



# WEEK 6 - MAIN MENU

## 12 months to 5 years (1)

### Weekly Menu Summary

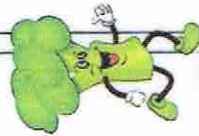
- ✓ 1 Serves White Meat - Chicken or Fish (3 serves per fortnight\*)
- ✓ 3 Serves Red Meat - (2 serves per week\*)
- ✓ 1 Serve Vegetarian - (1 serve per week\*) High in Vitamin C & Iron
- ✓ 6 Serves Dairy Provided- (it is recommended that additional milk or dairy is offered at morning & or afternoon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

### Monday

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

**Fresh Fruit &  
Raw Vegetables**

**Pumpkin, Potato &  
White Bean Soup with  
Focaccia Squares**



**Weetbix, Milo &  
Linseed Crumble**  
Wholemeal, wholegrains

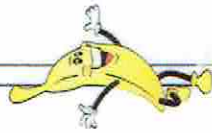
**Fresh Fruit &  
Raw Vegetables**

### Tuesday

**Assorted Rice &  
Corn Thins, Sliced  
Cheddar Cheese**  
Dairy, wholegrains

**Fresh Fruit &  
Raw Vegetables**

**Chicken, Apricot &  
Sweet Potato Stew  
with Jasmine**



**Mixed Fresh  
Vegetables**

**Apple, Quinoa,  
Flax Meal & Yoghurt  
Mighty Bar**  
Wholemeal, wholegrains, dairy

**Fresh Fruit &  
Raw Vegetables**

### Wednesday

**Date, Apple &  
Cheese Snails**  
Dairy, fruit based

**Fresh Fruit &  
Raw Vegetables**

**Beef & Lamb Korma  
with Potato, Eggplant  
& Basmati Rice**

**Mixed Fresh  
Vegetables**

**Pumpkin, Baked  
Bean, Cous Cous  
& Cheese Bake**  
Dairy, vegetable based

**Fresh Fruit &  
Raw Vegetables**

### Thursday

**Pear & Nutmeg  
Rice Custard**  
Dairy, fruit content

**Fresh Fruit &  
Raw Vegetables**

**Mini Beef Burgers  
with Salad &  
Sliced Cheese**

**Lettuce &  
Tomato Salad**

**Sweet Potato, Chickpea  
& Cheese Scones**  
Dairy, high protein &  
vegetable content

**Fresh Fruit &  
Raw Vegetables**

### Friday

**Turkish Toast**  
Wheat  
*Contains sesame seeds*

**Fresh Fruit &  
Raw Vegetables**

**Beef & Tomato Greek  
Style Lasagne with  
Cheese Béchamel Sauce**

**Mixed Fresh  
Vegetables**

**Apple & Spice  
Pastizzi**  
Fruit based

**Fresh Fruit &  
Raw Vegetables**

[www.kidsgourmetfood.com.au](http://www.kidsgourmetfood.com.au)

\*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.

Morning

Lunch

Afternoon







# WEEK 6 - ALTERNATE MENU

12 months to 5 years (1)

www.kidsgourmetfood.com.au

Monday

Pumpkin, Potato & White Bean Soup with Focaccia Squares

Vegetarian

Tuesday

Sweet Potato & Apricot Stew with Jasmine Rice

Mixed Fresh Vegetables

Wednesday

Spinach, Potato & Eggplant Korma with Basmati Rice

Mixed Fresh Vegetables

Thursday

Falafel Mini Burgers with Salad & Cheese

Mixed Fresh Vegetables

Friday

Greek Style Vegetable Lasagne with Cheese Bechamel Sauce

Mixed Fresh Vegetables

(V) Vegetarian Alternative Menu

Alternative A

Pumpkin, Potato, White Bean & Coconut Soup with Gluten Free Bread

Chicken, Apricot & Sweet Potato Stew with Jasmine Rice

Mixed Fresh Vegetables

Beef Meatballs with Coconut Curry & Basmati Rice

Mixed Fresh Vegetables

A1 - Mini Beef Burgers with Salad - No Cheese  
A2 - Beef & Quinoa Burger, Gluten Free Bread & Salad

Mixed Fresh Vegetables

Beef & Tomato Bolognese with Rice Noodles

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

Alternative B

Pumpkin, Potato, White Bean & Onion Soup

Chicken, Jasmine Rice & Vegetables

Mixed Fresh Vegetables

Beef, Basmati Rice & Vegetables

Mixed Fresh Vegetables

Beef, Brown Rice & Vegetables

Mixed Fresh Vegetables

Beef, Pasta & Vegetables

Mixed Fresh Vegetables

(B) Allergy Alternative - Basics

