Community Care Tailored Support

Empowering Potential, Inspiring Success

Simple & Tasty

Special Diets Cookbook

25 straightforward recipes for everyday cooking

Good food. Brighter days.

Clear ingredients • Simple steps • Helpful tips

Created for building confidence and independence in the kitchen

FIND YOUR FAVOURITE

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Each recipe has an ingredients page and a picture-by-picture method page.

Kitchen guide: pages 3-4 | My notes: page 55

PROTECT EVERY PERSON

Allergy and cross-contact safety

Follow the persons plan

- Confirm the exact allergy, intolerance or dietary requirement.
- Follow the persons current allergy, healthcare or mealtime plan.
- Do not substitute an ingredient unless it has been approved.
- Know the emergency response and where medication is kept.

Check every ingredient

- Read the full label every time, including may contain statements.
- Recipes and product formulas can change without warning.
- Check stocks, spices, sauces, spreads and cooking sprays.
- When uncertain, do not use the ingredient.

Prevent cross-contact

- Wash hands and thoroughly clean benches and equipment.
- Use separate boards, utensils, toaster bags and serving spoons.
- Prepare the allergy-safe meal first and keep it covered.
- Never remove an allergen and assume the remaining food is safe.

Important

Call emergency services for a serious reaction. Follow the persons emergency plan and medication instructions.

Diet labels and safer planning

GF - Gluten-free

Use labelled gluten-free ingredients. Oats cannot be labelled gluten-free in Australia. This edition uses labelled gluten-free rice flakes in the porridge and crumble.

DF - Dairy-free

Dairy-free is not the same as lactose-free. Check for milk, whey, casein and butter.

EF - Egg-free

Check pasta, bread, dressings, mayonnaise and baked products for egg ingredients.

NF - Nut-free

Check peanuts, tree nuts and may-contain warnings. Use seeds only if suitable for the person.

The personal plan comes first

Diet labels are a guide, not a guarantee. Every ingredient, utensil and preparation area must suit the person. Follow their allergy and mealtime plan; ask their dietitian before substitutions.

How to use the pictures

AI-generated illustrations show an example, not an exact result. Read each numbered instruction. Pictures cannot confirm allergens, safe temperature or swallowing suitability.

Oat guidance: coeliac.org.au/for-business/making-a-gluten-free-claim/

GF | EF | NF

Yoghurt and Fruit Crunch

SERVES: 1 serve | TIME: 5 minutes

What you need

- ☐ 3/4 cup dairy-free yoghurt
- ☐ 1/2 cup fresh berries
- ☐ 2 tbsp certified gluten-free cereal
- ☐ 1 tsp seeds (optional)



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Yoghurt and Fruit Crunch



1. Check every package label before starting.



2. Spoon yoghurt into a bowl.



3. Add fruit and certified gluten-free cereal.



4. Top with seeds if suitable.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Banana Cinnamon Porridge

SERVES: 1 serve | TIME: Check rice-flake packet

What you need

- ☐ 1/2 cup labelled gluten-free rice flakes
- ☐ 1 cup suitable dairy-free milk
- ☐ 1 banana
- ☐ Pinch of cinnamon



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Banana Cinnamon Porridge



1. Combine rice flakes and milk in a saucepan, following the packet quantities.



2. Cook for the time on the rice-flake packet, stirring.



3. Mash half the banana and stir through.



4. Top with remaining banana and cinnamon.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | NF

Scrambled Eggs on GF Toast

SERVES: 1 serve | TIME: 10 minutes

What you need

- [ ] 2 eggs
- [ ] 2 tbsp suitable dairy-free milk
- [ ] 1 tsp olive oil
- [ ] 2 slices gluten-free bread
- [ ] Pepper



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Scrambled Eggs on GF Toast



1. Use a clean toaster bag or dedicated toaster.



2. Whisk eggs, milk and pepper.



3. Cook slowly in oil until softly set.



4. Serve on gluten-free toast.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | NF

Vegetable Omelette

SERVES: 1 serve | TIME: 12 minutes

What you need

- [ ] 2 eggs
- [ ] 2 tbsp dairy-free milk
- [ ] 1/2 tomato, chopped
- [ ] Handful of spinach
- [ ] 1/4 capsicum, chopped
- [ ] 1 tsp olive oil



