



MINI
ROOS

Mighty Menu

A 7 day menu plan
by Caltex Socceroos
chef and nutritionist
Vinicius Capovilla
for active kids on the go!





ALDI is proud to be the major partner of MiniRoos, Australia's biggest football program for kids. Our aim is simple: help kids to keep playing the game they love. We provide everything from equipment to t-shirts and delicious snacks, but now we're taking it one step further with the ALDI MiniRoos Mighty Menu.

It's a delicious and nutritious 7 day menu plan designed by Caltex Socceroos chef Vinicius Capovilla. You'll find irresistible breakfasts, lunches, dinners, snacks and more inside, providing all the energy you need to keep the whole family playing.



About the chef Vinicius Capovilla

Known as Vini, the Caltex Socceroos chef has worked with the team since 2014. Vini travels with the team to all home and away matches including all major tournaments – the 2014 FIFA World Cup Brazil, 2015 AFC Asian Cup Australia and 2017 FIFA Confederations Cup Russia. He plans all team meals and sources the best produce in each location to ensure the team's nutrition is world class.

Specialising in sports nutrition, Vini holds a degree in biology and also graduated from culinary school in Switzerland. Vini's goal is to promote better nutrition among professional and amateur footballers.



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Kids' help



Vegetarian



Lactose free



Gluten free

Look out for these icons

7 Day Menu Plan

Our 7 day menu plan makes it easier for you to provide healthy, delicious meals that keep kids playing all day long. From breakfast to dinner, snacks and even dessert, we've thought of everything!

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Breakfast



Bircher Muesli

Easy / 10 min + Overnight / Serves 2

Goldenvale rolled oats 30g

Oh So Natural pepitas 2 tps

Farmdale full cream fresh milk or Inner Goodness unsweetened almond milk 100ml

Lyttos Greek style yogurt 50g

Bramwells Australian honey 1 tsp

Westcliff lemon juice 1 tsp

Pink lady apple or packham pear 1/2

Raspberries 1 tbsp

Strawberries 1 tbsp

Blueberries 1 tbsp

Forresters raw walnuts 3

Forresters natural almonds 3

1 The night before serving, put the oats and 1 teaspoon of pepitas in a bowl or container. Pour in the milk, yogurt, honey and lemon juice, and mix well. Then cover and leave in the fridge overnight.

2 In the morning, chop the apples or pears into little chunks and mix with the oats. Serve with nuts, berries and remaining pepitas.



Wholegrain Cereal with Fruits and Milk

Easy / 10 min / Serves 1

Goldenvale wheat biscuits 30g

Farmdale full cream fresh milk or Inner Goodness unsweetened almond milk 100ml

Lyttos Greek style yogurt 50g

Bramwells Australian honey 1 tsp

Stonemill ground cinnamon 1/2 tsp

Raspberries 1 tbsp

Strawberries 1 tbsp

Blueberries 1 tbsp

 **Blueberries** are one of the ultimate superfoods. These sweet little beauties are bursting with antioxidants, as well as fibre, vitamin C, vitamin K and manganese. Plus, they're absolutely delicious!

1 In a bowl mix the cereal, milk, yogurt, honey and cinnamon. Top with the berries.



Oatmeal Pancakes

Medium / 40 min / Serves 2

Goldenvale rolled oats 40g

Lytto Greek style yogurt 115g

**Farmdale full cream fresh milk or
Inner Goodness unsweetened
almond milk** 160ml

**Goldenvale rolled oats,
to make oats flour** 70g

**Lodge Farms extra large
free range egg** 1

Just Organic extra virgin olive oil 1 tbsp

Merryfield brown sugar 2 tbsps

Stonemill sea salt ½ tsp

Stonemill ground cinnamon 1 tsp

White Mill bi-carb soda ½ tsp

White Mill self raising flour 70g

Sweet Haven mixed berries 100g

Bramwells Australian honey 2 tbsps



1 In a medium bowl, combine 40g of oats, yogurt and milk. Set aside for 15-20 minutes to let the oats soften.

2 Blend the oats until a fine powder in the blender in order to make oats flour.

3 When the oats are finished soaking, beat in the egg and oil and mix well. Add the sugar, salt and cinnamon. Then add the bi-carb soda and the self raising and oats flour. Stir until just moistened.

4 Heat a light oiled or non-stick griddle over medium high heat (190°C for electric griddle). For each pancake pour about ¼ cup of batter onto the griddle.

5 Turn when the top is covered with bubbles and the edges look cooked. Turn only once.

6 Serve with berries and honey.

Rolled oats are a fantastic option for breakfast because they are low GI. That means they release energy more slowly, which keeps you fuller for longer. A big bag of oats is also brilliant value.



Omelette

Easy / 20 min / Serves 2

Tomato 1/2

The Fresh Salad Co baby spinach 1/2 cup

Lodge Farms extra large free range eggs 2

Just Organic extra virgin olive oil 1 tbsp

Emporium Selection cheddar cheese 30g

Stonemill sea salt and pepper pinch

1 Wash and dice the tomato.
Wash the baby spinach.

2 Apply a light coat of olive oil to the bottom of a small non-stick skillet or frying pan.

3 Whisk the eggs and set them aside.

4 On a medium heat, lightly cook the vegetables until tender/crisp.

5 Add the eggs and cook until they are firm and moist, but not hard. Sprinkle the cheese on top and fold into an omelette. Add salt and pepper to taste.

Delicious and versatile,
you can throw almost any in season vegetable into your next omelette.



Cocotte Eggs

Easy / 30 min / Serves 2

Red onion 1/2

Tomato 1/2

Beautifully Butterfully butter 1 tbsp

Stonemill mixed herbs 1/2 tsp

Stonemill sea salt and pepper pinch

Lodge Farms extra large free range eggs 2

Emporium Selection cheddar cheese 20g

Farmdale full cream fresh milk 2 tsps

Bakers Life multigrain bread 2 slices

Just Organic extra virgin olive oil 1 tbsp

Avocado 1/4

1 Preheat oven to 175°C.

2 Thinly slice the red onion and dice the tomato with no seeds.

3 In a medium saucepan, melt butter over medium heat until foaming. Add red onion and mixed herbs, and cook. Stir frequently until it begins to darken and brown, for about 5 minutes total. Add the tomato. Reserve.

