUP® Clear**

## CHEFS TIP:

Try beetroots this way for a bright eye-catching vegetable of the day.

## PREPARATION

### IDDSI Level 4 Puree

1. Set your oven to 180°C.
2. In a sauté pan place the carrots with water, butter, honey, **MAGGI Chicken Flavoured Booster** and pepper.
3. Cover with grease proof paper and foil and braise for 1 hour or until carrots are soft.
4. Blend until no lumps & push through a sieve.
5. Add Nestlé **THICKENUP® Clear** and stir and allow to rehydrate and thicken.
6. Adjust texture:  
-too thick: add cold water  
-too thin: add **THICKENUP® Clear**  
-too sticky: add a small amount of oil
7. Perform IDDSI Level test with a speech pathologist or trained staff member. Pipe into mould to freeze or use straight away.



**MAGGI Chicken Flavoured Booster**  
12169489



**THICKENUP® Clear**  
12114005



# ROAST ROSEMARY PUMPKIN PUREE

Capture the warm, roasted flavour of Sunday roast pumpkin—blended silky-smooth with rosemary and rich, toasted notes for a puree that's packed with flavour in every bite.

**PREP TIME: 45 MINUTES**  
**SERVES: 20 X 50G CUBES** **LEVEL: EASY**  
**APPROX COST PER SERVE: \*\$0.57**

## INGREDIENTS

1.2kg pumpkin | skinned and large dice  
1 stick garden rosemary | leaves only, chopped  
40ml olive oil  
White pepper | to taste  
3-4g **MAGGI Chicken Flavoured Booster**  
400ml water  
80g **MAGGI Pumpkin Soup Mix**  
3.6-4.8g **THICKENUP® Clear**

## CHEFS TIP:

Sweeten with honey, cinnamon & cream for a quick pumpkin pie.

## PREPARATION

### IDDSI Level 4 Puree

1. Set your oven to 200°C & line a roasting tray with baking paper.
2. Lightly dress the pumpkin with rosemary, olive oil, pepper & MAGGI Chicken Flavoured Booster.
3. Place in lined roasting tray and bake for 20 to 25 minutes until toasty brown.
4. In a saucepan make up the MAGGI Pumpkin Soup Mix as back of pack instructions.
5. Add the roasted pumpkin and stir for 1 to 2 minutes.
6. Blend and pass through a sieve. Add THICKENUP® Clear, stir and stand for 5 minutes.
7. Adjust texture:
  - too thick: add cold water
  - too thin: add THICKENUP® Clear
  - too sticky: add a small amount of oil
8. Perform IDDSI Level test with a speech pathologist or trained staff member.
9. Place into mould & freeze or serve straight away.

Freeze in ice cubes for inexpensive mould that resemble large diced pieces of pumpkin.



**MAGGI Chicken Flavoured Booster**  
12169489



**MAGGI Pumpkin Soup Mix**  
12026958



**THICKENUP® Clear**  
12114005



# POMMES PUREE

Silky, smooth, buttery and delicious, this potato side will keep you craving potato, quick and easy every time.

**PREP TIME: 15 MINUTES**

**SERVES: 10 X 90G LEVEL: EASY APPROX COST PER SERVE: \*\$0.48**

## INGREDIENTS

500ml water

2-3g salt

250ml cream

125g **MAGGI Natural Mashed Potato**

90g unsalted butter cubed  
| room temperature

## CHEFS TIP:

To make a cheats skordalia simply add roast garlic & season with MAGGI Maridor Seafood Seasoning Mix for a zing, use olive oil instead of butter and water instead of milk.

## PREPARATION

1. Bring the water & salt to the boil.
2. Add the cream & remove from the heat, whisk in MAGGI Natural Mashed Potato until combined, allow to stand for a MINIMUM of 5 minutes, fold through, butter.
3. Serve or use as required.

For IDDIS level 4 puree, test consistency with a speech pathologist or trained staff member.

**Roast Garlic recipe:** 1 whole garlic head placed in a small ramekin, cover with olive oil, cover with grease proof paper and foil, bake in a low oven for approximately 45 minutes or until head is squashable. Remove garlic, and pop the flesh out from the shell, reserve the oil to flavour potato puree or use in cooking. Store roast garlic with oil in a jar in the fridge, great for garlic bread & adding flavour to any creation.

## Multiplie uses for MAGGI 100% Natural potato flakes:

- Rehydrate in cold water for a croquette batter
- Crumb your vegetable schnitzel for a Gluten Free Vegan solution
- Thicken your purees to the perfect consistency
- Potato bread



**MAGGI Natural Mashed Potato**  
12314698

# MAGGI SUPREME GRAVY MIX WITH THICKENUP® CLEAR

A rich, flavorsome gravy that is vegan and gluten free. Adding moisture to proteins and vegetables provides a flavor boost to satisfy the taste buds.

**PREP TIME: 5 MINUTES**

**SERVES: 10 LEVEL: EASY APPROX COST PER SERVE: \*\$0.11**

## INGREDIENTS

50g **MAGGI Supreme Gravy Mix**

500ml cold water

**To thicken for IDDSI level 3 (moderately thick):**

3.6g **THICKENUP® Clear** to 500ml prepared MAGGI Gravy

**To thicken for IDDSI level 4 (extremely thick):**

6g **THICKENUP® Clear** to 500ml prepared MAGGI Gravy

## PREPARATION

1. Mix the MAGGI Supreme Gravy Mix with half the water and stir until free from lumps.
2. Bring the remainder of water to the boil, pour in the gravy slurry.
3. Bring back to the boil & stir constantly.
4. Reduce heat and simmer for 1-2 minutes, stirring occasionally.
5. Serve hot gravy for all regular diets.

### To thicken for IDDSI level 3 (moderately thick):

6. Add 3 scoops (3.6 g) THICKENUP® Clear to 500ml prepared MAGGI Supreme Gravy Mix. Stir well and wait 5 minutes. Re-heat gravy to 80°C before serving. Perform IDDSI Level test with a speech pathologist or trained staff member. Use prepared gravy within 15 minutes to maintain IDDSI level 3.

### To thicken for IDDSI level 4 (extremely thick):

7. Add 5 scoops (approx. 7g) THICKENUP® Clear to 500ml prepared MAGGI Supreme Gravy Mix. Stir well and wait 5 minutes. Re-heat gravy to 80°C before serving. Perform IDDSI Level test with a speech pathologist or trained staff member. Use prepared gravy within 15 minutes to maintain IDDSI level 4.



**MAGGI Supreme Gravy Mix**  
12259019



**THICKENUP® Clear**  
12114005

**CHEFS TIP:**

- Season and thicken a variety of dishes with Maggi Supreme Gravy Mix, adding moisture and flavour to many dishes.



*Serving suggestion.*

### CHEFS TIP:

- Make this in a loaf and freeze and slice.



Serving suggestion.

## BLEND CAKE TIRAMISU

Experience the classic flavours of tiramisu in a smooth, IDDSI Level 4 puréed dessert.