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Vegetable Omelette



1. Whisk eggs and milk.



2. Cook vegetables in oil for 2-3 minutes.



3. Pour in egg mixture.



4. Cook gently, fold and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Tomato Toastie

SERVES: 1 serve | TIME: 10 minutes

What you need

- ☐ 2 slices allergen-suitable gluten-free bread
- ☐ 2 slices dairy-free cheese
- ☐ 1 tomato, sliced
- ☐ Baby spinach
- ☐ 1 tsp olive oil



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Tomato Toastie



1. Check the bread and cheese labels.



2. Fill bread with cheese, tomato and spinach.



3. Brush outside with oil.



4. Cook in a cleaned sandwich press or pan.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Tuna Salad Wrap

SERVES: 1 serve | TIME: 10 minutes

What you need

- ☐ 1 gluten-free wrap
- ☐ 95 g plain tuna, drained
- ☐ 1 tbsp dairy-free yoghurt
- ☐ Lettuce
- ☐ Tomato and cucumber



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Tuna Salad Wrap



1 Check tuna and wrap labels.



2 Mix tuna with yoghurt.



3 Add lettuce and vegetables to wrap.



4 Roll firmly and cut in half.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Chicken Salad Wrap

SERVES: 2 serves | TIME: 15 minutes

What you need

- ☐ 2 gluten-free wraps
- ☐ 1 cup plain cooked chicken
- ☐ Lettuce
- ☐ 1 tomato, sliced
- ☐ 1/2 carrot, grated
- ☐ Dairy-free dressing



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Chicken Salad Wrap



1. Confirm chicken and dressing contain no hidden allergens.



2. Divide salad among wraps.



3. Add chicken and dressing.



4. Roll and serve.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Easy Pumpkin Soup

SERVES: 4 serves | TIME: 35 minutes

What you need

- [ ] 1 kg pumpkin, chopped
- [ ] 1 onion, chopped
- [ ] 1 potato, chopped
- [ ] 4 cups certified gluten-free vegetable stock
- [ ] 1 tbsp olive oil



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Easy Pumpkin Soup



1. Soften onion in oil.



2. Add pumpkin, potato and stock.



3. Simmer for 20 minutes.



4. Blend carefully until smooth.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Quick Minestrone

SERVES: 4 serves | TIME: 30 minutes

What you need

- [ ] 1 onion, chopped
- [ ] 1 carrot, diced
- [ ] 1 zucchini, diced
- [ ] 400 g beans, rinsed
- [ ] 400 g crushed tomatoes
- [ ] 3 cups gluten-free stock
- [ ] 1/2 cup gluten-free pasta



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Quick Minestrone



1. Cook onion, carrot and zucchini for 5 minutes.



2. Add beans, tomatoes and stock.



3. Add gluten-free pasta.



4. Simmer until tender.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Loaded Baked Potatoes

SERVES: 2 serves | TIME: 55 minutes

What you need

- ☐ 2 large potatoes
- ☐ 1/2 cup allergen-suitable baked beans
- ☐ 1/2 cup dairy-free cheese
- ☐ 2 tbsp dairy-free yoghurt
- ☐ Spring onion



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Loaded Baked Potatoes



1. Check bean and cheese labels.



2. Bake potatoes at 200 C until soft.



3. Warm beans.



4. Split potatoes and add toppings.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | NF

Vegetable Fried Rice

SERVES: 4 serves | TIME: 20 minutes

What you need

- ☐ 3 cups cold cooked rice
- ☐ 2 eggs, beaten
- ☐ 2 cups frozen vegetables
- ☐ 2 spring onions
- ☐ 2 tbsp certified gluten-free tamari
- ☐ 1 tsp oil



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Vegetable Fried Rice



1. Check frozen vegetables and tamari labels.



2. Scramble eggs and set aside.



3. Cook vegetables, then add rice.



4. Return egg, add tamari and heat through.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Mild Chickpea Curry

SERVES: 4 serves | TIME: 30 minutes

What you need

- ☐ 400 g chickpeas, rinsed
- ☐ 1 onion, chopped
- ☐ 2 cups vegetables
- ☐ 400 g diced tomatoes
- ☐ 1 cup allergen-suitable coconut milk
- ☐ 1 tbsp gluten-free curry powder