4 Grease 2 ramekins or small bowls (150ml) with butter. Lightly sprinkle salt and pepper on the bottom and side of each ramekin. Scoop enough onion and tomato mixture to form a thin, even layer on the bottom of each ramekin. Form a circular depression in the centre of the mixture in each ramekin. This will help to keep the egg yolk centred.

5 Gently slide an egg into each ramekin. Drizzle 1 teaspoon of milk around each egg, then season with salt. Top each egg with a light layer of grated cheddar cheese.

6 Place ramekins in a baking dish and transfer to oven. Carefully pour enough boiling water into baking dish to submerge ramekins 3/4 of the way. Bake eggs in cocotte until whites are just set and yolks are still jiggly – for about 15 minutes. Very carefully remove baking dish from oven.

7 Using a very thin metal spatula and tongs, lift each ramekin out of the hot water. Set ramekins on a clean kitchen towel to dry the bottom, then transfer to plates. Serve with avocado and toast on the side.





V

Scrambled Eggs with Baby Spinach on Multigrain Toast

Easy / 30 min / Serves 2

Lodge Farms extra large free range eggs 2

Emporium Selection cheddar cheese 30g

Farmdale full cream fresh milk 50ml

The Fresh Salad Co baby spinach 1/2 cup

Just Organic extra virgin olive oil 1 tbsp

Bakers Life multigrain bread 2 slices

1 In a bowl, whisk the eggs together with the cheese and milk, and set aside. On medium heat, lightly cook the baby spinach for 1 minute with 1 tablespoon of olive oil. Remove and place on a plate.

2 Add the remaining olive oil and the egg mixture. Cook the mixture until the eggs are firm and moist, but not hard. Add the spinach. Serve over toasted bread.



Poach them, scramble them, fry them, whip them into an omelette... there's no end to the versatility of the humble egg. They're also really good for you – full of protein to boost energy levels and even assist with muscle recovery after a long day's play.

V

Poached Eggs on Rye Toast with Avocado

Easy / 30 min / Serves 2

Stonemill sea salt pinch

Pure Vita white vinegar 100ml

Lodge Farms extra large free range egg 1

Bakers Life light rye bread 1 slice

Beautifully Butterfully unsalted butter 1 tsp

Avocado 1/4

1 Fill half of a wide pan with boiling salted water and bring to a light simmer over a medium heat

2 Add the white vinegar. Crack the egg into a cup and gently pour it into the water in one fluid movement. You'll see it begin to cook immediately – don't worry if the edges look a little scruffy. A really soft poached egg should take around 2 minutes and a soft to firm one will need 4 minutes.

3 To check whether it's ready, remove egg carefully from the pan with a slotted spoon, if it's too soft, put it back and give it a minute or 2 more in the water to firm up.

4 When ready, remove and put on top of some paper towels to dry off. Serve with buttered rye toast and avocado with a pinch of salt.

Lunch



LF



Turkey Wrap

Cherry Tomato and Cucumber

Easy / 15 min / Serves 2

Cherry tomatoes 1/2 cup

Westacre block tasty cheese 2 tbsps

Continental cucumber 1/2 cup

Colway mayonnaise 1 tsp

Bakers Life wholegrain wraps 2

Berg Deli sliced turkey 200g

1 Roughly dice the cherry tomatoes and grate the tasty cheese. Cut the cucumber into 5mm slices.

2 In a wholegrain wrap, spread the mayonnaise. Then add the turkey breast, cucumber, cherry tomatoes and cheese. Fold as a wrap.



Ham Wrap

Tomato, Bocconcini and Baby Spinach

Easy / 20 min / Serves 2

Tomato 1

Emporium Selection bocconcini 1/2 cup

Rocket leaves 1/2 cup

The Fresh Salad Co baby spinach 1/2 cup

Stonemill sea salt

Just Organic extra virgin olive oil 3 tbsps

Berg sliced leg ham 100g

Bakers Life wholegrain wraps 2

1 Slice the tomato and bocconcini. Season the tomato, bocconcini, spinach and rocket with salt and olive oil.

2 Add the tomato, bocconcini and ham to a wholegrain wrap. Cover with rocket and spinach.

3 Fold as a wrap.

1 Spread the bread with butter. Then add the cheese, tomato (sliced), turkey and baby spinach. Cut in half and serve.

LF



Turkey Sandwich

Tomato, Baby Spinach and Cheese

Easy / 15 min / Serves 2

Bakers Life multigrain bread 4 slices

Berg Deli sliced turkey 150g

Beautifully Butterfully unsalted butter 1 tsp

Tomato 1/2

Emporium Selection Swiss cheese 1 slice

The Fresh Salad Co baby spinach 1/2 cup

Ham Sandwich

Avocado, Tomato and Lettuce

Easy / 15 min / Serves 2

Avocado 1/2

Just Organic natural yogurt 1/4 cup

Berg sliced honey ham 100g

Lime 1/2

Tomato 1

Iceberg lettuce 1 cup

1 Mix the avocado flesh with yogurt until a smooth paste is achieved. Add lime juice and season with salt.

2 Assemble by spreading the avocado mix on both slices of bread. Then top 1 slice with ham, tomato (sliced) and lettuce. Finish the sandwich by adding the other bread slice. Cut in half and serve.



V GF LF

Tuna Pasta Salad with Spinach and Beans

Easy / 15 min / Serves 2

Remano penne, spirals or large shells 1 cup

Celery 1/4 cup

Red onion 1/2 cup

Colway mayonnaise 1/4 cup

New Season 5 bean mix 150g

Portview lemon and pepper tuna 95g

The Fresh Salad Co baby spinach 1/2 cup

Stonemill sea salt

1 Cook pasta according to size and directions on the package. Drain and rinse under cold water.

2 Dice the red onion and the celery. In a large bowl, combine the mayonnaise, 5 bean mix (drained), Portview lemon and pepper tuna, celery, red onion and spinach. Add salt as desired.

3 Add the drained pasta, mix thoroughly, chill and serve.

Washed potatoes 4

Lodge Farms extra large free range eggs, hard boiled 2

Market Fare frozen garden peas 1 cup

Red onion 1/2

Colway mayonnaise 1/2 cup

Lyttos Greek style yogurt 1/2 cup

Bramwells Australian honey 1 tbsp

1 Peel and dice potatoes into 2cm cubes. Put potatoes in a pot and cover with water. Bring to boil. Cover and cook for 15 to 20 minutes, until just tender. Drain and transfer to a bowl. Add chopped hard boiled eggs, peas and red onions (chopped). Cover and refrigerate until chilled. In a cup or bowl, combine the mayonnaise, yogurt and honey. Gently stir into the potato mixture until blended.



