



Week One 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

WEEKLY MENU SUMMARY

- ✓ 1 Serves White Meat (Chicken or Fish)
- ✓ 3 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

Monday

CHEESE, SPINACH, PUMPKIN & PAPRIKA PINWHEELS

Dairy, vegetable based

FRESH FRUIT & RAW VEGETABLES

Tuesday

TURKISH TOAST

Contains Sesame

FRESH FRUIT & RAW VEGETABLES

Wednesday

ENGLISH MUFFINS & CHEESE

Dairy

FRESH FRUIT & RAW VEGETABLES

Thursday

VANILLA COCONUT CUSTARD

Dairy

FRESH FRUIT & RAW VEGETABLES

Friday

MINI MOZZARELLA & TOMATO PIZZETTAS

Dairy

FRESH FRUIT & RAW VEGETABLES

LUNCH



CHICKEN & CORN RISSOLE, MACARONI CHEESE PASTA BAKE

American

MIXED FRESH VEGETABLES



HUNAN ORANGE & GINGER BEEF WITH RICE & VEGETABLES

Chinese

MIXED FRESH VEGETABLES



CHEESY TOMATO & WHITE BEAN SAUCE WITH PASTA

French

MIXED FRESH VEGETABLES



LAMB, BEEF & CHICKPEA PATTIES, NATURAL YOGHURT TZATZIKI, LETTUCE & PITA BREAD

Greek

ICEBERG LETTUCE



MOROCCAN SPICED LAMB & BEEF WITH COUS COUS

Moroccan

MIXED FRESH VEGETABLES

AFTERNOON

BANANA & BRAN BREAD

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

CORN THINS & CHEDDAR CHEESE

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

BEETROOT, COCOA & COCONUT MUFFIN

Wholemeal, vegetable based

FRESH FRUIT & RAW VEGETABLES

POWER BAR WITH APRICOT, PEPITAS, QUINOA

Wholegrains, high fibre

FRESH FRUIT & RAW VEGETABLES

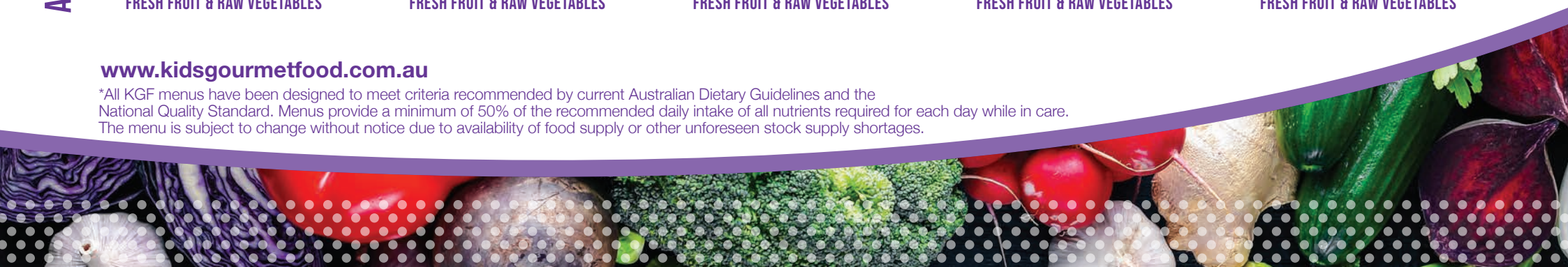
BEAN & COCOA BROWNIE

High protein, vegetable based

FRESH FRUIT & RAW VEGETABLES

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Week Two 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

WEEKLY MENU SUMMARY

- ✓ 3 Serves White Meat (Chicken or Fish)
- ✓ 2 Serves Red Meat
- ✓ 6 Serves Dairy Provided