**PREP TIME: 30 MINUTES ASSEMBLE, FREEZE OVERNIGHT**  
**SERVES: 16 X 80G PORTIONS + 30G COFFEE SAUCE**  
**LEVEL: EASY APPROX COST PER SERVE: \*\$1.18**

### INGREDIENTS

#### Blend cake

300g cake crumb (see Master Cake Batter recipe page 101)

30g **SUSTAGEN® Hospital Formula Neutral Flavour**

200ml milk

25ml oil

3g **THICKENUP® Clear**

#### Mascarpone Mousse

250g **Nestlé DOCELLO French Vanilla Flavoured Mousse Mix**

60g **SUSTAGEN® Hospital Formula Neutral Flavour**

500g milk | cold

250g mascarpone

Cocoa | optional dusting

### PREPARATION

1. Add the cake crumb to a blender & blend to a fine crumb.
2. Enrich the milk with **SUSTAGEN® Hospital Formula Neutral Flavour**, pour into the crumb.
3. Continue to blend until smooth, puree, add the oil & **THICKENUP® Clear**
4. Adjust texture:
  - too thick: add cold water
  - too thin: add cake crumb or **THICKENUP® Clear**
  - too sticky: add a small amount of oil
5. Perform IDDSI level test with a speech pathologist or trained staff member to achieve level 4 smooth puree consistency.
6. Place into mould & freeze.

## INGREDIENTS CON.

### Coffee sauce

20g **NESCAFÉ Blend 43**  
 400ml water  
 100g sugar  
 15g **THICKENUP® Clear**  
 Coffee liquor optional

## PREPARATION CON.

### Mascarpone Mousse layer:

1. In a bowl add Nestlé DOCELLO French Vanilla Flavoured Mousse Mix and SUSTAGEN® Hospital Formula Neutral Flavour and mix.
2. Add the cold milk & whisk as per back of box instructions.
3. Fold through the mascarpone & pipe into moulds, freeze.

**To assemble & serve:** remove frozen shapes from the moulds.

4. Place in between the cake biscuits and dust with cocoa, plate in the fridge to thaw.
5. Re check cocoa has soaked in & check IDDSI level test with a speech pathologist or trained staff member to achieve level 4 smooth puree consistency before serving.

### Coffee Sauce:

6. Bring the coffee, water & sugar to the boil on the stove, remove from heat & cool slightly, adding the coffee liquor (optional), mix in the THICKENUP® Clear and stand for 5-10 minutes to achieve desired consistency.
7. Perform IDDSI level test with a speech pathologist or trained staff member.



**SUSTAGEN® Hospital Formula Neutral Flavour**  
12339186



**THICKENUP® Clear**  
12114005



**Nestlé DOCELLO French Vanilla Flavoured Mousse Mix** 12026967



**NESCAFÉ Blend 43**  
102295

### Nutrition Information (per serve, 110g)

Energy: 1,117kJ | Energy: 267Cal | Protein: 5.1g | Total Fat: 15.5g | Saturated Fat: 10.7g | Carbohydrate: 27.6g | Total Sugars: 20.5g | Sodium: 131mg | Calcium: 202mg (25% RDI)

# DESSERTS

*\*Recipe Approx cost per serve estimates: Approx cost per serve estimates have been provided for each recipe and were generated using AI-assisted calculations based on indicative Australian foodservice pricing in April 2026 and standard recipe assumptions. These estimates are for guidance only and may vary due to supplier pricing, yield, portion size, seasonal availability, and operational factors.*



**Desserts for every occasion including nostalgic favourites, enriched treats to provide extra protein and celebration dishes to add variety to your menu.**

## CHEFS TIP:

- For an IDDSI level 4 puree texture modified meal, use half the amount of DOCELLO Panna Cotta Dessert Mix (75 g) for a just set version of the right consistency. Perform IDDSI level test with a speech pathologist or trained staff member. Omit baklava crumble and honey, serve with strained, smooth fruit coulis to the right consistency.



*Serving suggestion.*

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### **Nutrition Information (per serve, 142g)**

Energy: 1,784kJ | Energy: 426Cal | Protein: 8.8g | Total Fat: 27.9g | Saturated Fat: 14.8g | Carbohydrate: 34.5g | Total Sugars: 26.4g | Sodium: 148mg | Fibre: 1.4g | Calcium: 196mg (25% RDI)

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# ENRICHED BAKLAVA PANNA COTTA

Step into the Greek islands with this delicious dessert. A creamy, wobbly Greek inspired panna cotta, enriched with SUSTAGEN Hospital Formula to provide a source of protein and essential vitamins and minerals.



**PREP TIME: 15 MINUTES, SET 2 HOURS**

**SERVES: 12 X 120G LEVEL: EASY APPROX COST PER SERVE: \*\$2.43**

## INGREDIENTS

1 cinnamon quill  
 3 cloves  
 500ml full cream milk  
 500ml cream  
 Vanilla  
 20g honey  
 Orange zest to taste  
 10ml rose water  
 150g **Nestlé DOCELLO Panna Cotta Dessert Mix**  
 200g **SUSTAGEN® Hospital Formula Neutral Flavour**  
**Baklava crumble**  
 40g walnuts, chopped  
 40g almonds, chopped  
 40g pistachios, chopped  
 40g **UNCLE TOBYS Traditional Oats** (blended to flour)  
 40g flour  
 60g butter  
 2g (½ tsp.) cinnamon  
 1 pinch cloves, ground

## Serve

Honey | drizzle

## PREPARATION

1. In a medium saucepan, lightly toast the cinnamon & cloves, add the milk, cream & vanilla, honey, orange zest, rosewater and bring to boil, stirring continually.
2. Remove from heat and gradually whisk in the Nestlé DOCELLO Panna Cotta Dessert Mix and the SUSTAGEN® Hospital Formula Neutral Flavour. Mix until fully combined and free from lumps.
3. Pour into lightly greased individual serving dishes and allow to cool. Refrigerate for 2 hours or until set.

### Baklava Crumble:

4. Set the oven to 180°C, line a baking tray. Place all ingredients in a bowl and mix until combined, place on the baking tray, bake 10 to 12 minutes or until golden brown. Cool and store in airtight container.
5. Turn out panna cotta & serve with baklava crumble, drizzle with honey.



**Nestlé DOCELLO Panna Cotta Dessert Mix** 12104220



**SUSTAGEN® Hospital Formula Neutral Flavour** 12339186



**UNCLE TOBYS Traditional Oats** 102826

# ESPRESSO TOFFEE CRÈME CARAMEL

A rich espresso toffee flavoured crème caramel dessert, enriched with SUSTAGEN® Hospital Formula to provide a source of protein and essential vitamins and minerals.