Chicken Caesar Salad

Medium / 40 min / Serves 4

Garlic 1 clove

Lemon 1

Lodge Farms extra large free range egg yolk 1

Just Organic extra virgin olive oil 1 cup

Iceberg lettuce 1

Broad Oak Farms chicken breast fillets 400g

Stonemill sea salt pinch

Bakers Life white bread 2 slices

Westacre Italian style shredded parmesan 60g

Forresters natural macadamias 20

1 Blend garlic, lemon juice and egg yolk in a blender. While blending, slowly add 1 cup of olive oil until the sauce thickens. Season to taste.

2 Wash and clean the iceberg lettuce. Then chop roughly.

3 Slice the chicken breast into strips, season with salt and cook in a frying pan with olive oil on medium heat for 3 minutes, mixing. Reserve.

4 For the croutons, dice the sliced bread and toss in a sauté pan. Add 1 tablespoon of olive oil, cook on medium heat until crisp and light brown.

5 In a big bowl, toss the sauce with the lettuce and chicken. Top with parmesan, macadamias and croutons.





Pasta Time

Medium / 1 hr / Serves 4

Napolitana Sauce

Just Organic extra virgin olive oil 1 tbsp
Onion 1/4
Garlic 2 cloves
Stonemill mixed herbs 1 tsp
The Herb Garden parsley 3 sprigs
Stonemill oregano 1/2 tsp
Tomatoes 600g
The Herb Garden basil 1/4 cup
Stonemill sea salt pinch

Napolitana Sauce

- 1 Heat a large, heavy-bottomed saucepan over medium heat. Add the olive oil, then the minced onion and garlic. Cook, stirring occasionally, for about 5 minutes or until the onions are tender. Add the mixed herbs, parsley and oregano and cook, stirring often, for about 2 minutes.
- 2 Stir in the tomatoes (chopped) and season with salt. Bring to a simmer, then reduce the heat to medium/low and simmer gently uncovered, stirring occasionally, for about 50 minutes or until the tomatoes are very tender and have broken down to form a chunky sauce. When the sauce is done, remove the pan from the heat. Then remove and discard the parsley stems. Puree half of the sauce in a blender. Return the puree to the remaining sauce in the pan. Season the sauce to taste with salt and basil leaves. Reserve.

Pasta

Remano penne, spirals or spaghetti 250g
Cherry tomatoes 1 cup

Highland Park beef rump steak 200g
Just Organic extra virgin olive oil 4 tbsps

The Herb Garden parsley 2 tbsps
Onion 1 cup

Garlic 3 cloves

Deli Originals kalamata olives, pitted 6

Whole mushrooms 6

Red or green capsicum 1

The Fresh Salad Co baby spinach 1 cup

Westacre Italian style shredded parmesan 100g

Stonemill sea salt Pinch

Pasta

1 Boil the pasta in salted water until medium cooked (al dente), rinse in cold water and reserve with a little of the olive oil.

2 Add the napolitana sauce in a bowl.

3 Cut the cherry tomatoes in halves.

4 Cook the whole beef rump steak in a frying pan, using olive oil, on high heat to sear and then turn the heat down to low to heat it through. Cut the beef into dices.

5 Chop the parsley, onion, garlic and olives, and reserve in separate bowls.

6 Slice the mushrooms. Dice the capsicum. Wash the spinach. Grate the parmesan.

7 Add the kids' favourite ingredients prepared into bowls and serve.





LF ☺

Chicken Meatballs

Medium / 30 min / Serves 4

Broad Oak Farms chicken mince 500g

White Mill breadcrumbs 60g

Lodge Farms extra large free range egg 1

Fresh rosemary ½ tsp

The Herb Garden parsley 1 tbsp

Just Organic extra virgin olive oil 30ml

Stonemill sea salt Pinch

LF V ☺

Vegetable Skewers

Medium / 30 min / Serves 4

Brown onion 1

Zucchini 1

Red capsicum 1

Just Organic extra virgin olive oil 2 tbsps

Garlic 1 clove

Lemon 1

Stonemill oregano ½ tsp

The Herb Garden basil leaves ½ tsp

Whole mushrooms 4

Cherry tomatoes 4

Just Organic extra virgin olive oil, to brush 1 tbsp

Bamboo skewers

1 Mix the chicken mince, breadcrumbs and egg in a bowl. Season with the rosemary, parsley and salt. Shape into small 2.5cm balls (wet your hands a little to help shaping them, kids love to help with this process).

2 Cook the meatballs in a 25cm non-stick skillet over medium high heat with 30ml of olive oil, for about 10 minutes.

3 Turn them once or twice. You can also bake the meatballs in a 180 °C preheated oven for about 20 minutes.

Dinner



Beef and Vegetable Lasagne

Hard / 3.5 hr / Serves 4

Bolognese Sauce

Just Organic extra virgin olive oil 1 tbsp

Red onion ¼

Garlic 2 cloves

Stonemill mixed herbs 1 tsp

Stonemill oregano 1 tsp

Tomatoes 600g

Jindurra Station beef mince 250g

Stonemill sea salt

Vegetables

Remano balsamic vinegar
1 tbsp

Just Organic extra virgin olive oil 1 tbsp

Zucchini 1

Red capsicum 1

Eggplant 1

Stonemill sea salt and pepper

Casa Barelli lasagne pasta sheets 8

Westacre mozzarella cheese 150g

Bolognese Sauce

1 Heat a large, heavy-bottomed saucepan over medium heat. Add the olive oil and the onion (minced). Then add the garlic (finely chopped) and cook.

Stir occasionally for about 5 minutes or until the onion is tender. Add the mixed herbs and oregano and cook, stirring often, for about 2 minutes.

2 Stir in the tomatoes (chopped) and season with salt. Bring to a simmer, then reduce the heat to medium low and allow to simmer, uncovered. Stir occasionally for about 50 minutes or until the tomatoes are very tender and have broken down to form a chunky sauce.

