



WEEK 4 - 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
- ✓ 8 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

Cheesy Tomato Sauce with Pasta

Mixed Fresh Vegetables

Sweet Potato Dip with Tortilla Flat Bread
Protein, dairy

Fresh Fruit & Raw Vegetables

Tuesday

Apple, Blueberry, Flax Meal Wholemeal Muffins
Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

Hungarian Beef Goulash with Sweet Potato Dice & Jasmine Rice

Mixed Fresh Vegetables

Margarita Pizza Sticks
Dairy

Fresh Fruit & Raw Vegetables

Wednesday

Water Crackers with Cheddar Cheese
Dairy

Fresh Fruit & Raw Vegetables

Chicken, Tomato & Zucchini Pasta Bake with Cheese Sauce

Mixed Fresh Vegetables

Spelt & Oat Anzac Biscuits
Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

Thursday

Cheese Sandwiches on Wholemeal Bread
Wholemeal, dairy

Fresh Fruit & Raw Vegetables

Beef, Lamb & Chickpea Patties, Natural Yoghurt Tzatziki, Lettuce & Pita Bread Pockets

Bean & Cocoa Brownie
High protein & vegetable content

Fresh Fruit & Raw Vegetables

Friday

Mango, Coconut & Tapioca Bubbles
Fruit based, gluten free

Fresh Fruit & Raw Vegetables

Tuna, Cheese & Asparagus Sauce with Pasta

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 4 - ALTERNATE MENU

12 months to 5 years (1)

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Monday

Cheesy Tomato Sauce with Pasta

Mixed Fresh Vegetables

Tuesday

Hungarian Sweet Potato Stew with White Beans & Jasmine Rice

Mixed Fresh Vegetables

Wednesday

Vegetable Pasta Bake with Cheese Sauce

Mixed Fresh Vegetables

Thursday

Vegetarian Quinoa Patties, Natural Yoghurt Tzatziki, Lettuce & Pita Bread Pockets

Mixed Fresh Vegetables

Friday

Spinach & Ricotta Ravioli with Cheesy Asparagus Sauce

Mixed Fresh Vegetables

Vegetarian

(V) Vegetarian Alternative Menu

Alternative A

Chunky Roasted Vegetable & Tomato Sauce with Rice & Corn Pasta

Mixed Fresh Vegetables

Hungarian Beef Goulash with Sweet Potato Dice & Jasmine Rice

Mixed Fresh Vegetables

Chicken Tomato & Zucchini Bolognaise with Rice Noodles

Mixed Fresh Vegetables

A1 - Beef, Lamb & Chickpeas Patties, Tomato Chutney, Lettuce & Gluten Free Bread

A2 - Beef & Quinoa Rissole with Gluten Free Bread & Lettuce

White Fish Fillet with Rice Noodle Salad

Mixed Fresh Vegetables

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

Alternative B

Chicken, Pasta & Vegetables

Mixed Fresh Vegetables

Chicken, Pasta & Vegetables

Mixed Fresh Vegetables

Beef, Brown Rice & Vegetables

Mixed Fresh Vegetables

Fish, Pasta & Vegetables

Mixed Fresh Vegetables

(B) Allergy Alternative - Basics

