



Week One 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS [2]

WEEKLY MENU SUMMARY

- ✓ 2 Serves White Meat (Chicken or Fish)
- ✓ 2 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

Monday

**WHOLEMEAL
RAISIN BREAD**

Wholemeal

FRESH FRUIT & RAW VEGETABLES

Tuesday

**CHEESE, SPINACH, PUMPKIN
& PAPRIKA PINWHEELS**

Dairy, vegetable based

FRESH FRUIT & RAW VEGETABLES

Wednesday

**TURKISH
TOAST**

Contains Sesame

FRESH FRUIT & RAW VEGETABLES

Thursday

**ENGLISH MUFFINS
& CHEESE**

Dairy

FRESH FRUIT & RAW VEGETABLES

Friday

**VANILLA COCONUT
CUSTARD**

Dairy

FRESH FRUIT & RAW VEGETABLES

MORNING



**CHICKEN, APRICOT &
SWEET POTATO STEW
WITH RICE**

Modern Australian

MIXED FRESH VEGETABLES



**CHICKEN & CORN RISSOLE,
MACARONI CHEESE
PASTA BAKE**

American

MIXED FRESH VEGETABLES



**HUNAN ORANGE &
GINGER BEEF WITH RICE
& VEGETABLES**

Chinese

MIXED FRESH VEGETABLES



**CHEESY TOMATO &
WHITE BEAN SAUCE
WITH PASTA**

French

MIXED FRESH VEGETABLES



**LAMB, BEEF & CHICKPEA PATTIES,
NATURAL YOGHURT TZATZIKI,
LETTUCE & PITA BREAD**

Greek

ICEBERG LETTUCE

LUNCH

**SWEET POTATO DIP WITH
TORTILLA FLAT BREAD**

High protein, dairy

FRESH FRUIT & RAW VEGETABLES

**BANANA & BRAN
BREAD**

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

**CORN THINS &
CHEDDAR CHEESE**

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

**BETROOT, COCOA &
COCONUT MUFFIN**

Wholemeal, vegetable based

FRESH FRUIT & RAW VEGETABLES

**POWER BAR WITH APRICOT,
PEPITAS, QUINOA**

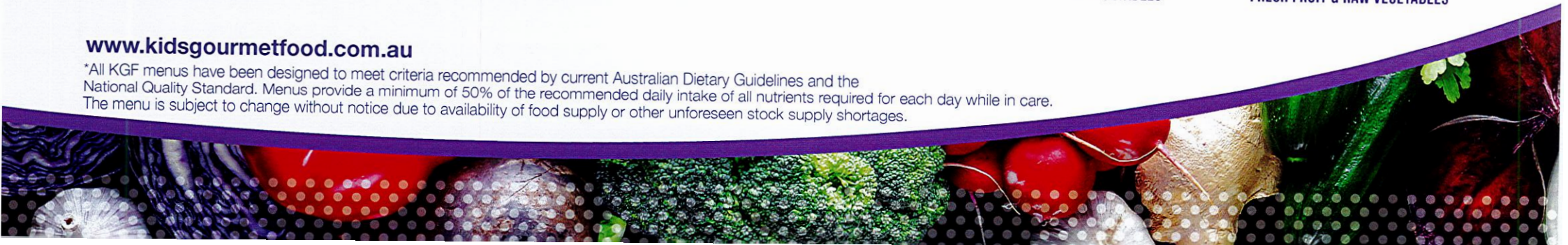
Wholegrains, high fibre

FRESH FRUIT & RAW VEGETABLES

AFTERNOON

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*All KGF menus have been designed to meet criteria recommended by current Australian Dietary Guidelines and the National Quality Standard. Menus provide a minimum of 50% of the recommended daily intake of all nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages.





Week One 2018/19

PUREE MENU 6 MONTHS TO 12 MONTHS (2)

Monday

Tuesday

Wednesday

Thursday

Friday

MORNING

PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE & APRICOT PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE & PEAR PORRIDGE PUREE

PEACH RICE PUDDING WITH CINNAMON PUREE

APPLE, BLUEBERRY & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL



BEEF, RED LENTIL, POTATO & CARROT MASHED



CHICKEN, RED LENTILS & CARROT MASHED

VEAL, POTATO, TOMATO & CHEESE MASHED



PASTA, ZUCCHINI, BROCCOLI, WHITE BEANS & GREEN PEAS MASHED

CHICKEN, CORN, CAULIFLOWER, PEARL BARLEY & RICE MASHED



LUNCH

CAULIFLOWER, SWEET POTATO & PUMPKIN PUREE

BROCCOLI, CAULIFLOWER & POTATO PUREE

SWEET POTATO PUREE

CARROT & CORN PUREE

PUMPKIN & SWEET POTATO PUREE



PEACH & APPLE SEMOLINA PUREE

MANGO & RICOTTA RISOTTO PUREE

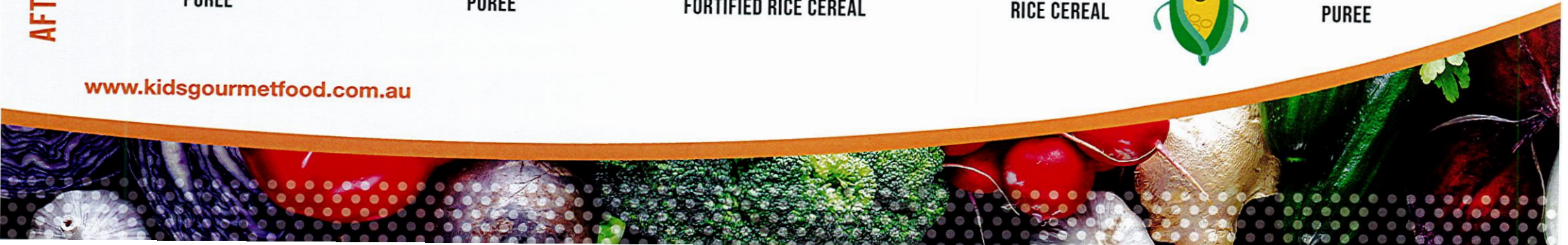
APPLE, ORANGE, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL



APPLE & PEAR SEMOLINA PUREE

AFTERNOON





Week One 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS [2]

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

SWEET POTATO & APRICOT STEW WITH RICE

MIXED FRESH VEGETABLES



FALAFEL BALLS, MACARONI CHEESE BAKE

MIXED FRESH VEGETABLES



TOFU ORANGE & GINGER STIR FRY WITH RICE & VEGETABLES

MIXED FRESH VEGETABLES



CHEESY TOMATO & WHITE BEAN SAUCE WITH PASTA

MIXED FRESH VEGETABLES



VEGETARIAN QUINOA PATTIES, TZATZIKI, LETTUCE & PITA BREAD

ICEBERG LETTUCE



ALLERGY ALTERNATIVE

CHICKEN, APRICOT & SWEET POTATO STEW WITH RICE

MIXED FRESH VEGETABLES



CHICKEN & CHIA MEATBALLS, RICE & CORN PASTA SALAD

MIXED FRESH VEGETABLES



ORANGE & GINGER BEEF BALLS WITH RICE & VEGETABLES

MIXED FRESH VEGETABLES



CHUNKY ROASTED VEGETABLE & TOMATO SAUCE WITH RICE & CORN PASTA

MIXED FRESH VEGETABLES



LAMB, BEEF & CHICKPEAS PATTIES, RELISH, LETTUCE & PITA BREAD POCKETS

ICEBERG LETTUCE



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*Allergy alternatives meals are determined by each individual child's allergy profile.