3 When the sauce is done, remove the pan from the heat. Puree half of the sauce in a blender. Return the puree to the sauce remaining in the pan.

4 In a separate pan, cook the beef mince on high heat, stirring often, for about 5 minutes then season to taste. Mix the meat together with the sauce and season the sauce to taste.

Vegetables

1 In a small bowl, whisk the vinegar and olive oil together and season with salt and pepper. Lay the zucchini, eggplant (sliced lengthwise into 5mm thick slabs) and capsicum (cored, seeded and quartered) on a large-rimmed baking tray and brush both sides of the vegetables with ¼ cup of the balsamic mixture.

2 Transfer the vegetables to a grill on medium high heat (in batches, if necessary) and grill until just tender and slightly charred.

About 3 minutes per side for the zucchini and eggplant, and about 4 minutes per side for the capsicum. Return the vegetables to the baking trays and let cool. Cut the capsicum quarters in half.

3 Preheat the oven to 180°C.

Lasagne

1 Spread 1 cup of the tomato sauce over the bottom of a baking dish. Lay 4 uncooked lasagne sheets over the sauce, breaking them to fit (don't worry if there's space between the lasagne sheets as they will expand once cooked). Lay one third of the grilled vegetables over the sheets then spoon 1½ cups of the sauce over the vegetables and sprinkle one third of the mozzarella cheese over the sauce.

2 Repeat layering the lasagne sheets, vegetables, sauce and mozzarella cheese one more time.

3 Add the remaining 4 lasagne sheets, then spread 1½ cups of the sauce on top. Add the remaining vegetables. Spoon the remaining sauce over the vegetables.

4 Cover the baking dish with aluminum foil. Bake for 30 minutes at 180°C. Remove the foil and sprinkle the remaining mozzarella cheese over the lasagne. Bake uncovered for about 15 minutes or until the cheese has melted and the lasagne is golden brown on top and heated through (if you insert a knife into the centre of the lasagne for 10 seconds, it should feel hot after you pull it out). Let the lasagne stand for 5 minutes before serving.

Vegetable Spaghetti

Medium / 1 hr / Serves 4

Zucchini 1

Kent pumpkin $\frac{1}{4}$

Leek 1

Carrot 1

Sweet potato 1

Just Organic extra virgin olive oil 4 tbsps

Lemon $\frac{1}{2}$

Remano basil pesto 1 cup

- 1 Cut the zucchini into thin strips with a mandolin slicer, julienne peeler or spiralizer.
- 2 Peel and cut the pumpkin, carrot and sweet potato into thin strips (as above).
- 3 Cut the leek in half lengthwise and then into thin strips with a knife.
- 4 Sauté the spaghetti vegetables in a pan over medium heat with a little olive oil until tender.
- 5 Season with a little lemon. Serve with either hot bolognese sauce (recipe from Monday, Beef and Vegetables Lasagne) or napolitana sauce (recipe from Saturday Pasta Time) or a pesto sauce.



Pestos are a fast and easy way to add flavour to your pasta dish.





LF GF

Stir Fry

Medium / 30 min / Serves 4

Asia Specialities soy sauce 1 tbsp

Bramwells Australian honey 1 tbsp

Broad Oak Farms chicken breast fillets 250g

Just Organic extra virgin olive oil 3 tbsps

Red capsicum 1/2

Broccoli 1 cup

Green beans 1 cup

Red onions 2

Carrot 1/2 cup

Whole mushrooms 6

Garlic 2 tbsps

Ginger 1 tbsp

Coriander leaves 1/2 cup

Oh So Natural cashew nuts 2 tbsps

1 In a small bowl, mix 1/4 cup of water with the soy sauce and honey. Set aside.

2 Cut the chicken in strips.

3 Heat a wok or large frying pan over high heat. Add 1 tablespoon of the olive oil and swirl to coat the cooking surface. Add the chicken, spreading it out into a single layer. Cook, without stirring, for about 2 minutes or until well browned on the bottom. Transfer to a rimmed baking sheet.

4 Add the remaining 2 tablespoons of olive oil to the wok. Then add the capsicum (cored, seeded, cut into 5mm wide strips) as well as the broccoli florets and green beans (rimmed, cut in half on the diagonal). Cook, stirring often for about 2 minutes or until the vegetables soften slightly. Stir in the red onions (thinly sliced) as well as the carrot (sliced), mushrooms, garlic and ginger (finely chopped). Then stir the soy sauce mixture into the wok and cook. Stir often for about 2 minutes or until the vegetables are tender/crisp and the sauce has reduced slightly.

5 Put the chicken and its accumulated juices back in the wok. Stir for about 1 minute or just until the protein is heated through.

6 Remove from the heat. Sprinkle with the coriander leaves and cashew nuts, then serve immediately.

Egg Fried Rice

Medium / 30 min / Serves 4

Imperial Grain white long grain rice 1 cup

Water 1½ cups

Just Organic extra virgin olive oil 4 tbsps

Lodge Farms extra large free range eggs 2

Sweet corn 1 tbsp

Carrot ¼ cup

Brown onion ¼ cup

Ginger 1 tsp

Garlic 1 tsp

Parsley or coriander leaves 2 tbsps

Stonemill sesame seeds 1 tbsp

Rice

1 Add the rice, water and ¾ teaspoon of salt to a small, heavy-bottomed saucepan and bring to the boil over high heat. Reduce the heat to low, cover the saucepan and simmer gently for about 15 minutes or until the water has been absorbed and the rice is tender. Don't stir the rice during cooking as this can release starch that will lead to sticking.

2 Fluff the rice with a fork and let stand covered for 5 minutes before serving. Transfer the rice to a baking sheet to cool to room temperature. Cover and refrigerate until cold.

Fried Rice

1 In a large wok, heat 1 tablespoon of olive oil over medium high heat. Add the eggs and stir with a fork for about 30 seconds or until just cooked. Remove the eggs from the wok and set aside on a plate.

2 Heat the remaining 3 tablespoons of olive oil in the wok over medium high heat. Add the carrots (peeled and finely diced), brown onion (finely chopped), corn (drained), garlic (finely chopped) and ginger (finely sliced) to the wok and stir fry for 2 minutes. Then add the cold rice and stir fry for a further 2 minutes or until heated through.

