



WEEK 5 - 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

Wholemeal Raisin Bread
Wholemeal

Fresh Fruit & Raw Vegetables

Red Lentil & Split Pea Tomato Dhal with Basmati Rice

Mixed Fresh Vegetables

Honey & Oat Muesli Rounds
Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

Tuesday

Buttered Crumpets with Apricot Jam

Fresh Fruit & Raw Vegetables

Crumbed Fish Pieces, Potato Bake with Lemon Thyme & Garlic

Mixed Fresh Vegetables

Gluten Free Crackers, Sultanas & Cheddar Cheese
Dairy, wholegrain

Fresh Fruit & Raw Vegetables

Wednesday

Banana, Apple & Pineapple Muffins
Wholemeal, fruit based

Fresh Fruit & Raw Vegetables

Chicken & Cheesy Spinach Sauce with Spiral Pasta

Mixed Fresh Vegetables

Vegemite & Cream Cheese Tiger Sandwiches
Dairy, wholemeal

Fresh Fruit & Raw Vegetables

Thursday

Spiced Chickpea, Sweet Corn & Cheese Snails
Dairy, high protein

Fresh Fruit & Raw Vegetables

Pulled Beef Sandwich with Tomato & Apple Chutney, Cheddar Cheese

Lettuce, Tomato & Cucumber Salad

Beetroot, Cocoa & Coconut Muffin
Wholemeal, vegetable based

Fresh Fruit & Raw Vegetables

Friday

Cheese Pastizzi
Dairy

Fresh Fruit & Raw Vegetables

Beef, Quinoa & Tomato Meat Balls, with Tomato Gravy & Brown Rice Pilaf

Mixed Fresh Vegetables

Herb & Garlic Wholemeal Baguette
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 5 - ALTERNATE MENU

12 months to 5 years (1)

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Monday

Red Lentil & Split Pea Dhal with Basmati Rice

Mixed Fresh Vegetables

Tuesday

Falafel Balls with Creamy Potato Bake

Mixed Fresh Vegetables

Wednesday

Cheesy Spinach & Tomato Sauce with Spiral Pasta

Mixed Fresh Vegetables

Thursday

Roasted Vegetable & Chickpea Sandwich with Salads

Mixed Fresh Vegetables

Friday

Vegetarian Quinoa Patties, Tomato Gravy, Brown Rice Pilaf

Mixed Fresh Vegetables

Vegetarian

(V) Vegetarian Alternative Menu

Alternative A

Red Lentil & Split Pea Dhal with Basmati Rice

Mixed Fresh Vegetables

Baked White Fish Fillet, Roasted Potatoes & Gravy

Mixed Fresh Vegetables

Chicken, Tomato & Spinach Sauce (Dairy Free) with Rice & Corn Pasta

Mixed Fresh Vegetables

A1 - Pulled Beef Sandwich with Tomato Chutney & Salads
A2 - Gluten Free Pulled Beef Sandwich with Chutney & Salads (DF)

Mixed Fresh Vegetables

Beef & Quinoa Rissoles, Tomato Gravy, Brown Rice Pilaf

Mixed Fresh Vegetables

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

Alternative B

Chicken with Basmati Rice & Vegetables

Mixed Fresh Vegetables

Fish, Roast Potato & Vegetables

Mixed Fresh Vegetables

Chicken, Pasta & Vegetables

Mixed Fresh Vegetables

Beef, Rice Noodles & Vegetables

Mixed Fresh Vegetables

Beef, Brown Rice & Vegetables

Mixed Fresh Vegetables

(B) Allergy Alternative - Basics