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Mild Chickpea Curry



1. Check spices and coconut milk labels.



2. Soften onion.



3. Add vegetables, tomatoes, coconut milk and spice.



4. Simmer 15 minutes, add chickpeas and heat through.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Chicken Vegetable Tray Bake

SERVES: 4 serves | TIME: 45 minutes

What you need

- [ ] 4 plain chicken thighs
- [ ] 2 potatoes, chopped
- [ ] 2 carrots, chopped
- [ ] 1 zucchini, chopped
- [ ] 1 capsicum, chopped
- [ ] 1 tbsp olive oil
- [ ] Dried herbs



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Chicken Vegetable Tray Bake



1. Check herbs contain no added allergens.



2. Place everything on a lined tray.



3. Bake at 200 C for 35-40 minutes.



4. Check chicken is cooked through.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Beef Vegetable Stir-Fry

SERVES: 4 serves | TIME: 25 minutes

What you need

- ☐ 400 g plain beef strips
- ☐ 4 cups fresh stir-fry vegetables
- ☐ 2 tbsp gluten-free tamari
- ☐ 1 tbsp allergen-suitable sweet chilli sauce
- ☐ 1 tsp oil
- ☐ Rice



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Beef Vegetable Stir-Fry



1 Check sauces carefully.



2 Cook beef in batches and set aside.



3 Stir-fry vegetables.



4 Return beef, add sauces and serve with rice.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Creamy Chicken Pasta

SERVES: 4 serves | TIME: 30 minutes

What you need

- ☐ 300 g gluten-free egg-free pasta
- ☐ 2 cups plain cooked chicken
- ☐ 1 zucchini, diced
- ☐ 1 cup peas
- ☐ 1 cup dairy-free cooking cream
- ☐ Dairy-free cheese (optional)



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Creamy Chicken Pasta



1. Check pasta, chicken and cream labels.



2. Cook pasta in clean water.



3. Cook zucchini and peas.



4. Add chicken and cream, then stir through pasta.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Tuna Rice Bake

SERVES: 4 serves | TIME: 35 minutes

What you need

- ☐ 425 g plain tuna, drained
- ☐ 2 cups cooked rice
- ☐ 1 cup peas and corn
- ☐ 2 cups dairy-free gluten-free white sauce
- ☐ Dairy-free cheese (optional)



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Tuna Rice Bake



1 Check all packaged ingredients.



2 Mix tuna, rice, vegetables and sauce.



3 Place in a baking dish.



4 Bake at 190 C for 20-25 minutes.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Allergy-Aware Shepherds Pie

SERVES: 4 serves | TIME: 50 minutes

What you need

- ☐ 500 g plain lean beef mince
- ☐ 1 onion, chopped
- ☐ 2 cups frozen vegetables
- ☐ 2 tbsp gluten-free tomato paste
- ☐ 1 cup gluten-free stock
- ☐ 3 cups dairy-free mashed potato



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Allergy-Aware Shepherds Pie



1. Check mince, vegetables, paste and stock labels.



2. Cook onion and mince thoroughly.



3. Add vegetables, paste and stock.



4. Top with mash and bake at 190 C for 25 minutes.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Sausage Vegetable Bake

SERVES: 4 serves | TIME: 45 minutes

What you need

- ☐ 8 certified gluten-free allergen-suitable sausages
- ☐ 2 potatoes, chopped
- ☐ 2 carrots, chopped
- ☐ 1 onion, wedged
- ☐ 1 zucchini, chopped
- ☐ 1 tbsp olive oil



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Sausage Vegetable Bake



1 Confirm sausages suit the required allergy plan.



2 Place vegetables and sausages in a baking dish.



3 Bake at 200 C for 35-40 minutes.



4 Check sausages are cooked through.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Lemon Fish Parcels

SERVES: 2 serves | TIME: 25 minutes

What you need

- ☐ 2 plain white fish fillets
- ☐ 1 zucchini, sliced
- ☐ 1 carrot, sliced
- ☐ 1/2 lemon
- ☐ 2 tsp olive oil
- ☐ Pepper