3 Stir in the eggs and the chopped parsley or coriander and cook for 1 minute.

4 Transfer the rice to a bowl and sprinkle with sesame seeds.



Chicken Red Curry

Medium / 1 hr / Serves 4

Chicken Stock

Broad Oak Farms fresh whole chicken (1kg approx.)

Garlic 3 cloves

Celery 2 sticks

Leeks 2

Onions 2

Carrot 1

The Herb Garden parsley 3 sprigs

Stonemill mixed herbs 1 tbsp

Water 3 litres

Curry

Just Organic extra virgin olive oil 2 tbsps

Asia Specialities red curry simmer sauce 3 tbsps

Stonemill curry powder 1/2 tsp

Stonemill turmeric 1/2 tsp

Asia Specialities coconut cream 150ml

Kent pumpkin 100g

Red onions 2

Merryfield brown sugar 2 tsps

Asia Specialities soy sauce 2 tsps

Lime 1

Cherry tomatoes 1 cup

Broccoli 1 cup

Coriander 1 cup

Rice

Imperial Grain jasmine rice 1 cup

Water 1 1/2 cups

Chicken Stock

1 Remove the legs, thigh and breasts from the chicken.

2 Place the chicken breasts, garlic, vegetables and herbs in a large, deep-bottomed pan. Add the cold water and bring to a boil and skim. Then turn the heat down to a simmer. Continue to simmer gently for 3-4 hours, skimming as necessary.

3 Pass the stock through a fine sieve. Allow to cool for about half an hour, then refrigerate. Once the stock is cold it should look clear and slightly amber in colour.

4 Divide the stock into small plastic containers and freeze. It can last in the fridge for about 4 days and in the freezer for 2-3 months.

Curry

1 Remove the skin and bones from the chicken legs and thigh and cut into 2cm cubes.

2 Heat the olive oil in a large, heavy-bottomed saucepan over medium/low heat. Add the red curry paste, curry powder and turmeric. Cook, stirring constantly, for 2 minutes. Add half the coconut milk and pumpkin (chopped). Cook, stirring, for 3 minutes or until oil separates. Add the chicken. Cook, stirring, for 4 minutes.

3 Stir the onions, 1/2 cup of stock, brown sugar, soy sauce and the remaining coconut milk into the chicken mixture. Simmer covered, stirring occasionally, for 15 minutes. Add the broccoli and simmer uncovered for 6 minutes or until chicken is cooked through.

Rice

1 In a small, heavy-bottomed saucepan, bring the rice and 1 1/2 cups of water to a boil over high heat. Reduce the heat to low, cover the saucepan and simmer gently for about 15 minutes or until the water has been absorbed and the rice is tender. Don't stir the rice during cooking as this can release starch that will lead to sticking.

2 Fluff the rice with a fork and let stand covered for 5 minutes before serving.

To serve

Cut half the lime into quarters. Juice the remaining half lime and add the lime juice to the curry. Ladle curry onto a serving bowl. Top with the cherry tomatoes, coriander (chopped) and red onions (thinly sliced). Serve with lime wedges and steamed jasmine rice.



Chicken Quesadillas

Medium / 1.5 hr / Serves 4

Tomato Salsa

Just Organic extra virgin olive oil 3 tbsps

Onion ¼

Garlic 2 cloves

Stonemill oregano ½ tsp

Stonemill cumin ½ tsp

Tomato 400g

Chicken

Just Organic extra virgin olive oil 3 tbsps

Broad Oak Farms chicken breast fillets 250g

Shallots 2 tbsps

Red or green capsicum 1

Parsley or coriander 2 tbsps

Bakers Life wholegrain wraps 4

Westacre block tasty cheese 1 cup

Tomato Salsa

1 Heat a large, heavy-bottomed saucepan over medium heat. Add 1 tablespoon of olive oil. Then add the minced onion and 1 clove of garlic (finely chopped) and cook, stirring occasionally, for about 5 minutes or until the onions are tender. Add the oregano and cumin and cook, stirring often, for about 2 minutes.

2 Stir in the chopped tomatoes and season with salt. Bring to a simmer, then reduce the heat to medium/low and simmer gently uncovered, stirring occasionally, for about 50 minutes or until the tomatoes are very tender and have broken down to form a chunky sauce.

3 When the sauce is done, remove the pan from the heat. Puree half of the sauce in a blender. Return the puree to the remaining sauce in the pan. Season the sauce to taste with salt. Reserve.

Chicken

1 Cook the chicken in boiling water with salt until cooked (10 minutes). Shred the chicken with a fork while warm.

2 In a large skillet with 1 tablespoon of olive oil, combine the chicken (shredded), ½ cup of tomato salsa, sliced shallots, parsley or coriander (chopped) and sliced capsicum. Cook uncovered over medium heat for 10 minutes or until heated through, stirring occasionally.

3 Preheat a sauté pan over medium heat and warm the wraps for 30 seconds each side.

To serve

Place the wraps on a cutting board, spoon ⅓ cup chicken mixture over half of each wrap. Sprinkle with grated cheese and fold the wraps over. Bake for 10 minutes or until crisp and golden brown. Cut into wedges and serve.



Guacamole

Onion 2 tbsps

Tomato 1 tbsp

Stonemill coriander 1tbsp

Avocado 2

Westcliff lime juice 2 tsps

Stonemill sea salt

1 Chop the onion and the tomatoes into small dices. Add them into a bowl with the coriander.

2 Slice the avocado in half then scoop out the avocado flesh from the skin and add to the bowl. Use a fork to mash the avocado flesh into a coarse pulp, mixing in the other ingredients.

3 Season with salt and lime juice. Cover with plastic wrap, placing it directly on the surface to prevent browning, and refrigerate until you serve.

Yogurt Dressing

Lytto Greek style yogurt 200g

Westcliff lime juice 1 tbsp

1 Combine yogurt in a small mixing bowl with lime juice. Whisk until creamy and smooth.



Minestrone Soup

Medium / 1.5 hr / Serves 4

Garlic 1 clove

Red onion 1

Carrot 1

Celery 1 stick

Zucchini 1

Leek 1

Washed potato 1

Stonemill oregano 1/2 tsp

Bay leaf 1

Remano Italian canned whole peeled tomatoes 400g

Water 1 litre

Just Organic extra virgin olive oil

Just Organic wholemeal spaghetti 50g

Bakers Life wholemeal bread, toasted 4 slices

Stonemill sea salt pinch

1 Peel and finely chop the garlic and red onion. Trim and roughly chop the carrots, celery and zucchini. Then add the vegetables to a large bowl. Cut the ends off the leek and then cut it in half. Wash the leek under running water and slice into 1cm slices. Add to the bowl. Peel and dice the potato. Open the can of tomatoes and roughly chop them. Set aside.