**PREP TIME: 30 MINUTES (BEST LEFT OVER NIGHT)**  
**SERVES: 10 X 120G LEVEL: EASY APPROX COST PER SERVE: \*\$1.33**

## INGREDIENTS

### Caramel

300g castor sugar  
50ml water

### Custard

136g **Nestlé DOCELLO No Bake Egg Custard Dessert Mix**

740ml full cream milk  
10g vanilla bean extract  
10g **NESCAFÉ BLEND 43**  
60ml water

### Enrich

200g **SUSTAGEN® Hospital Formula Neutral Flavour**  
200ml full cream milk

## PREPARATION

1. Place the water and sugar in small pot and cook to a caramel.
2. Pour the prepared caramel into 10 x individual ramekins. Set aside.
3. Dissolve NESCAFÉ Blend 43 coffee in 60 ml water, set aside.
4. Combine Nestlé DOCELLO No Bake Egg Custard Dessert Mix with 370 ml milk, set aside.
5. Bring the remainder 370 ml milk to the boil in a large saucepan.
6. Stir in the prepared custard mix slurry, NESCAFÉ Blend 43 coffee & return to the boil, simmer for 1 minute.
7. Remove from the heat.
8. **Enrich:** In a bowl mix SUSTAGEN® Hospital Formula Neutral Flavour & milk, pour into custard mix & whisk to combine & free from lumps.
9. Pour the custard mix over the caramel to fill the ramekins.
10. Cover and refrigerate over overnight.



**Nestlé DOCELLO No Bake Egg Custard Dessert Mix** 12104221



**NESCAFÉ BLEND 43** 102295



**SUSTAGEN® Hospital Formula Neutral Flavour** 12339186

**CHEFS TIP:**

- For IDDSI Level 4 puree texture modified diets, prepare the NESTLÉ DOCELLO No Bake Egg Custard using half the quantity (68g) flavoured with coffee and set in individual ramekins (omit the caramel in step 1 of the preparation). Perform IDDSI level test with a speech pathologist or trained staff member to achieve level 4 smooth puree consistency.



*Serving suggestion.*

**Nutrition Information (per serve, 120g)**

Energy: 1,301kJ | Energy: 311Cal | Protein: 8.5g | Total Fat: 4.3g | Saturated Fat: 2.6g | Carbohydrate: 60.1g | Total Sugars: 56.0g | Sodium: 159mg | Calcium: 235mg (29% RDI)

## CHEFS TIP:

- Top with your choice of DOCELLO Mousse Mix range, Enriched with SUSTAGEN Hospital Formula Neutral to create a flavour for every day on the menu.
- Set in a rectangle tray and cut into bite size portions



*Serving suggestion.*

### **Nutrition Information (per serve, 120g)**

Energy: 1,739kJ | Energy: 416Cal | Protein: 5g | Total Fat: 29.9g | Saturated Fat: 20.3g | Carbohydrate: 31.9g | Total Sugars: 24.3g | Sodium: 276mg

*Nutrition analysis complete on 100g slice of cheesecake and 20ml lemon & lime ganache sauce.*

# VANILLA PANNA COTTA CHEESECAKE WITH LEMON & LIME COCONUT GANACHE

A simple no bake, cold set vanilla cheesecake base, allowing for freedom of topping with different fruit flavours throughout the season.



**PREP TIME: 4 HOURS (BEST SET OVER NIGHT)**  
**SERVES: 16-20 100G SLICES** **LEVEL: MEDIUM**  
**APPROX COST PER SERVE: \*\$1.70**

## INGREDIENTS

### Base

355g Digestive biscuits, blended

180g butter, melted

### Filling

500ml cream

500ml milk

500g cream cheese, diced

300g **Nestlé DOCELLO Panna Cotta Dessert Mix**

40g **SUSTAGEN Hospital Formula Neutral Flavour**

1 lemon zest

Vanilla extract

### Lime & Lemon Coconut Ganache

25g **MAGGI Coconut Milk Powder Mix**

100ml water

250g **Nestlé DOCELLO Snowcap Chocolate**

20ml | 1 lemon juice from above lemon

30ml | 1 lime zest & juice

## PREPARATION

1. Line a spring tin with baking paper.
2. **Base:** In a bowl, mix the biscuit crumb and butter, pour into the lined tin and press flat.
3. **Filling:** In a pot, combine cream, milk and cream cheese in a large pot.
4. Heat on stove & blend with a stick blender until cream cheese dissolved, no lumps.
5. Whisk in the Nestlé DOCELLO Panna Cotta Dessert Mix, stir and remove from heat, check the temperature 60 to 65°C & add SUSTAGEN Hospital Formula Neutral Flavour, vanilla & lemon zest, blend until smooth.
6. Pour over the biscuit base and set in the fridge overnight.
7. Cut and serve with Lime & Lemon Coconut Ganache.
8. **Ganache:** warm the water on the stove, add the MAGGI Coconut Milk Powder, stir in the chocolate and remove from the heat, continue to stir until free of lumps. Finish with lemon and lime zest and juice.



**Nestlé DOCELLO Panna Cotta Dessert Mix**  
12104220



**SUSTAGEN® Hospital Formula Neutral Flavour**  
12339186



**MAGGI Coconut Milk Powder Mix**  
11450007



**Nestlé DOCELLO Snowcap Chocolate**  
12080265

# GREEK STYLE CREAMY RICE PUDDING (RIZOGALO)

A comforting, delicious creamy dessert served warm or cold all day long.



**PREP TIME: 40 MINUTES | REFRIGERATE 4 HOURS**  
**SERVES: 10 X 140G | LEVEL: EASY | APPROX COST PER SERVE: \*\$1.90**

## INGREDIENTS

150g arborio rice  
600ml water  
Salt | pinch  
600ml milk  
340ml **Nestlé CARNATION Creamy Evaporated Milk**  
250ml cream  
½ lemon rind, long pieces  
1 cinnamon quill  
3 whole cloves  
150ml **Nestlé Sweetened Condensed Milk**  
20ml vanilla extract

### Slurry

20g (2 Tbsp) corn flour  
100ml milk

### Enrich

200ml cream  
60g **SUSTAGEN® Hospital Formula Neutral Flavour**  
Cinnamon powder |  
sprinkle on top

## PREPARATION

1. In a medium saucepan add the water, rice and salt & gently boil until rice is cooked without a bite (approx. 20 minutes).
2. Stir in the milk, Nestlé CARNATION Creamy Evaporated Milk, cream.
3. Place the lemon rind, cinnamon and clove in a cooking cloth and place in the creamy rice, gently simmer for a further 10 minutes, stirring often.
4. Add the Nestlé Sweetened Condensed Milk & vanilla and continue to simmer & stir for 5 minutes or until the liquid has reduced to a sauce consistency and rice is soft.
5. In a separate bowl, mix the cornflour and milk until smooth, pour this into the rice mix and stir until the mixture boils back, remove from heat.
6. **Enrich the rice pudding:** In a bowl mix the milk, SUSTAGEN® Hospital Formula Neutral Flavour until smooth, pour into the rice mixture and stir until smooth, remove the spices and lemon rind cloth.
7. Divide the rice pudding mixture into dessert pots and lightly dust with cinnamon powder, allow to cool in the fridge for 4 hours.