MORNING

Monday

CORN THINS & CHEDDAR CHEESE

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

Tuesday

SPINACH & RICOTTA SCONES

Dairy, vegetable based

FRESH FRUIT & RAW VEGETABLES

Wednesday

SPICED CHICKPEA, SWEET CORN & CHEESE PINWHEELS

Dairy, protein

FRESH FRUIT & RAW VEGETABLES

Thursday

WHOLEMEAL BREAD CHEESE SANDWICH

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

Friday

FRUIT & SPICE ENGLISH BREAD

Fruit based

FRESH FRUIT & RAW VEGETABLES

LUNCH



CHICKEN, TOMATO, ZUCCHINI & CHEESE PASTA BAKE

Italian

MIXED FRESH VEGETABLES



BUTTER CHICKEN WITH NATURAL YOGHURT & RICE

Indian

MIXED FRESH VEGETABLES



MINI BEEF BURGERS WITH SALAD & SLICED CHEESE

Australian

LETTUCE & TOMATO



TUNA MORNAY PASTA BAKE

American

MIXED FRESH VEGETABLES



BEEF, QUINOA & TOMATO MEATBALLS WITH CREAMY POTATO BAKE

Australian

MIXED FRESH VEGETABLES

AFTERNOON

HERB & GARLIC WHOLEMEAL BAGUETTE

Wholemeal

FRESH FRUIT & RAW VEGETABLES

GF CRACKERS WITH CHICKPEA & HERB CREAM CHEESE

Dairy, protein

FRESH FRUIT & RAW VEGETABLES

CORN FLAKE, COCONUT & SUNFLOWER SEED MUESLI ROUNDS

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

CITRUS POLENTA & RICOTTA SLICE

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

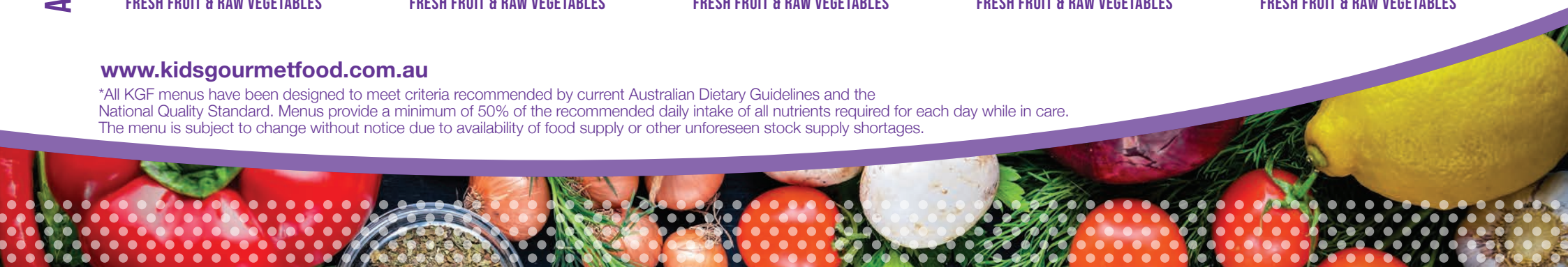
MARGARITA PIZZA STICKS

Dairy

FRESH FRUIT & RAW VEGETABLES

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Week Three 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

WEEKLY MENU SUMMARY

- ✓ 1 Serves White Meat (Chicken or Fish)
- ✓ 3 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