2 Heat 3 tablespoons of olive oil in a large sautépan over a medium heat. Add the garlic, red onion, carrots, celery, zucchini, leek, dried oregano and bay leaf. Cook slowly for about 15 minutes or until the vegetables have softened. Stir occasionally.

3 Add the potato and the peeled tomatoes (chopped). Then pour in half a litre of water and stir well. Cover with a lid and bring slowly to a boil, then simmer for about 30 minutes or until the potato is cooked through.

4 Break the spaghetti into pieces in a clean plastic bag or in a clean towel. Add the pasta into the pan and cook for a further 10 minutes or until the pasta is cooked. Check if it needs more water and add the remaining if necessary, season to taste with salt.

5 Serve the soup with slices of toasted wholegrain bread and a drizzle of olive oil.



Pizza

Medium / 1.5 hr / Serves 4

Napolitana Sauce

Just Organic extra virgin olive oil 1 tbsp

Brown onion 1/2

Garlic 2 cloves

Stonemill mixed herbs 1 tsp

The Herb Garden parsley 3 stems

Stonemill oregano 1 tsp

Tomatoes 600g

The Herb Garden fresh basil leaves 1/4 cup

Napolitana Sauce

1 Heat a large, heavy-bottomed saucepan over medium heat. Add the olive oil, onion (minced) and garlic then cook, stirring occasionally, for about 5 minutes or until the onions are tender. Add the mixed herbs, parsley stems and oregano and cook, stirring often, for about 2 minutes.

2 Stir in the tomatoes (chopped) and season with salt. Bring to a simmer, then reduce the heat to medium low and simmer gently uncovered, stirring occasionally, for about 50 minutes or until the tomatoes are very tender and have broken down to form a chunky sauce.

3 When the sauce is done, remove the pan from the heat. Then remove and discard the parsley. Puree half of the sauce in a blender. Return the puree to the remaining sauce in the pan. Season to taste with pepper and basil leaves. Reserve.

Pizza

Fresh Approach pizza bases 2

Broccoli 1/2 cup

Cherry tomatoes 1/2 cup

Broad Oak Farms chicken breast fillets 200g

Berg Deli sliced honey ham 100g

The Herb Garden parsley 2 tbps

Brown onion 1/2 cup

Garlic 3 cloves

Pizza

The Fresh Salad Co baby spinach 1/2 cup

Red capsicum 1/2

Whole mushrooms 6

Just Organic extra virgin olive oil 2 tbps

Emporium Selection cheddar cheese 60g

9 Wash the baby spinach.

10 Grate the cheddar cheese.

11 Place the pizza base in a baking tray.

12 Add the sauce, the shredded cheese, all the vegetables and your preferred meat (prepared chicken or ham). Bake in the oven until the cheese is melted and the base is crunchy.

13 Remove, season with parsley, cut in 4 pieces and serve.

Tip

Serve with your ALDI MiniRoos preferred ingredients.



V GF LF ☺

Green Salad

Medium / 15 min / Serves 4

Green beans 100g

The Fresh Salad Co baby spinach 1 cup

Just Organic extra virgin olive oil 1 tbsp

Westcliff lemon juice 1/2 tsp

Stonemill sea salt

- Cook the green beans in a large pot of boiling salted water for about 2 minutes, just until they are tender/crisp and bright green. Using a slotted spoon, transfer the green beans to a large bowl of ice water and let cool completely. Drain well and transfer the green beans to a paper towel-lined baking tray and pat dry to remove any excess moisture.
- In a large bowl, toss the leaves, green beans and season with olive oil, lemon juice and salt.

V GF LF ☺

Garden Salad

Medium / 20 min / Serves 4

Cherry tomatoes 8

Iceberg lettuce 1/2

Avocado 1/2

Sweet corn 2 tbsps

Lebanese cucumber 1/2

Carrot 1/2

Bramwells Australian honey 1 tbsp

Remano balsamic vinegar 1 tbsp

Just Organic extra virgin olive oil 2 tbsps

Stonemill sea salt pinch

- Wash and cut the cherry tomatoes into halves. Clean and wash the iceberg lettuce and roughly chop. Peel the avocado and cut into dices. Wash and drain the sweet corn. Wash and slice the cucumber. Wash, peel and grate the carrot.
- Mix the honey and balsamic vinegar in a separate bowl. Add olive oil and salt to taste.
- To assemble, add the lettuce in individual bowls, then the tomatoes, avocado and cucumber. Pour the salad dressing on top. Decorate with sweet corn and carrot.



Desserts



Home-made Banana Ice Cream



Home-made Cookies

Home-made Banana Ice Cream

Medium / 30 min / Serves 2

Bananas 2

Just Organic Fair Trade chocolate or Moser Roth milk chocolate 50g

- 1 Cut the bananas into pieces and freeze overnight.
- 2 Blend the frozen pieces in a blender until smooth.
- 3 Add the chopped chocolate pieces and serve.
You can serve it with nuts, peanut butter, yogurt and berries.



Home-Made Cookies

Medium / 30 min / Serves 20

Goldenvale rolled oats 50g

White Mill self raising flour 150g

Beautifully Butterfully butter 100g

Merryfield brown sugar 125g

Lodge Farms extra large free range egg 1

Stonemill ground cinnamon ½ tsp

White Mill bi-carb soda ½ tsp

Stonemill sea salt ½ tsp

Moser Roth 70% dark chocolate 100g

- 1 In a blender, blend the oats into a fine powder. Mix the oat powder in a bowl with the self raising flour.
- 2 With a stand mixer, beat the butter and sugar in a large bowl until pale and creamy. Crack in the egg, add the cinnamon and mix well.
- 3 Sift in and fold through the flour mix, bi-carb soda and salt. Roughly chop and stir in the chocolate.
- 4 Roll tablespoons of the dough into balls and place onto the lined trays. Ask your ALDI MiniRoos to help you with that.
- 5 Cover and chill in the fridge for at least 30 minutes (you can leave it overnight). Preheat the oven to 170 °C. Line 2 baking sheets with greaseproof paper.
- 6 Flatten the balls slightly with your fingers, then place in the hot oven for 10 to 12 minutes or until lightly golden (make sure you don't overdo them – the chewier the better). Leave to cool completely.