**Nestlé CARNATION Creamy Evaporated Milk**  
12437906



**Nestlé Sweetened Condensed Milk**  
12622080/12481593



**SUSTAGEN® Hospital Formula Neutral Flavour**  
12339186

**CHEFS TIP:**

- Serve with stewed Rhubarb.
- **Recipe:** 1 bunch of rhubarb chopped into small batons, 1 orange zest, 80g sugar, toss and cover and braise in the oven until tender.



*Serving suggestion.*

**Nutrition Information (per serve, 140g)**

Energy: 1,701kJ | Energy: 406Cal | Protein: 9.8g | Total Fat: 24.1g | Saturated Fat: 15.7g | Carbohydrate: 37.8g | Total Sugars: 23.2g | Fibre: 0.3g | Sodium: 192mg | Calcium: 235mg (29% RDI)

### CHEFS TIP:

- Ice with any enriched flavour of DOCELLO Mousse Mix range.



Serving suggestion.



**MAGGI Coconut Milk Powder**  
11450007



**Nestlé DOCELLO French Vanilla Flavoured Mousse Mix** 12026967



**SUSTAGEN® Hospital Formula Neutral Flavour**  
12339186

#### Nutrition Information (per serve, 90g)

Energy: 1,432kJ | Energy: 342Cal | Protein: 5.5g | Total Fat: 20.0g | Saturated Fat: 14.3g | Carbohydrate: 35.8g | Total Sugars: 20.0g | Sodium: 214mg

# MASTER CAKE BATTER | VANILLA CAKE OR CUP CAKES

Not only a great cupcake and cake batter, this mix is also perfect to use in a pureed blend cake level 4 recipe or a steamed vanilla pudding dessert.



**PREP TIME: 40 MINUTES**

**SERVES: 24 X 65G CUPCAKES LEVEL: EASY**

**APPROX COST PER SERVE: \*\$1.58**

## INGREDIENTS

100g **MAGGI Coconut Milk Powder**

150ml water | warm

60g **SUSTAGEN® Hospital Formula Neutral Flavour**

440g flour | sifted

15g baking powder

340g caster sugar

350g butter | room temp

200g eggs

5g vanilla

### Enriched Coconut Mousse Icing

60g **SUSTAGEN® Hospital Formula Neutral Flavour**

150g **Nestlé DOCELLO French Vanilla Flavoured Mousse Mix** (or alternative flavour of your choice)

100g **MAGGI Coconut Milk Powder**

300ml milk cold

## PREPARATION

1. Set oven to 170°C, and line 2 muffin tins with grease proof moulds.
  2. In a bowl add MAGGI Coconut Milk Powder to the warm water, enrich with SUSTAGEN® Hospital Formula Neutral Flavour, stand aside.
  3. In a mixing bowl place the flour, baking powder, caster sugar & mix.
  4. Add the butter, eggs and enriched milk, beat until smooth.
  5. Divide the batter into the 2 lined muffin tins and bake approx. 15 minutes or until they bounce back.
  6. Cool on a wire.
  7. **Enriched Coconut Mousse Icing:** Enrich Nestlé DOCELLO Mousse Mix by placing the SUSTAGEN® Hospital Formula Neutral Flavour & Nestlé DOCELLO French Vanilla Flavoured Mousse Mix and MAGGI Coconut Milk Powder in a bowl.
  8. Add the milk and whisk as per back of box instructions.
- Top the cupcakes with the enriched mousse icing and set in fridge, serve.

This Cake Batter has multi-uses:

- Cake for texture modified diets, level 4 puree, **Blend Cake Tiramisu** (see recipe page 88)
- Morning tea cake: line 2 loaf tins 30 cm x 8 cm with grease proof paper and cook 30 minutes on 170°C.
- Steamed pudding, cook in steam oven single 60g serves for 15 minutes.

# NO MELT NEAPOLITAN GELATO TERRINE

A classic, nostalgic ice-cream flavour combination to have fun with.



**PREP TIME: 1 HOUR, FREEZE OVERNIGHT**  
**SERVES: 3 X 1,200G LOAF TINS** LEVEL: EASY  
**APPROX COST PER SERVE: \*\$1.27**

## INGREDIENTS

### Chocolate Gelato

100ml cream  
200g **Nestlé DOCELLO Calypso Dark Compound Chocolate**  
250g **Nestlé DOCELLO Chocolate Flavoured Mousse Mix**  
60g **SUSTAGEN® Hospital Formula Neutral Flavour**  
500ml milk | cold

### Vanilla Gelato

100ml cream  
200g **Nestlé DOCELLO Snowcap White Compound Chocolate**  
250g **Nestlé DOCELLO French Vanilla Flavoured Mousse Mix**  
60g **SUSTAGEN® Hospital Formula Neutral Flavour**  
500ml milk | cold

### Strawberry Gelato

100ml cream  
200g **Nestlé DOCELLO Snowcap White Compound Chocolate**  
250g **Nestlé DOCELLO Strawberry Flavoured Mousse Mix**  
60g **SUSTAGEN® Hospital Formula Neutral Flavour**  
500ml milk | cold

## PREPARATION

Lightly grease and line 3 loaf tins with sugar.

1. **Ganache:** Heat the cream in a small saucepan and bring it to a boil.
2. Add the chocolate, stir until fully melted and smooth.
3. Remove from the heat and allow to cool completely.
4. **Enriched Mousse Dry Mix:** In a mixing bowl, combine the Nestlé DOCELLO Mousse Mix and SUSTAGEN® Hospital Formula Neutral
5. Mix until evenly blended and set aside.
6. Hydrate the Mousse
7. Place the milk into a mixing bowl fitted with a whisk attachment.
8. Add the enriched mousse dry mix.
9. Whisk according to the instructions on the mousse packaging.
10. **Combine and Set:** Fold the cooled ganache into the prepared mousse until combined.
11. Pipe the mixture evenly into terrine tins with a layer of strawberry, vanilla and chocolate mixture.
12. Freeze overnight until fully set.
13. **Serve:** Slice and serve frozen.



Nestlé DOCELLO Chocolate Flavoured Mousse Mix  
12026831



Nestlé DOCELLO French Vanilla Flavoured Mousse Mix  
12026967



Nestlé DOCELLO Strawberry Flavoured Mousse Mix  
12027037

**CHEFS TIP:**

- Pipe into mini-ice cream pop moulds and serve on sticks.
- Use the full range of Nestlé DOCELLO Mousse Mix flavours to create your next dessert to add variety to your menu.



Serving suggestion.



**Nestlé DOCELLO Calypso**  
Dark Compound Chocolate  
102019



**Nestlé DOCELLO Snowcap**  
White Compound Chocolate  
12080265



**SUSTAGEN® Hospital Formula**  
Neutral Flavour  
12339186

**Nutrition Information (per serve, 100g)**

Energy: 1,193kJ | Energy: 285Cal | Protein: 6.5g | Total Fat: 15g | Saturated Fat: 12.7g | Carbohydrate: 30.7g | Total Sugars: 27.9g | Sodium: 110mg | Calcium: 409mg (51% RDI)

### CHEFS TIP:

- Freeze for a couple of hours before placing a lid on to prevent them sticking to lid.
- For the everyday regular menu you can dip in Ice-cream choc coating.
- Vary the flavour with fruit puree of the season.



