



WEEK 1 - MAIN MENU

12 months to 5 years (1)

Weekly Menu Summary

- ✓ 2 Serves White Meat - Chicken or Fish (3 serves per fortnight**)
- ✓ 2 Serves Red Meat - (2 serves per week*)
- ✓ 1 Serve Vegetarian - (1 serve per week*) High in Vitamin C & Iron
- ✓ 6 Serves Dairy Provided- (it is recommended that additional milk or dairy is offered at morning & or afternoon tea if required to make up 2 serves per day**)

Monday

Water Crackers with Cheddar Cheese
Dairy

Fresh Fruit & Raw Vegetables



Tuna Mornay Bake with Smooth Ricotta & Spiral Pasta, Cheesy Bread Crust

Mixed Fresh Vegetables



Spelt & Oat Anzac Biscuits

Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

Tuesday

Wholemeal Raisin Bread
Wholemeal

Fresh Fruit & Raw Vegetables

Beef, Quinoa & Tomato Meat Balls with Creamy Potato Bake



Mixed Fresh Vegetables

Banana, Bran & Milo Bread

Wholemeal, fruit based, high in iron

Fresh Fruit & Raw Vegetables

Wednesday

English Muffins with Cheese
Dairy

Fresh Fruit & Raw Vegetables



Lamb, Beef & Lentil Dhal with Spiced Cous Cous

Mixed Fresh Vegetables

Pear & Ginger Pillows with Coconut Sugar

Wholemeal, fruit based

Fresh Fruit & Raw Vegetables

Thursday

Mango, Coconut & Tapioca Bubbles
Fruit based, gluten free

Fresh Fruit & Raw Vegetables



Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Cheese

Lettuce, Tomato & Cucumber Salad

Gluten Free Crackers, Chickpea & Herb Cream Cheese Dip

Dairy, high protein

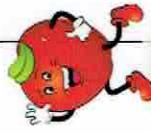
Fresh Fruit & Raw Vegetables

Friday

Cheese, Spinach, Pumpkin & Paprika Snails
Dairy, vegetable based

Fresh Fruit & Raw Vegetables

Chicken & Sausage Paella, Yellow Rice & Green Peas



Wholemeal Coconut Shortbread
Wholemeal

Fresh Fruit & Raw Vegetables

Morning

Lunch

Afternoon

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*All KGF menus have been designed to comply with criteria set by the following, Australian Dietary Guidelines, Get Up and Grow, The Australian Guide to Healthy Eating 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 1 - ALTERNATE MENU

12 months to 5 years (1)

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Monday

White Bean Mornay
with Spiral Pasta
Cheesy Bread Crust

Mixed Fresh
Vegetables

Tuesday

Falafel Balls
with Creamy
Potato Bake

Mixed Fresh
Vegetables

Wednesday

Brown Lentil &
Vegetable Dhal with
Spiced Cous Cous

Mixed Fresh
Vegetables

Thursday

Vegetarian Pizza with
Sweet Potato,
Capsicum, Zucchini,
Corn & Cheese

Lettuce, Cucumber
& Tomato Salad

Friday

Sweet Potato &
Legume Paella with
Yellow Rice

Mixed Fresh
Vegetables

Vegetarian

Alternative A

White Fish Fillet with
Rice Noodle & Roasted
Vegetable Salad

Mixed Fresh
Vegetables

A1 - Beef & Quinoa
Rissole with Roasted
Potatoes & Gravy
A2 - Beef & Quinoa
Rissole with Roasted
Potatoes (No Gravy)

Mixed Fresh
Vegetables

Lamb, Beef &
Lentil Dhal with
Jasmine Rice

Mixed Fresh
Vegetables

A1 - Gluten Free
Vegetarian Pizza
A2 - Vegetarian Sweet
Potato, Capsicum &
Corn Fried Rice

Mixed Fresh
Vegetables

Chicken Paella with
Yellow Rice
(No Sausage)

Mixed Fresh
Vegetables

(A) Allergy Alternative - Wheat, Dairy, Soy Free

Alternative B

White Fish, Pasta &
Vegetables

Mixed Fresh
Vegetables

Beef Meat Balls,
Roast Potato &
Vegetables

Mixed Fresh
Vegetables

Beef, Cous Cous
& Vegetables

Mixed Fresh
Vegetables

Chicken with Brown
Rice & Vegetables

Mixed Fresh
Vegetables

Chicken, Jasmine Rice
& Vegetables

Mixed Fresh
Vegetables

(B) Allergy Alternative - Basics