Muesli Yogurt Trifle

Medium / 30 min / Serves 2

Raspberries 2 cups

Bramwells Australian honey 2 tsps

Lyttos Greek style yogurt 100g

Goldenvale fruit free muesli 50g

Forresters natural almonds 1 tbsp

Strawberries 4

Blueberries 2 tsps

Forresters raw walnuts 1 tbsp

- 1 In a saucepan, combine the raspberries and 1 teaspoon of honey. Stir over medium heat for about 2 minutes or until the raspberries begin to exude their juice. Simmer for about 5 minutes or until the raspberries have broken down. Set the raspberry sauce aside to cool completely.
- 2 In a bowl, mix the yogurt with the remaining honey.
- 3 Spoon ¼ of the yogurt mixture into the bottom of the glass. Layer with ¼ of the raspberry sauce. Sprinkle with ¼ muesli mixture. Top with ¼ nuts (chopped). Repeat those layers once more. Repeat with the second glass.
- 4 Cover and refrigerate for at least 4 hours to allow the yogurt to set and the flavours to blend.
- 5 Scatter the remaining berries over the trifle with a dollop of yogurt and a sprinkle of muesli.



V GF

Fruit Salad

Medium / 20 min / Serves 8

Mango 1

Whole pineapple 1

Bananas 2

Sweet Vine dried apricots 4

Lime 1

Mandarins 4

1 Wash, peel and cut the fruits into 2.5cm cubes. In a large bowl, combine the cubes with the flesh of the mango, lime zest, apricots (chopped) and mandarin juice. Toss gently to coat.

Optional

Season with cinnamon, cloves, cardamom or raisins.



V GF

Raspberry, Strawberry and Mandarin Delight

Medium / 30 min / Serves 2

Raspberries 1 cup

Strawberries 1 cup

Mandarins 2

The Herb Garden mint 1 bunch

Merryfield white sugar 1 tsp

Forresters natural almonds 30g

Lytto's Greek style yogurt 1/4 cup

Bramwells Australian honey 1 tsp

1 In a food processor, puree strawberries and raspberries with the sugar.

2 Remove the zest from 1 mandarin and put it in a container.

3 Squeeze the juice from both mandarins and add to the berries puree. Add 1 tablespoon of mint leaves (chopped) and process for 1 minute. Transfer to jars, in equal portions, and refrigerate for 1 hour.

4 In a bowl, mix 1 tablespoon of mint leaves (finely chopped), mandarin zest, honey and almonds (chopped). Add in the Greek yogurt and mix well. Top each jar with a teaspoon of the yogurt mixture, garnish with a mint leaf and serve immediately.

Snacks



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Energy Bowl with Honey Caramelised Apple

Easy / 20 min / Serves 1

Goldenvale rolled oats 40g

**Farmdale full cream fresh milk,
Inner Goodness unsweetened
almond milk or water** 200ml

Stonemill sea salt pinch

Pink lady apple ½

Bramwells Australian honey 1 tbsp

Stonemill ground cinnamon ¼ tsp

Forresters natural almonds 10g

1 Place the oats and the milk or water in a large pan over a medium heat. Add a tiny pinch of salt and stir with a wooden spoon. Bring to a steady simmer for 5 to 6 minutes. Keep stirring as often as you can to get a smooth, creamy porridge – if you like your porridge runnier, simply add more milk or water until it reaches the desired consistency.

2 Pull off the apple stalk, then use a box grater to coarsely grate the apple onto a chopping board (core and all). In a pan over a medium heat, cook the grated apple and the honey until soft. Stir the cinnamon into the mixture.

3 Add the almonds to a small, non-stick frying pan over a medium heat (there's no need for oil) for 3 to 4 minutes or until lightly golden. Stir occasionally. Serve the apple and the toasted almonds on top of the porridge.

If you prefer, change the fruit and nuts to those of your choice.

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smile

Banana Bread

Medium / 20 min / Serves 8

Goldenvale rolled oats, to prepare flour 60g

White Mill self raising flour 150g

Bananas, well ripened 3

Lodge Farms extra large free range egg 1

Just Organic extra virgin olive oil 2 tbsps

Farmdale full cream fresh milk 80ml

Merryfield brown sugar 70g

White Mill bi-carb soda 1 tsp

1 Blend the oats in a blender until it becomes a fine powder.

2 Mix the oat powder in a bowl with the self raising flour.

3 Preheat oven to 160 °C.

4 In a blender mix the bananas, egg, oil, milk, brown sugar and bi-carb soda. Pour into a bowl and gently mix with the flour and oat powder.

5 Pour into a 10 x 20cm loaf pan that has been lightly oiled or lined with baking paper.

6 Bake for 45 minutes or until a toothpick inserted near the middle comes out clean. Allow to cool for 5 minutes before removing from the pan.