*Serving suggestion.*

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**Nutrition Information (per serve, 35g)**

Energy: 374kJ | Energy: 89Cal | Protein: 1.5g | Total Fat: 5.6g | Saturated Fat: 3.7g | Carbohydrate: 8.1g | Total Sugars: 7.4g | Sodium: 20mg

---

# NO MELT PEACH & CREAM POPS

Delicious creamy peach flavoured mini-ice pops, an all-time afternoon or dessert Summer favourite, vary the flavour with seasonal fruit selections to add variety to your menu.

**PREP TIME: 1 HOUR & OVERNIGHT FREEZE**

**SERVES: 24 X 35G LEVEL: MEDIUM APPROX COST PER SERVE: \*\$0.45**

## INGREDIENTS

230g canned peaches |  
puree drained with a little  
juice

4g **THICKENUP® Clear**

300g Thickened cream  
35% fat

200g **Nestlé Sweetened  
Condensed Milk**

50g **SUSTAGEN® Hospital  
Formula Neutral Flavour**

## PREPARATION

1. Blend peaches with a little juice until smooth, pass through a sieve.
2. Mix in the THICKENUP® Clear , until smooth, set aside.
3. Place cream, Nestlé Sweetened Condensed Milk and SUSTAGEN® Hospital Formula Neutral Flavour in a large measuring jug and blend with a stick blender.
4. Fold through peach mixture, blend until smooth.
5. Pour the mixture into mini-ice cream moulds & insert the stick into the middle of each ice cream, freeze overnight and serve frozen.

**No melt:** holds shape for 2 hours at room temperature and overnight in fridge, however we recommend storing in the freezer until service.



**THICKENUP®  
Clear**  
12114005



**Nestlé Sweetened  
Condensed Milk**  
12622080/12481593



**SUSTAGEN® Hospital  
Formula Neutral Flavour**  
12339186

## CHEFS TIP:

- For a milk chocolate lamington, swap out the white chocolate and coconut milk powder in the dipper for Nestlé DOCELLO dark chocolate and cocoa. Lamingtons are freeze thaw friendly.



*Serving suggestion.*

# PANNACOTTA LAMINGTON

A delightful twist on a classic favourite. Inspired by baklava, these bite size lamingtons hide a creamy, gently spiced panna cotta centre.

**PREP TIME: 4 HOURS (BEST LEFT OVERNIGHT)**

**SERVES: 28 LEVEL: EASY APPROX COST PER SERVE: \*\$1.22**

## INGREDIENTS

### Sponge

6 eggs | separated  
190g caster sugar | split  
130g plain flour | sifted  
60g cornflour | sifted  
5g baking powder | sifted

## PREPARATION

1. **Sponge:** Preheat oven to 180 °C. Line 2 trays 30 × 22 cm tray, one with greaseproof paper.
2. Whisk egg white with half the sugar until light and fluffy.
3. In a separate bowl whisk the egg yolks with remainder of sugar until light and fluffy.
4. Gently fold both egg yolk and white together, then fold in the sifted flour, cornflour, and baking powder.
5. Pour into the prepared tray and bake for 15 minutes, or until the sponge springs back when touched.
6. Cool completely and set aside.

## INGREDIENTS CON.

### Filling: Pannacotta Sheet

60g **SUSTAGEN® Hospital Formula Neutral Flavour**

500ml cream

4 clove

1 cinnamon quill

5-10g vanilla extract

500ml milk

25ml honey

Orange zest

10ml rose water (optional)

200g **Nestlé DOCELLO Pannacotta Dessert Mix**

### Dipper

10g gelatine sheet | soak in extra water & drained

250ml water

150g **MAGGI Coconut Milk Powder**

250g **Nestlé Sweetened Condensed Milk**

100g **Nestlé DOCELLO Snowcap White Compound Chocolate**

50g butter

### Roll in

300g shredded & desiccated coconut mix

## PREPARATION CON.

- Pannacotta Sheet:** Lightly grease a 30 × 22 cm tray.
- In a bowl, combine 100 ml cream with SUSTAGEN® Hospital Formula Neutral; set aside.
- In a saucepan, add clove and cinnamon, then pour in remainder cream & milk.
- Bring to the boil, add vanilla, honey, orange zest, and rosewater & stir.
- Add white chocolate, butter, and the softened gelatine.
- Stir until fully dissolved, then strain and set aside.
- Dipper:** Soak gelatine in water until soft, drain and set aside.
- Heat 250 ml water in a small saucepan.
- Add the MAGGI Coconut Milk Powder and sugar; bring to the boil.
- Add white chocolate, butter, and the softened gelatine.
- Stir until fully dissolved, then strain and set aside.
- Assembly:** Slice the sponge in half horizontally into two even layers.
- Place the pannacotta sheet between the sponge layers and press gently.
- Trim edges if needed, then cut into 28 small squares (5 × 7).
- Dip each square into the dipper mixture and coat in coconut.
- Refrigerate until set. Serve chilled.



**SUSTAGEN® Hospital Formula Neutral Flavour**  
12339186



**Nestlé DOCELLO Pannacotta Dessert Mix** 12104220



**MAGGI Coconut Milk Powder**  
11450007



**Nestlé DOCELLO Snowcap White Compound Chocolate** 12080265



**Nestlé Sweetened Condensed Milk**  
12622080/12481593

### Nutrition Information (per serve, 83g)

Energy: 1,485kJ | Energy: 355Cal | Protein: 4.7g | Total Fat: 21.7g | Saturated Fat: 16.9g | Carbohydrate: 35.4g | Total Sugars: 28.6g | Fibre: 2.0g | Sodium: 96mg

# MOCHA & VANILLA CRÈME CROQUEMBOUCHE

A celebration deserves something special. This elegant croquembouche layers delicate choux puffs filled with silky mocha and vanilla custard.

**PREP TIME: 40 MINUTES**

**SERVES: 20 LEVEL: INTERMEDIATE APPROX COST PER SERVE: \*\$0.43**

## INGREDIENTS

### Filling

1L milk

360g **Nestlé DOCELLO Crème Pâtissière Dessert Mix**

10g **NESCAFÉ Blend 43** instant coffee dissolved in hot water

Cream optional

Vanilla extract optional

### Assembly

300g **Nestlé DOCELLO Royal Dark Couverture Chocolate**

20–30 profiteroles (pre baked or ready-made)

## PREPARATION

1. **Prepare the Crème Pâtissière:** Place the milk into a mixing bowl.
2. Add Nestlé DOCELLO Crème Pâtissière Dessert Mix and NESCAFÉ Blend 43 (if making mocha crème).
3. Using a balloon whisk, mix on medium speed for 1 minute.
4. Scrape down the sides of the bowl, increase to high speed, and mix for 4–5 minutes until thick and smooth. Add optional cream to lighten the custard.
5. Transfer the crème to a piping bag fitted with a small nozzle.
6. Pipe the crème into each profiterole until filled.
7. **Temper the Chocolate:** Place 200 g of the dark chocolate couverture in a heatproof bowl.
8. Melt over a bain marie of gently simmering water until the chocolate reaches 45°C.
9. Remove from heat and stir in the remaining 100g chocolate.
10. Continue stirring until the temperature cools to 27°C.
11. Return the bowl to the bain marie and gently reheat to 32°C.
12. When the chocolate is smooth, glossy, and fluid, it is ready for assembly.
13. **Build the Croquembouche:** Dip each filled profiterole partially into the tempered chocolate.
14. Arrange the profiteroles in a circular base on a serving plate.
15. Continue stacking in progressively smaller circles to form a cone-shaped tower.
16. Drizzle any remaining chocolate over the croquembouche for a decorative finish.