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Lemon Fish Parcels



1. Fish is a major allergen and is not suitable for fish allergy.



2. Place fish and vegetables on baking paper.



3. Add lemon, oil and pepper; seal parcels.



4. Bake at 200 C for 15-18 minutes.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Build-Your-Own Tacos

SERVES: 4 serves | TIME: 25 minutes

What you need

- ☐ 8 certified gluten-free tortillas
- ☐ 400 g plain beef mince or beans
- ☐ Gluten-free taco seasoning
- ☐ Lettuce and tomato
- ☐ Dairy-free cheese
- ☐ Dairy-free yoghurt



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Build-Your-Own Tacos



1 Check tortillas, seasoning and toppings.



2 Cook mince or beans with seasoning.



3 Prepare toppings separately with clean utensils.



4 Let each person build their taco.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Free-From Pancakes

SERVES: 8 pancakes | TIME: 20 minutes

What you need

- ☐ 1 cup gluten-free self-raising flour
- ☐ 1 tbsp sugar
- ☐ 1 tbsp ground flaxseed plus 3 tbsp water
- ☐ 3/4 cup suitable dairy-free milk
- ☐ 1 tsp oil



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Free-From Pancakes



1. Mix flaxseed and water; rest 5 minutes.



2. Combine flour and sugar.



3. Add flax mixture and milk.



4. Cook small portions in a clean oiled pan.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Apple Crumble

SERVES: 6 serves | TIME: 45 minutes

What you need

- ☐ 5 apples, sliced
- ☐ 1 tsp cinnamon
- ☐ 1 cup labelled gluten-free rice flakes
- ☐ 1/2 cup gluten-free flour
- ☐ 1/3 cup brown sugar
- ☐ 75 g dairy-free spread



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Apple Crumble



1. Check rice flakes, flour and spread labels.



2. Place apples and cinnamon in a baking dish.



3. Mix remaining ingredients into a crumble.



4. Bake at 180 C for 30-35 minutes.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Berry Banana Smoothie

SERVES: 1 serve | TIME: 5 minutes

What you need

- [ ] 1 banana
- [ ] 1 cup suitable dairy-free milk
- [ ] 1/2 cup frozen berries
- [ ] 1/2 cup dairy-free yoghurt



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Berry Banana Smoothie



1. Check frozen fruit and milk labels.



2. Use a thoroughly cleaned blender.



3. Blend all ingredients until smooth.



4. Serve immediately.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Simple Free-From Scones

SERVES: 8 scones | TIME: 25 minutes

What you need

- ☐ 3 cups gluten-free self-raising flour
- ☐ 1/4 cup caster sugar
- ☐ 75 g dairy-free spread
- ☐ 1 cup suitable dairy-free milk



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Simple Free-From Scones



1. Check flour, spread and milk labels.



2. Rub spread into flour and sugar.



3. Add milk and mix gently.



4. Cut rounds and bake at 220 C for 12-15 minutes.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

GF | DF | EF | NF

Gluten-Free Beef Bolognese

SERVES: 4 serves | TIME: 40 minutes

What you need

- ☐ 500 g plain beef mince
- ☐ 1 onion, chopped
- ☐ 1 carrot, diced
- ☐ 400 g crushed tomatoes
- ☐ 2 tbsp gluten-free tomato paste
- ☐ 1 tsp dried herbs
- ☐ 300 g gluten-free egg-free spaghetti



Finished-dish example

Before you start

Wash and dry your hands. Read the whole recipe. Collect your ingredients and equipment. Ask for support with knives, heat or heavy cookware when needed.

Turn the page for a picture beside every step.

FOLLOW THE STEPS IN ORDER

Gluten-Free Beef Bolognese



1. Check every packaged ingredient.



2. Cook onion, carrot and mince thoroughly.



3. Add tomatoes, paste and herbs; simmer 20 minutes.



4. Cook pasta in clean water and serve with sauce.

Picture guide only. Follow the written steps and the person's dietary and mealtime plan.

Cook. Share. Connect.

Simple meals can build skills, confidence and connection.

My meal ideas and notes

Community Care Tailored Support

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cctsupport.com.au

General information only. Always follow the persons allergy plan and qualified health advice.