



WEEK 3 - MAIN MENU

12 months to 5 years (1)

Weekly Menu Summary

- ✓ 3 Serves White Meat - Chicken or Fish (3 serves per fortnight*)
- ✓ 2 Serves Red Meat - (2 serves per week*)
- ✓ 0 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

Full Cream Fruit Yoghurt

Dairy

Fresh Fruit & Raw Vegetables

Chicken & Corn Rissole, Macaroni & Cheese Bake with Bread & Herb Crust

Mixed Fresh Vegetables

Orange Wholemeal Squares with Black Chia Seeds

Wholemeal

Fresh Fruit & Raw Vegetables

Tuesday

Date, Oatmeal & Quinoa Muffins

Wholegrain, wholemeal

Fresh Fruit & Raw Vegetables

Lean Beef Sausages with Curry Sauce & Pasta

Mixed Fresh Vegetables

Gluten Free Crackers, Sultanas & Cheddar Cheese

Dairy, wholegrain

Fresh Fruit & Raw Vegetables

Wednesday

Apple, Quinoa, Flax Meal & Yoghurt Mighty Bar

Wholemeal, wholegrain, dairy

Fresh Fruit & Raw Vegetables

Butter Chicken with Natural Yoghurt & Basmati Rice

Mixed Fresh Vegetables

Pumpkin, Chickpea & Fetta Cheese Pockets

Dairy, protein, Vegetable based

Fresh Fruit & Raw Vegetables

Thursday

Pear & Nutmeg Rice Custard

Dairy

Fresh Fruit & Raw Vegetables

Chicken BBQ Pizza with Sweet Potato, Capsicum, Pineapple & Cheese

Lettuce, Cucumber & Tomato Salad

Banana, Bran & Milo Bread

Wholemeal, fruit based, high in iron

Fresh Fruit & Raw Vegetables

Friday

Mini Mozzarella & Tomato Pizzettas

Dairy

Fresh Fruit & Raw Vegetables

Beef Stroganoff with Mushrooms & Jasmine Rice

Mixed Fresh Vegetables

Focaccia Bread with Spiced Corn, Tomato & Chickpea Dip

Protein, high vegetable

Fresh Fruit & Raw Vegetables

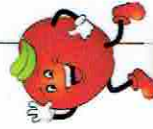
Morning

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 3 - ALTERNATE MENU

12 months to 5 years (1)

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Monday

Falafel Balls,
Macaroni Cheese
Bake

Mixed Fresh
Vegetables

Tuesday

Vegetarian Bean
Coconut Curry
with Pasta

Mixed Fresh
Vegetables

Wednesday

Roasted Root
Vegetables in Mild
Tomato, Coconut Curry,
with Basmati Rice

Mixed Fresh
Vegetables

Thursday

Vegetarian Pizza
with Sweet Potato,
Capsicum, Corn
& Cheese

Lettuce, Tomato,
Cucumber

Friday

Chickpea & Potato
Stroganoff with
Jasmine Rice

Mixed Fresh
Vegetables

Vegetarian

(V) Vegetarian Alternative Menu

Alternative A

Chicken & Chia
Meatballs, Rice
& Corn Pasta Salad

Mixed Fresh
Vegetables

Beef Meatballs
with Coconut Curry
& Rice Noodles

Mixed Fresh
Vegetables

Butter Chicken with
Coconut (No Dairy)
& Basmati Rice

Mixed Fresh
Vegetables

A1 - Gluten Free Chicken
& Cheese Pizza
A2 - BBQ Chicken Rice
Noodle Salad

Mixed Fresh
Vegetables

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

Alternative B

Chicken, Pasta
& Vegetables

Mixed Fresh
Vegetables

Beef, Pasta
& Vegetables

Mixed Fresh
Vegetables

Chicken, Basmati Rice
& Vegetables

Mixed Fresh
Vegetables

Chicken, Brown Rice
& Vegetables

Mixed Fresh
Vegetables

Beef, Jasmine Rice
& Vegetables

Mixed Fresh
Vegetables

(B) Allergy Alternative - Basics