**CHEFS TIP:**

- Use alternate DOCELLO Mousse Mix flavours to vary the fillings and your menu.



*Serving suggestion.*



**Nestlé DOCELLO Crème  
Pâtissière Dessert Mix**  
12104188



**NESCAFÉ  
Blend 43**  
102295



**Nestlé DOCELLO Royal Dark  
Couverture Chocolate**  
12057893

**Nutrition Information (per serve, 85g)**

Energy: 972kJ | Energy: 232Cal | Protein: 4.7g | Total Fat: 9.7g | Saturated Fat: 7.1g | Carbohydrate: 30.1g |  
Total Sugars: 22.7g | Sodium: 216mg

### CHEFS TIP:

- Serve cake topped with your choice of Nestlé DOCELLO Mousse Mix flavour to vary your dessert, morning or afternoon tea menu each day.



*Serving suggestion.*

#### **Nutrition Information (per serve, 90g)**

Energy: 1,071kJ | Energy: 256Cal | Protein: 5.7g | Total Fat: 12.2g | Saturated Fat: 7.9g | Carbohydrate: 30.9g | Total Sugars: 24.2g | Sodium: 154mg | Calcium: 99mg (12% RDI)

# TRE LECHE CAKE

A beautifully moist and sweet cake, perfect for enjoying at morning tea, afternoon tea, or supper.



**PREP TIME: 50 MINUTES (BEST LEFT OVER NIGHT)**

**SERVES: 36 X 90G PIECES**

**LEVEL: EASY APPROX COST PER SERVE: \*\$0.40**

## INGREDIENTS

200g flour | sifted  
8g baking powder | sifted  
Pinch salt  
5 egg yolks  
250g sugar | divided  
10g vanilla extract  
5 egg whites  
120ml milk  
100g butter | melted

### Soak milk syrup

40g **SUSTAGEN® Hospital Formula Neutral**

120ml milk

395ml **Nestlé Sweetened Condensed Milk**

340ml **Nestlé CARNATION Creamy Evaporated Milk**

Vanilla, optional

### Topping

300ml cream | whipped  
Cinnamon to taste

## PREPARATION

1. Set your oven to 180°C, line a baking tray 23cm x 33cm with grease proof paper.
2. Sift flour, baking powder & salt, stand aside.
3. In a bowl whisk the egg yolks, half the sugar & vanilla until light and fluffy, stand aside.
4. In a bowl whisk the egg whites and remainder of sugar until medium peaks, gently fold through egg yolk mix & gently fold through sifted flour mix.
5. Gently mix in the milk and butter until combined, pour into the lined baking tin.
6. Bake for 30 minutes or until the skewer comes out clean, cool on a wire.
7. In a bowl enrich the milk with Sustagen® Hospital Formula Neutral Flavour, mix in Nestlé Sweetened Condensed Milk, Nestlé CARNATION Creamy Evaporated Milk & vanilla, stand aside.
8. With a fork poke hole in the cake and pour milk mixture evenly over the cake, allow to set in the fridge for 4 hours or overnight. Top with whipped cream and a light dust of cinnamon, refrigerate for 1-2 hours, cut and serve with seasonal fruit of choice.