Monday

WATER CRACKERS & CHEDDAR CHEESE

Dairy

FRESH FRUIT & RAW VEGETABLES

Tuesday

DATE, OATMEAL & QUINOA MUFFINS

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

Wednesday

CRUMPETS WITH APRICOT JAM

Low sodium

FRESH FRUIT & RAW VEGETABLES

Thursday

APPLE & CINNAMON RICE CUSTARD

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

Friday

DATE, APPLE & CHEESE SCROLLS

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

LUNCH



BEEF & TOMATO BOLOGNAISE WITH PASTA

Italian

MIXED FRESH VEGETABLES



RED LENTIL & SPLIT PEA TOMATO DHAL WITH RICE

Indian

MIXED FRESH VEGETABLES



LEAN BEEF SAUSAGES WITH CURRY SAUCE & PASTA

English

MIXED FRESH VEGETABLES



CHICKEN BBQ PIZZA WITH SWEET POTATO, CAPSICUM, PINEAPPLE & CHEESE

Australian

LETTUCE, TOMATO & CUCUMBER SALAD



BEEF & QUINOA MEATBALLS, TOMATO GRAVY WITH BROWN RICE PILAF

Australian

MIXED FRESH VEGETABLES

AFTERNOON

SPELT & OAT ANZAC BISCUITS

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

APPLE, APRICOT & RICOTTA SLICE WITH FLAXSEED CRUMBLE

Dairy, wholegrain, fruit based

FRESH FRUIT & RAW VEGETABLES

SPICE ROASTED VEGETABLE, CHICKPEA & CHEESE POCKETS

Dairy, protein, vegetable based

FRESH FRUIT & RAW VEGETABLES

WHOLEMEAL COCONUT SHORTBREAD

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

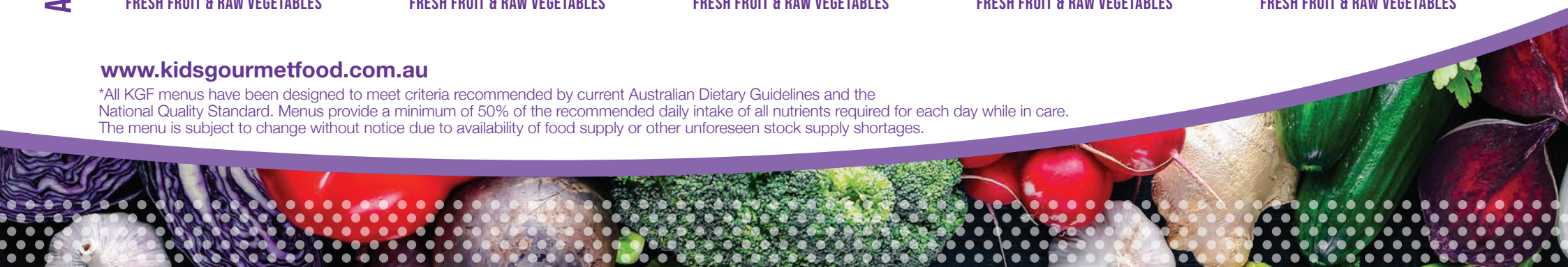
BANANA & BRAN BREAD

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

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Week Four 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

WEEKLY MENU SUMMARY

- ✓ 1 Serves White Meat (Chicken or Fish)
- ✓ 3 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

