



WEEK 2 - 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
- ✓ 5 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

Assorted Rice & Corn Thins, Sliced Cheddar Cheese
Dairy, wholegrain

Fresh Fruit & Raw Vegetables

Tsukume Japanese Chicken Balls, Edamame, Miso Broth & Brown Rice

White Bean & Beetroot Dip with Tortilla Flat Bread
Dairy, high protein & vegetable content
Fresh Fruit & Raw Vegetables

Tuesday

Wheat Free Breaky Bar with Apricots & Pepitas
Wholegrains, high fibre

Fresh Fruit & Raw Vegetables

Beef & Tomato Bolognese with Wholemeal Pasta

Mixed Fresh Vegetables

Herb & Garlic Wholemeal Baguette
Wholemeal

Fresh Fruit & Raw Vegetables

Wednesday

Wholemeal Bread Cheese Sandwich
Wholemeal, dairy

Fresh Fruit & Raw Vegetables

Vegetable & Tofu Pasta Bake with Sweet Potato, Eggplant, White Beans & Cheese Sauce

Mixed Fresh Vegetables

Corn Flake, Coconut & Sunflower Seed Muesli Rounds
Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

Thursday

Fruit & Spice English Muffin
Fruit based

Fresh Fruit & Raw Vegetables

Chicken Sandwich with Mayonnaise & Creamed Corn

Lettuce, Tomato & Cucumber Salad

Flourless Polenta, Ricotta & Lemon Slice
Dairy, wheat free

Fresh Fruit & Raw Vegetables

Friday

Cheese & Vegemite Snails
Dairy

Fresh Fruit & Raw Vegetables

Beef Cottage Pie with Mashed Potato

Mixed Fresh Vegetables

Apple, Apricot & Ricotta Slice with Linseed Crumble
Wholemeal, wholegrain, dairy, fruit based

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 2 - ALTERNATE MENU

12 months to 5 years (1)

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Monday

Silken Tofu & White Bean Balls, Edamame, Miso Brown Rice

Vegetarian

Tuesday

Spinach & Ricotta Ravioli with Napoli Sauce & Tasty Cheese

Mixed Fresh Vegetables

Wednesday

Vegetable & Tofu Pasta Bake with Sweet Potato, Eggplant White Beans & Cheese Sauce

Mixed Fresh Vegetables

Thursday

Roasted Vegetable & Chickpea Sandwich with Salads

Lettuce, Tomato, Cucumber

Friday

Roasted Vegetable & White Bean Cottage Pie with Creamy Mashed Potato

Mixed Fresh Vegetables

(V) Vegetarian Alternative Menu

Alternative A

Chicken, Chia Meatballs with Brown Rice & Green Vegetables (No Soy)

Mixed Fresh Vegetables

Beef & Tomato Bolognese with Rice Noodles

Mixed Fresh Vegetables

Roasted Vegetables, Rice & Corn Pasta Bake, Pumpkin & Potato Mash

Mixed Fresh Vegetables

Gluten Free Chicken Sandwich with Mayonnaise, Cream Corn & Salads

Lettuce, Tomato, Cucumber

Beef Bolognese with Roasted Potatoes

Mixed Fresh Vegetables

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

Alternative B

Chicken, Brown Rice & Vegetables

Mixed Fresh Vegetables

Beef, Pasta & Vegetables

Mixed Fresh Vegetables

Chicken, Pasta & Vegetables

Mixed Fresh Vegetables

Chicken, Brown Rice & Vegetables

Mixed Fresh Vegetables

Beef, Potato & Vegetables

Mixed Fresh Vegetables

(B) Allergy Alternative - Basics

