



Week One 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (2)

WEEKLY MENU SUMMARY

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

MORNING

Monday

WHOLEMEAL RAISIN BREAD

Wholemeal

FRESH FRUIT & RAW VEGETABLES

Tuesday

CHEESE, SPINACH, PUMPKIN & PAPRIKA PINWHEELS

Dairy, vegetable based

FRESH FRUIT & RAW VEGETABLES

Wednesday

TURKISH TOAST

Contains Sesame

FRESH FRUIT & RAW VEGETABLES

Thursday

ENGLISH MUFFINS & CHEESE

Dairy

FRESH FRUIT & RAW VEGETABLES

Friday

VANILLA COCONUT CUSTARD

Dairy

FRESH FRUIT & RAW VEGETABLES

LUNCH



CHICKEN, APRICOT & SWEET POTATO STEW WITH RICE

Modern Australian

MIXED FRESH VEGETABLES



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

AFTERNOON

SWEET POTATO DIP WITH TORTILLA FLAT BREAD

High protein, dairy

FRESH FRUIT & RAW VEGETABLES

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

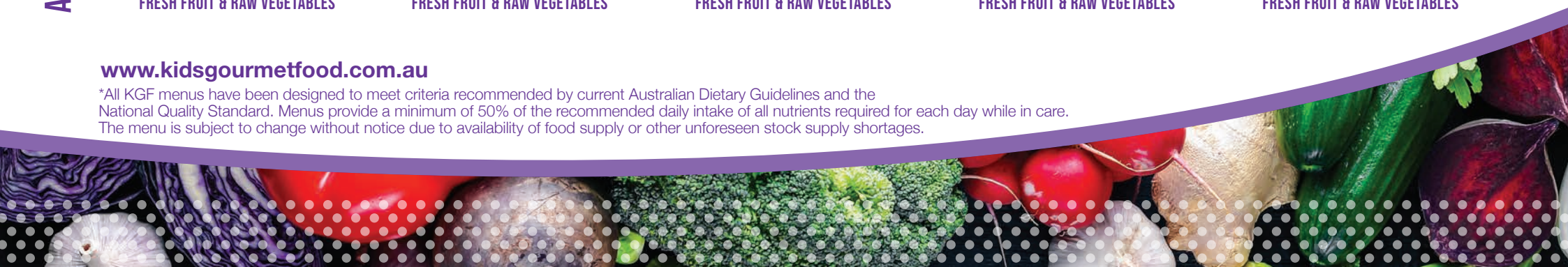
POWER BAR WITH APRICOT, PEPITAS, QUINOA

Wholegrains, high fibre

FRESH FRUIT & RAW VEGETABLES

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Week Two 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (2)