Monday

**FULL CREAM
FRUIT YOGHURT**

Dairy

FRESH FRUIT & RAW VEGETABLES

Tuesday

**APPLE, BLUEBERRY, FLAX MEAL
& WHOLEMEAL MUFFINS**

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

Wednesday

**WATER CRACKERS &
CHEDDAR CHEESE**

Dairy

FRESH FRUIT & RAW VEGETABLES

Thursday

**CHEESE SANDWICHES ON
WHOLEMEAL BREAD**

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

Friday

**WHOLEMEAL
RAISIN BREAD**

Wholemeal

FRESH FRUIT & RAW VEGETABLES

LUNCH



**HUNGARIAN BEEF GOULASH
WITH SWEET POTATO DICE
& RICE**

Hungarian

MIXED FRESH VEGETABLES



**CHICKEN & CHEESY
SPINACH SAUCE
WITH PASTA**

Italian

MIXED FRESH VEGETABLES



**LAMB & BEEF KORMA
WITH POTATO,
EGGPLANT & RICE**

Indian

MIXED FRESH VEGETABLES



**PUMPKIN, POTATO &
WHITE BEAN SOUP WITH
FOCACCIA SQUARES**

Australian

**BEEF & TOMATO
LASAGNE WITH CHEESE
BÉCHAMEL SAUCE**

Italian

MIXED FRESH VEGETABLES

AFTERNOON

**WHITE BEAN & BEETROOT DIP
WITH TORTILLA FLAT BREAD**

Dairy, high protein

FRESH FRUIT & RAW VEGETABLES

**MARGARITA
PIZZA STICKS**

Dairy

FRESH FRUIT & RAW VEGETABLES

**PEAR & GINGER
WHOLEMEAL PILLOWS**

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

**ORANGE WHOLEMEAL SQUARES
WITH BLACK CHIA SEEDS**

Wholemeal

FRESH FRUIT & RAW VEGETABLES

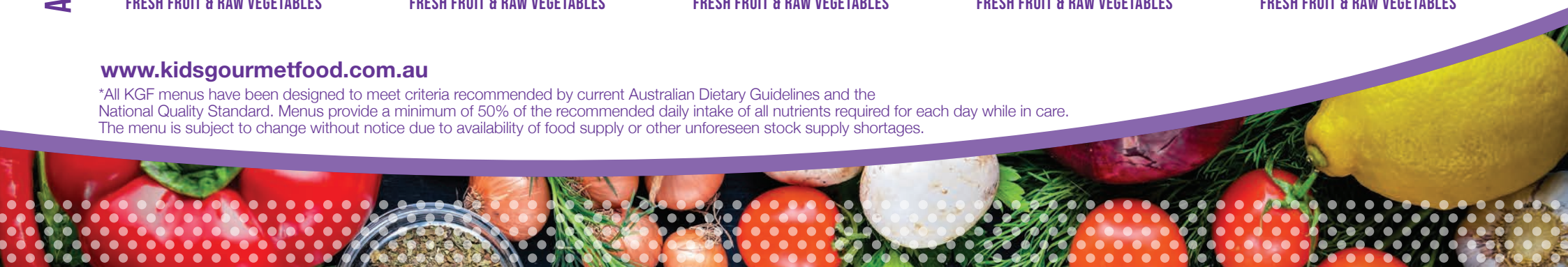
**GLUTEN FREE CRACKERS,
SULTANAS & CHEDDAR CHEESE**

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

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Week Five 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

WEEKLY MENU SUMMARY

- ✓ 2 Serves White Meat (Chicken or Fish)
- ✓ 2 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