**SUSTAGEN® Hospital Formula Neutral Flavour**  
12339186



**Nestlé Sweetened Condensed Milk**  
12622080/12481593

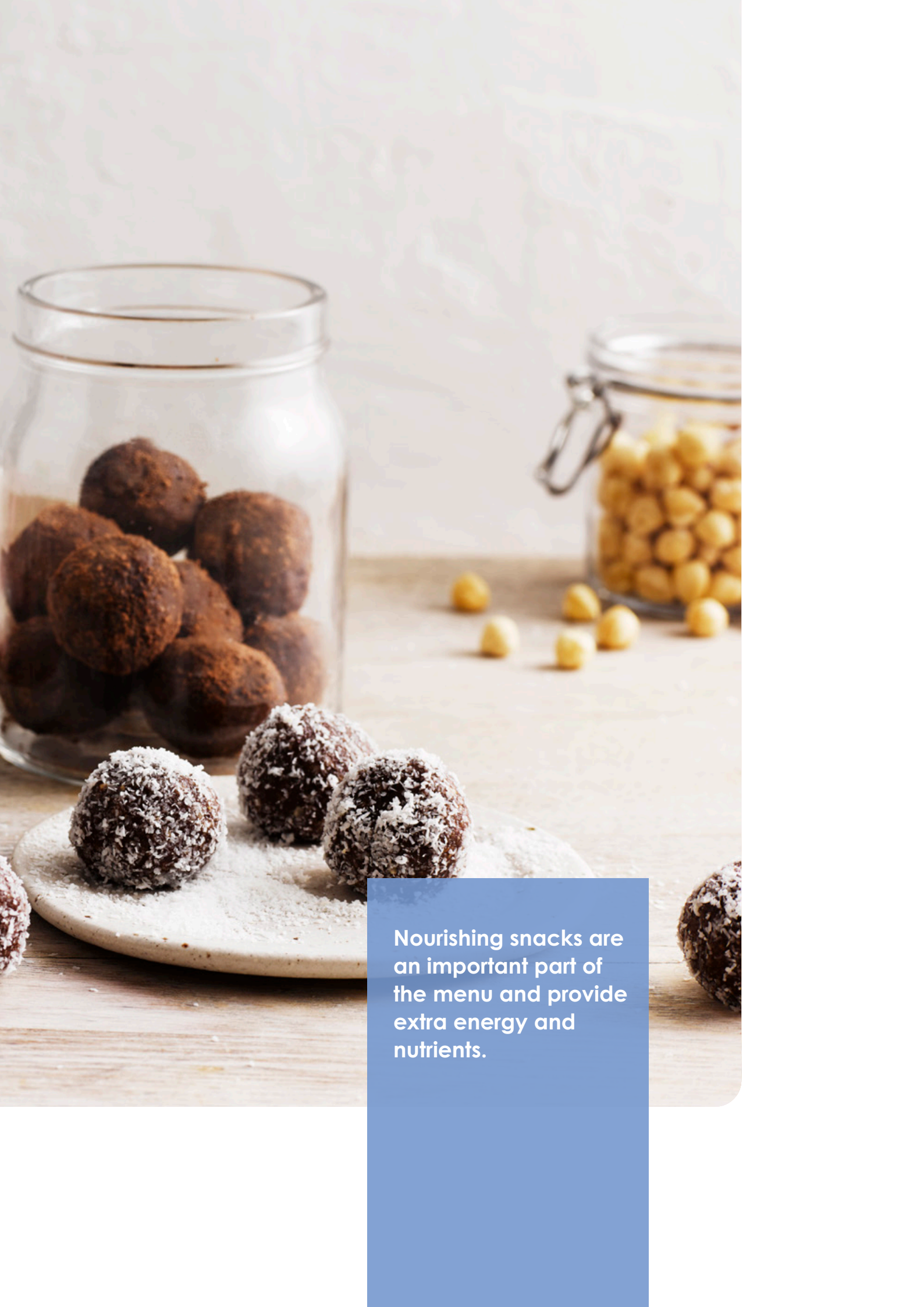


**Nestlé CARNATION Creamy Evaporated Milk**  
12437906

# SNACKS



*\*Recipe Approx cost per serve estimates: Approx cost per serve estimates have been provided for each recipe and were generated using AI-assisted calculations based on indicative Australian foodservice pricing in April 2026 and standard recipe assumptions. These estimates are for guidance only and may vary due to supplier pricing, yield, portion size, seasonal availability, and operational factors.*



Nourishing snacks are an important part of the menu and provide extra energy and nutrients.

### CHEFS TIP:

- Add fragrant chopped garden herbs to your gravy for a seasonal aroma and flavour.



*Serving suggestion.*

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#### **Nutrition Information (per serve 93g)**

Energy: 771kJ | Energy: 184Cal | Protein: 4.2g | Total Fat: 5.8g | Saturated Fat: 3.2g | Carbohydrate: 27.2g |  
Total Sugars: 1.9g | Sodium: 534mg | Fibre: 3.1 g

---

# LEEK CROQUETTES

A quick and easy savoury vegetarian snacking solution with a delicious, dippable MAGGI gravy.



**PREP TIME: 40 MINUTES**

**SERVES: 10 X 60G PORTIONS LEVEL: EASY**

**APPROX COST PER SERVE: \*\$1.09**

## INGREDIENTS

350ml Water | cold  
 2g **MAGGI Maridor Seafood Seasoning Mix**  
 100g **MAGGI Natural Mashed Potato**  
 50g butter, melted  
 ¼ cup Parsley, chopped  
 150g Leek | shredded cooked, cooled  
 Pepper  
 1 egg yolk

### Roll In

50g **MAGGI Supreme Gravy Mix**  
 2 Egg  
 150g **MAGGI Natural Mashed Potato**

### To serve

50g **MAGGI Supreme Gravy Mix** prepared as per back of box instructions

## PREPARATION

1. In bowl add water, MAGGI Maridor Seafood Seasoning Mix & MAGGI Natural Mashed Potato, mix & rehydrate.
2. Add the melted butter, parsley, leek, pepper & egg yolk, mix until combined.
3. On a floured bench pipe, the croquette mix 3cm thick & 3cm long, cut & roll in MAGGI Supreme Gravy Mix.
4. Coat in egg & MAGGI Natural Mashed Potato, deep fry.
5. Serve with extra MAGGI Supreme Gravy for dipping.



**MAGGI Maridor Seafood Seasoning Mix**  
12600458



**MAGGI Natural Mashed Potato**  
12314698



**MAGGI Supreme Gravy Mix**  
12259019

# PEA & PARMESAN ARANCINI

A delicious bite size savoury snack packed full of flavour.



**PREP TIME: 1 HOUR**

**SERVES: 50 X 35G BITE-SIZE BALLS**

**LEVEL: EASY APPROX COST PER SERVE: \*\$1.45**

## INGREDIENTS

30ml olive oil  
200g 1 medium onion,  
finely chopped  
8g garlic, 2 cloves, crushed  
½ bunch basil, chiffonade  
500g Arborio rice  
125ml white wine  
1.25L warmed  
vegetable stock  
100g green pea  
1 bunch chives, finely  
chopped  
250g grated parmesan  
cheese, extra for serving  
350g shredded mozzarella  
cheese

**MAGGI Maridor Seafood  
Seasoning Mix**, to taste

## Crumbing

50g flour  
3 eggs  
100g **MAGGI Natural  
Mashed Potato** and/or  
breadcrumbs

## Dipping Sauce

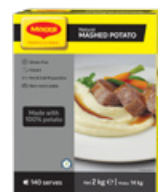
300g **BITTONI Sugo  
Rustico Di Pomodoro**  
Extra basil

## PREPARATION

1. In a pan with olive oil cook the onions until tender, add 3/4 of the basil, add the rice & stir.
2. Deglaze with wine & stir until completely absorbed. Gradually add the stock stirring until rice is tender, around 12 minutes.
3. Remove from heat & add green pea, chives, parmesan and seasoning.
4. Spread the risotto onto a tray, cool & cover, refrigerate.
5. To assemble, roll risotto into roughly 50 balls. Meanwhile roll the mozzarella cheese into 50 smaller sized balls approx. 7g each.
6. Press mozzarella ball into the risotto ball and wrap the rice around to enclose it, forming a smooth ball, set aside & refrigerate.
7. Roll balls in seasoned flour, eggs & breadcrumbs/MAGGI Natural Mashed Potato, place in the refrigerator until firm.
8. Deep fry in small batches at 180°C until the balls are golden & the cheese has melted inside.
9. Heat the BITTONI and stir in remainder of basil.
10. Serve arancini on a bed of tomato and basil sauce.



**MAGGI Maridor  
Seafood Seasoning Mix**  
12600458



**MAGGI Natural  
Mashed Potato**  
12314698



**BITTONI Sugo Rustico Di  
Pomodoro**  
13531287

- Roll the Arancini in MAGGI Natural Mash Potato for a vegetarian winner.



*Serving suggestion.*

**Nutrition Information (per serve 90g)**

Energy: 911kJ | Energy: 218Cal | Protein: 10.2g | Total Fat: 9.1g | Saturated Fat: 4.4g | Carbohydrate: 22.7g |  
Total Sugars: 2.6g | Sodium: 408mg | Zinc: 1.5mg (13% RDI) | Vitamin B12: 0.4ug (20% RDI)  
*Nutrition information provided on 2 x 35g meatballs with 20g BUITONI dipping sauce.*

## CHEFS TIP:

- This recipe can also be used as a quick & easy recipe for Vegetarian Sausage Rolls.



**MAGGI Natural  
Mashed Potato**  
12314698



**BUITONI Sugo  
per Pasta**  
12147978

### Nutrition Information (per serve 135g)

Energy: 893kJ | Energy: 213kJ | Protein: 5.8g | Total Fat: 8.7g | Saturated Fat: 3.8g | Carbohydrate: 25.5g |  
Total Sugars: 7.4g | Fibre: 5g | Sodium: 314mg

# LEGUME PASTIES

Bundles bursting with flavour, this recipe is vegetarian friendly.