Carrot Raisin Muffins

Medium / 45 min / Serves 8

Goldenvale rolled oats 100g

White Mill self raising flour 180g

Merryfield brown sugar 150g

Stonemill sea salt 1 tsp

Stonemill ground cinnamon 2 tsps

White Mill bi-carb soda 1 tsp

Lodge Farms extra large free range eggs 3

Just Organic natural yogurt ½ cup

Just Organic extra virgin olive oil 80ml

Carrot 220g

Pink lady apple 1

Just Organic sun dried raisins 80g

Forresters raw walnuts or natural macadamias 60g

1 Preheat oven to 180 °C.

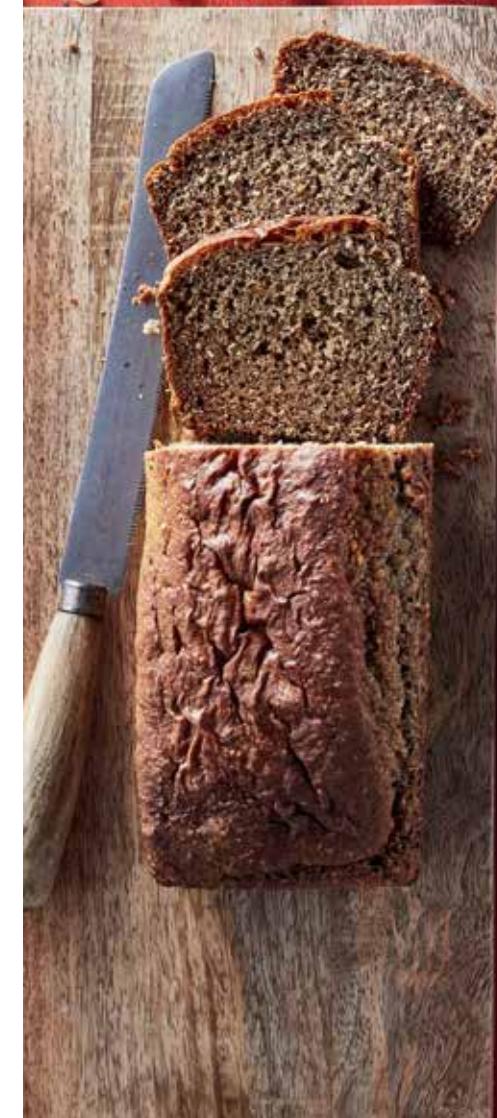
2 Blend the oats into a fine powder in a blender. In a bowl, mix the oats powder with the self raising flour.

3 Prepare 12 muffin tins with muffin liners or cooking spray.

4 In a large bowl, stir together the mix of flours and add the sugar, salt, cinnamon and bi-carb soda.

5 In a separate bowl, stir together the eggs, yogurt, olive oil, carrots (finely shredded), apple (peeled and shredded), raisins and nuts. Add to the flour mixture and stir just until blended.

6 Spoon the batter into the muffin tins. Bake for about 30 minutes or until a toothpick inserted near the centre comes out clean.



Date Nut Bread

Medium / 1.5 hr / Serves 8

Goldenvale rolled oats 150g

White Mill self raising flour 200g

White Mill bi-carb soda 2 tsps

Sweet Vine medjool dates 240g

Boiling water 1½ cups

Just Organic extra virgin olive oil 2 tbsps

Lodge Farms extra large free range egg 1

Stonemill sea salt 1 tsp

Forresters raw walnuts ½ cup

Merryfield brown sugar ½ cup

1 In a blender, blend the oats into a fine powder. In a bowl, mix the oats powder with the self raising flour and the bi-carb soda.

2 Put the dates (pitted and chopped) in a bowl and pour boiling water over them. Let stand until cool.

3 Preheat oven to 160 °C.

4 In a blender, add the oil, egg, sugar, salt, walnuts (chopped) and the dates. Blend well. Pour in a big bowl.

5 Gently stir the flour mixture into the date mixture.

6 Pour the mixture into a greased or loaf pan lined with wax paper. Bake for 40-50 minutes or until a toothpick inserted near the centre comes out clean.



2

Rice Cakes

Medium / 15 min / Serves 5

Westacre cottage cheese ½ cup

Berg Deli sliced turkey 50g

Forresters raw walnuts 1 tbsp

Chives ½ tbsp

Cherry tomatoes 5

Just Organic extra virgin olive oil 1 tbsp

Stonemill sea salt pinch

Damora thin original rice cakes 5

1 In a bowl mix the cheese, diced turkey breast, walnuts (chopped), chives and cherry tomatoes (diced). Season with salt and olive oil.

2 Spread on the rice cakes and enjoy.



What's your favourite rice cake creation? They're an easy and fun way to get kids involved in the kitchen.



Fruit Snacks



All year

Keep this page as a guide for what's in season when you do your fruit shopping at ALDI. Some popular fruits like lemons and strawberries are available all year, but some are best when eaten in season. You might miss a juicy, ripe mango in winter, but there's nothing like your first bite in spring!

Granny Smith apples	Limes
Pink Lady apples	Rockmelon
Royal Gala apples	Watermelon
Bananas	Oranges
Blueberries	Papaya
Raspberries	Passionfruit
Strawberries	Pears
Kiwi fruit	Pineapple
Lemons	

Winter

Jazz apples
Kanzi apples
Cherries
Red seedless grapes
Mandarins

Spring

Mangoes
Mandarins
Cherries
Black seedless grapes
Red seedless grapes
White seedless grapes
Nectarines
Mandarins
Mangoes
Peaches
Nectarines
Peaches
Plums

Summer

Apricots
Blackberries
Cherries
Black seedless grapes
Red seedless grapes
White seedless grapes
Nectarines
Mandarins
Mangoes
Peaches
Plums

Autumn

Figs
Black seedless grapes
Red seedless grapes
White seedless grapes
Nectarines

Drinks



Fruit Flavoured Water

Easy / 10 min / Serves 2

- 1 Mix 500ml of water with fruit pulp (simply puree your favourite fruit), honey and lime juice. Keep in the refrigerator and serve cold.

Fruit Smoothie

Easy / 10 min / Serves 2

- 1 Place all the ingredients in a blender. Cover and blend until smooth.

Home-Made Chocolate Milkshake

Easy / 10 min / Serves 2

- 1 Put all ingredients in a blender. Blend well and taste, then add sugar to taste.
- 2 Place in the fridge until nice and cold.

Optional Instead of full cream milk use almond milk

Home-Made Sports Drink

Easy / 10 min / Serves 2

- 1 Blend the sugar and salt in 120ml of hot water until dissolved.
- 2 Add the juices and 360ml of water. Serve chilled.

Why shop at ALDI?

Good Different

If you've ever been to ALDI, you'll know we're not your average supermarket.

We've never been satisfied with the status quo, or doing things that other supermarkets do.

ALDI is unapologetically different – and that's a good thing for shoppers. We are proud of our differences and we stand by them wholeheartedly, as they are what allows us to bring unbeatable value to our customers, maintain strong relationships with our suppliers and support our staff every day.



Australian Made

We've worked hard to build fair, long-term relationships with Australian farmers. This means we are consistently working to bring our customers quality produce at the best possible price, every single day. In fact, 91% of our fresh fruit and veg is Australian grown.



No Artificial Colours*

ALDI is the first and only supermarket in Australia to be completely free of artificial food colours across its entire range of exclusive brands and other branded food items. This means that when you shop with ALDI, you can be confident that you are buying both affordable and nutritious food.

*Excludes pet food and non food items