Monday

**POWER BAR WITH APRICOT,
PEPITAS, QUINOA**
Wholegrain, high fibre
FRESH FRUIT & RAW VEGETABLES

Tuesday

**CHEESE
PASTIZZI**
Wholemeal, dairy
FRESH FRUIT & RAW VEGETABLES

Wednesday

**BANANA, APPLE &
PINEAPPLE MUFFINS**
Wholemeal, fruit based
FRESH FRUIT & RAW VEGETABLES

Thursday

**DATE, OATMEAL &
QUINOA MUFFINS**
Wholemeal, wholegrain
FRESH FRUIT & RAW VEGETABLES

Friday

**WATER CRACKERS &
CHEDDAR CHEESE**
Dairy
FRESH FRUIT & RAW VEGETABLES

LUNCH



**TSUKUNE JAPANESE CHICKEN
BALLS, GREEN VEGETABLES WITH
INFUSED BROWN RICE PILAF**
Japanese
MIXED FRESH VEGETABLES



**MEXICAN BEEF, BEAN &
CORN SALSA, RICE WITH
CORN CHIP CRUMBLE**
Mexican
BEAN & CORN SALSA



**LAMB, BEEF &
LENTIL DHAL WITH
COUS COUS**
Indian
MIXED FRESH VEGETABLES



**VEGETABLE PASTA BAKE WITH
SWEET POTATO, EGGPLANT
& WHITE BEANS**
Greek
LETTUCE & CUCUMBER SALAD



**CRUMBED FISH PIECES,
ROASTED POTATOES, TOMATO &
WHITE BEAN DIPPING SAUCE**
Modern Australian
MIXED FRESH VEGETABLES

AFTERNOON

**PUMPKIN, CHEESE &
LINSEED SCONES**
Dairy, high vegetable
FRESH FRUIT & RAW VEGETABLES

**HONEY & OAT
MUESLI ROUNDS**
Wholemeal, wholegrain
FRESH FRUIT & RAW VEGETABLES

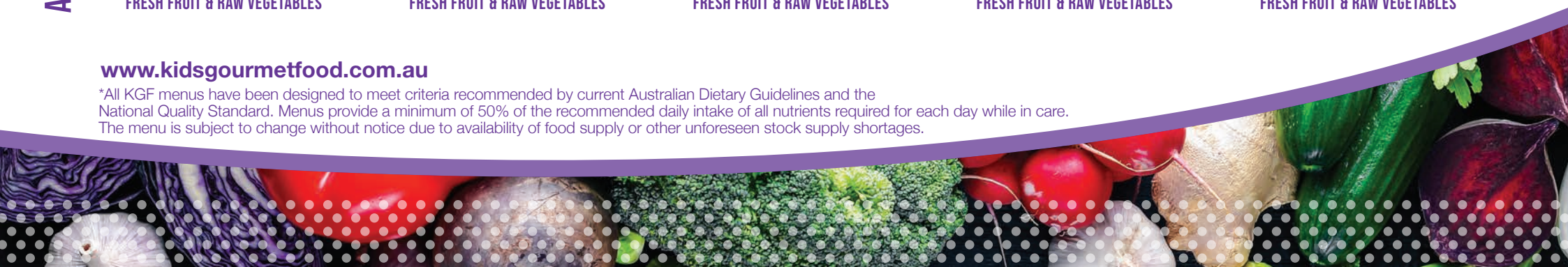
**VEGEMITE & CREAM CHEESE
TIGER SANDWICHES**
Dairy, wholegrain
FRESH FRUIT & RAW VEGETABLES

**HERB & GARLIC
WHOLEMEAL BAGUETTE**
Wholemeal
FRESH FRUIT & RAW VEGETABLES

**BEETROOT, COCOA &
COCONUT MUFFIN**
Wholemeal, vegetable based
FRESH FRUIT & RAW VEGETABLES

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Week Six 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

WEEKLY MENU SUMMARY

- ✓ 2 Serves White Meat (Chicken or Fish)
- ✓ 2 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

Monday

CHEESE & VEGEMITE SCROLLS

Dairy

FRESH FRUIT & RAW VEGETABLES

Tuesday

FULL CREAM FRUIT YOGHURT

Dairy

FRESH FRUIT & RAW VEGETABLES

Wednesday

TURKISH TOAST

Contains Sesame

FRESH FRUIT & RAW VEGETABLES

Thursday

PEAR & APPLE RICE CUSTARD

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

Friday

WHOLEMEAL RAISIN BREAD

Wholemeal

FRESH FRUIT & RAW VEGETABLES

LUNCH



CHICKEN & SAUSAGE PAELLA, YELLOW RICE & GREEN PEAS

Spanish

MIXED FRESH VEGETABLES



BEEF STROGANOFF WITH MUSHROOMS & RICE

Russian

MIXED FRESH VEGETABLES



VEGETARIAN PIZZA WITH SWEET POTATO, CAPSICUM, ZUCCHINI, CORN & CHEESE

Australian

LETTUCE, CUCUMBER & TOMATO SALAD



SWEDISH MEATBALLS WITH PASTA

Swedish

MIXED FRESH VEGETABLES



CHICKEN, APRICOT & SWEET POTATO STEW WITH RICE

Modern Australian

MIXED FRESH VEGETABLES

AFTERNOON

WEETBIX & LINSEED CRUMBLE

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

AVOCADO & CREAM CHEESE DIP WITH BROWN RICE CRACKERS

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

SPELT & OAT ANZAC BISCUITS

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

APPLE & SPICE PASTIZZI

Fruit based

FRESH FRUIT & RAW VEGETABLES

SWEET POTATO DIP WITH TORTILLA FLAT BREAD

High protein, dairy

FRESH FRUIT & RAW VEGETABLES

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