**PREP TIME: 1 HOUR**

**SERVES: 12 LEVEL: EASY APPROX COST PER SERVE: \*\$0.69**

## INGREDIENTS

### Pasties

- 140ml water
- 50g **MAGGI Natural Mashed Potato**
- 20ml oil
- 100g onion, finely diced
- 10g garlic, crushed
- 100g carrot, diced
- 100g French lentil (250g cooked)
- 300g green peas, corn kernel & capsicum mix frozen
- 20g chopped parsley, bunch
- 5g salt
- 2g pepper
- 2-3 puff pastry sheets
- Eggs, beaten, glazing & sealing

### Tomato Kasundi Dipper

- 10ml oil
- 100g onion
- 15g curry spice mix
- 60ml vinegar
- 200g **BITONI Sugo per Pasta**
- 40g sugar

## PREPARATION

1. **For the Pasties:** Set your oven to 200°C & line 2 trays with baking paper.
2. In a bowl, add the water and MAGGI Natural Mashed Potato, stir & stand aside.
3. In a large fry pan, sauté onions, garlic & carrot, until lightly golden.
4. Place lentils in a saucepan, cover with water & simmer until tender (15-20mins), then drain well.
5. Add lentils, corn, peas, capsicum mix, parsley, salt & pepper, to the MAGGI Natural Mashed Potato, then mix until well blended.
6. Cut each of the pastry sheets into 4 & evenly divide the legume mix on the centre of the pastry.
7. Brush the egg wash around the edges of the pastry, fold one half of the pastry over to enclose the filling, to make a little parcel. Then seal with fingers or crimp with a fork.
8. Brush the top of the pastry with egg wash, arrange on the lined trays & bake for approx. 20mins or until golden brown and puffed.
9. **For the Kasundi:** Heat the oil in the saucepan & sauté the onions for a few minutes until tender & fragrant.
10. Add the Curry Sauce, Vinegar, BITONI Sugo per Pasta and simmer for 10 mins, until rich & saucy.
11. Serve the Legume Pasties with the warm Kasundi Sauce & sprinkle with chopped herbs.

# MILO<sup>®</sup> BLISS BALLS

A nourishing snack to provide extra energy and protein.



**PREP TIME: 20 MINUTES**

**SERVES: 30 X 30G BLISS BALLS LEVEL: EASY**

**APPROX COST PER SERVE: \*\$0.24**

## INGREDIENTS

200g peanut butter  
100g milk powder  
½ tsp vanilla bean paste  
190g **Nestlé Sweetened Condensed Milk**  
80g **MILO<sup>®</sup> CAN**  
100g **UNCLE TOBYS Traditional Oats**  
60g **SUSTAGEN<sup>®</sup> Hospital Formula chocolate flavour**  
50g shredded coconut  
2g salt  
150g dates, pitted  
Extra **MILO<sup>®</sup>** and desiccated coconut for coating outside of the bliss balls

## PREPARATION

1. Place the peanut butter, MILO<sup>®</sup>, UNCLE TOBYS Oats, SUSTAGEN<sup>®</sup>, vanilla, salt and dried fruits in a food processor and pulse till well combined.
2. Add NESTLÉ Sweetened Condensed Milk and pulse again until the mix is crumbly and well mixed. Mix in the shredded coconut and then roll into balls.
3. Lastly roll the balls in MILO<sup>®</sup> powder or desiccated coconut.



**Nestlé Sweetened Condensed Milk**  
12622080/12481593



**MILO<sup>®</sup> CAN**  
102296



**UNCLE TOBYS Traditional Oats**  
102826



**SUSTAGEN<sup>®</sup> Hospital Formula Chocolate Flavour**  
12338427

**CHEFS TIP:**

- Switch out the dates for raisins, sultanas, cranberries or dried apricots.



*Serving suggestion.*

**Nutrition Information Per serve (2 bliss balls, 60g)**

Energy: 1,099kJ | Energy: 263Cal | Protein: 8.5g | Total Fat: 12.0g | Saturated Fat: 4.8g | Carbohydrate: 30.1g | Total Sugars: 22.2g | Fibre: 2.6g | Sodium: 169mg | Calcium: 163mg (20% RDI) | Iron: 2.0 g (17% RDI)

### CHEFS TIP:

- You can use any of the BUITONI sauces in this recipe and add extra vegetables for a vegetarian main meal.



*Serving suggestion.*

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#### **Nutrition Information (per serve 150g)**

Energy: 1,032kJ | Energy: 247Cal | Protein: 11.3g | Total Fat: 9.2g | Saturated Fat: 5.4g | Carbohydrate: 29.3g | Total Sugars: 5.7g | Fibre: 1.4g | Sodium: 439mg | Calcium: 213mg (27% RDI)

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# MAC AND CHEESE

**Creamy baked mac and cheese with a smooth cheese sauce and rich tomato notes.**



**PREP TIME: 45 MINUTES**  
**SERVES: 16 X 150G SERVES** **LEVEL: EASY**  
**APPROX COST PER SERVE: \*\$0.77**

## INGREDIENTS

500g macaroni pasta, dried  
 4L boiling water for boiling the pasta  
 500ml milk  
 75g **MAGGI Cheese Sauce Mix**  
 500g **BITONI Sugo Per Pasta**  
 300g cheese, grated  
 100g cherry tomatoes  
 Black pepper to taste

## PREPARATION

1. Pre-cook macaroni until *al dente* in a large pot salted boiling water. (+/- 8 minutes).
2. Bring 250ml milk to the boil
3. Mix 75g MAGGI Cheese Sauce Mix into 250 ml cold milk until smooth.
4. Add milk and cheese sauce mix to boiling milk and bring to the boil. Simmer for 5 minutes.
5. Mix Macaroni, cheese sauce and pepper in mixing bowl.
6. Place ½ macaroni in baking dish. Spread a thin layer of BITONI Sugo Per Pasta over first layer of macaroni. Spread rest of macaroni into dish. Top with grated cheese and half cut cherry tomatoes for garnish.
7. Bake until golden brown.



**MAGGI Cheese Sauce Mix**  
12026833



**BITONI Sugo Per Pasta**  
12147978



Nestlé Professional partners with aged care providers across Australia to deliver nutritious, high-quality food and beverage solutions that support resident wellbeing and dining satisfaction. Backed by a team of chefs, baristas and nutritionists, we offer trusted brands including MAGGI, BUITONI, MILO and NESCAFÉ to meet the needs of aged care environments.

### **Product catalogue**

<http://nes.tl/npau-product-catalogue>

### **Website**

[www.nestleprofessional.com.au/](http://www.nestleprofessional.com.au/)

### **Contact us**

1800 20 30 50

[customerservice.nestleprofessional@au.nestle.com](mailto:customerservice.nestleprofessional@au.nestle.com)



The right nutrition can be life changing – Nestlé Health Science has developed its medical nutrition portfolio around this belief, with products that support people with specific medical conditions or illnesses to maintain or improve their health.

### **Product catalogue**

[www.nestlehealthscience.com.au/our-expertise#medicalnutrition](http://www.nestlehealthscience.com.au/our-expertise#medicalnutrition)

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