



**WHOLESOME
SOLUTIONS**

PTY LTD





































| MONDAY (AM) | | | Intended Outcomes | | |
|---------------|--|---|-------------------|--|--|
| 09:00 – 11:30 | Cooking Skills | | | | |
| | Learn essential cooking skills while exploring fun and easy recipes. It’s cooking – made simple and fun, with a focus on health and well-being. With each session you’ll be equipped to cook more confidently and enjoy the process! | | | | |
| | Week 1 | Baking Muffins <i>Bake a batch of soft, flavorful muffins, perfect for any occasion</i> | | | |
| | Week 2 | Smoothies <i>Learn how to make nutrient-packed smoothies using affordable fruits, veggies, & yoghurts</i> | | | |
| | Week 3 | No Bake Bites & Energy Balls <i>Create the perfect on-the-go snack packed with energy</i> | | | |
| | Week 4 | Rice Paper Rolls <i>Wrap up fresh, vibrant ingredients in soft rice paper for a bite sized treat</i> | | | |
| | Week 5 | Banana Protein Pancakes <i>A nutritious breakfast option – add some cinnamon or vanilla for extra pzazz</i> | | | |
| | Week 6 | Freezer Friendly Lasagna <i>Master the art of making lasagna in bulk, ideal for meal prep and busy days</i> | | | |
| | Week 7 | Roast Chicken & Vegetables <i>A simple one-pan meal that’s both filling and cost effective</i> | | | |
| | Week 8 | Banana Bread <i>Utilising ingredients in different ways – a great way to use overripe bananas</i> | | | |
| | Week 9 | Egg Muffins & Quiches <i>Create easy, healthy egg muffins or mini quiches using eggs, vegetables and cheese</i> | | | |
| | Week 10 | Make your own Pesto for Pesto Pasta <i>Make fresh pesto using centre-grown basil and add it to some pasta for a quick and easy meal</i> | | | |
| | Week 11 | Lasagna Cooking <i>A hearty meal that’s perfect for the cooler months</i> | | | |
| Week 12 | Utilising Fresh Herbs in Salads <i>Learn just how versatile herbs really are</i> | | | | |

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| WEDNESDAY (PM) | | | Intended Outcomes | | |
|----------------|--|---|---|---|---|
| 11:30 – 13:30 | LUNCH | | | | |
| 12:30 – 15:00 | Cooking Skills Whether it’s mastering basic kitchen techniques or getting creative with flavours, we aim to build independence and culinary know-how. Be introduced to the importance of healthy eating and discover ways to prepare balanced meals that nourish both the mind and body. | | | | |
| | Week 1 | Banana Protein Pancakes <i>A nutritious breakfast option – add some cinnamon or vanilla for extra pzazz</i> |  |  |  |
| | Week 2 | Sausage Rolls <i>Prepare a classic, comforting snack or meal with our very own family recipe</i> |  |  |  |
| | Week 3 | Rice Paper Rolls <i>Wrap up fresh, vibrant ingredients in soft rice paper for a bite sized treat</i> |  |  |  |
| | Week 4 | Baking Muffins <i>Bake a batch of soft, flavorful muffins, perfect for any occasion</i> |  |  |  |
| | Week 5 | Chicken Stroganoff <i>You’ve heard of beef stroganoff but try your hand at this budget friendly alternative!</i> |  |  |  |
| | Week 6 | Sushi Making <i>Roll your own sushi with fresh ingredients for a hands-on experience</i> |  |  |  |
| | Week 7 | Roast Chicken & Vegetables <i>A simple one-pan meal that’s both filling and cost effective</i> |  |  |  |
| | Week 8 | Stir Fry <i>Quick stir fry of colourful veggies in a flavourful one pan dish</i> |  |  |  |
| | Week 9 | Pizza Creations <i>Build your ultimate pizza to your exact specifications</i> |  |  |  |
| | Week 10 | Make your own Pesto for Pesto Pasta <i>Make fresh pesto using centre-grown basil and add it to some pasta for a quick and easy meal</i> |  |  |  |
| | Week 11 | No Bake Bites and Energy Balls <i>Tasty and nutritious snacks for on the go or even just as a sweet treat</i> |  |  |  |
| | Week 12 | Utilising Fresh Herbs in Salads <i>Learn just how versatile herbs really are</i> |  |  |  |

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