WEEKLY MENU SUMMARY

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

MORNING

Monday

MINI MOZZARELLA & TOMATO PIZZETTAS

Dairy

FRESH FRUIT & RAW VEGETABLES

Tuesday

CORN THINS & CHEDDAR CHEESE

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

Wednesday

SPINACH & RICOTTA SCONES

Dairy, vegetable based

FRESH FRUIT & RAW VEGETABLES

Thursday

SPICED CHICKPEA, SWEET CORN & CHEESE PINWHEELS

Dairy, protein

FRESH FRUIT & RAW VEGETABLES

Friday

WHOLEMEAL BREAD CHEESE SANDWICH

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

LUNCH



MOROCCAN SPICED LAMB & BEEF WITH COUS COUS

Moroccan

MIXED FRESH VEGETABLES



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

AFTERNOON

BEAN & COCOA BROWNIE

High protein, vegetable based

FRESH FRUIT & RAW VEGETABLES

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

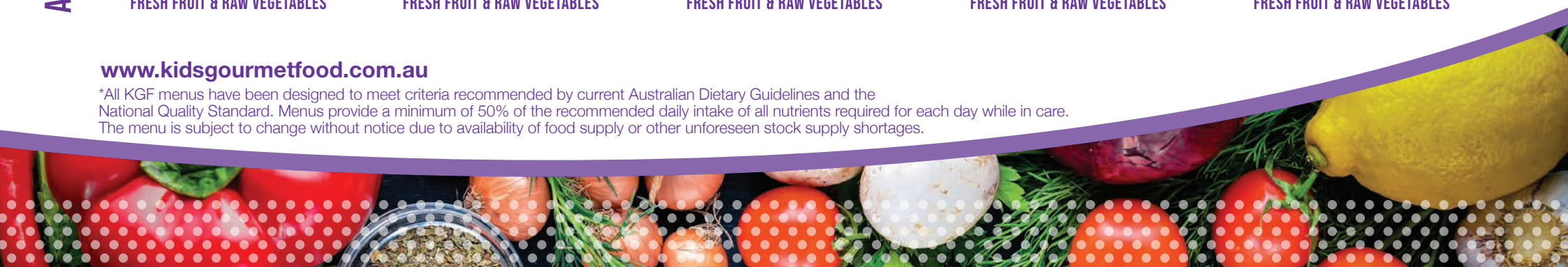
CITRUS POLENTA & RICOTTA SLICE

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

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Week Three 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (2)

WEEKLY MENU SUMMARY

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

MORNING

Monday

**FRUIT & SPICE
ENGLISH BREAD**

Fruit based

FRESH FRUIT & RAW VEGETABLES

Tuesday

**WATER CRACKERS &
CHEDDAR CHEESE**

Dairy

FRESH FRUIT & RAW VEGETABLES

Wednesday

**DATE, OATMEAL &
QUINOA MUFFINS**

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

Thursday

**CRUMPETS WITH
APRICOT JAM**

Low sodium

FRESH FRUIT & RAW VEGETABLES

Friday

**APPLE & CINNAMON
RICE CUSTARD**

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

LUNCH



**BEEF, QUINOA &
TOMATO MEATBALLS WITH
CREAMY POTATO BAKE**

Australian

MIXED FRESH VEGETABLES



**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

AFTERNOON

**MARGARITA
PIZZA STICKS**

Dairy

FRESH FRUIT & RAW VEGETABLES

**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

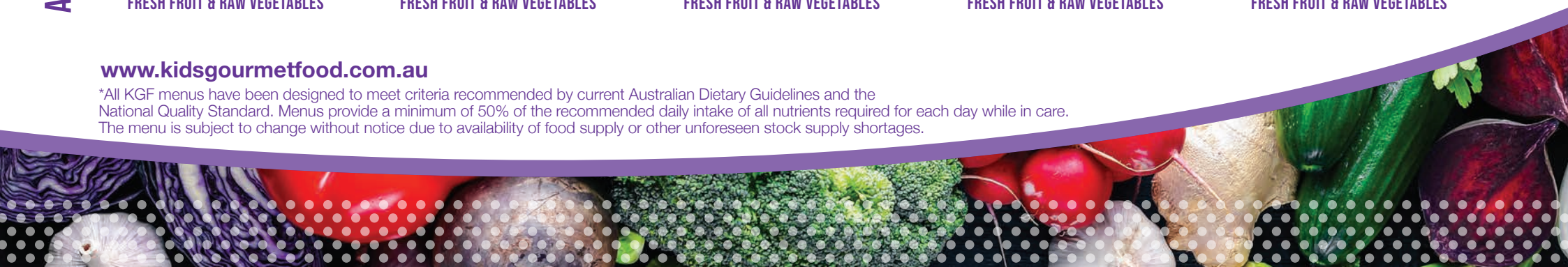
**WHOLEMEAL COCONUT
SHORTBREAD**

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

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Week Four 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (2)

WEEKLY MENU SUMMARY

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

MORNING

Monday

DATE, APPLE & CHEESE SCROLLS

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

Tuesday

FULL CREAM FRUIT YOGHURT

Dairy

FRESH FRUIT & RAW VEGETABLES

Wednesday

APPLE, BLUEBERRY, FLAX MEAL & WHOLEMEAL MUFFINS

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

Thursday

WATER CRACKERS & CHEDDAR CHEESE

Dairy

FRESH FRUIT & RAW VEGETABLES

Friday

CHEESE SANDWICHES ON WHOLEMEAL BREAD

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

LUNCH



BEEF & QUINOA MEATBALLS, TOMATO GRAVY WITH BROWN RICE PILAF

Australian

MIXED FRESH VEGETABLES



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

AFTERNOON

BANANA & BRAN BREAD

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

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

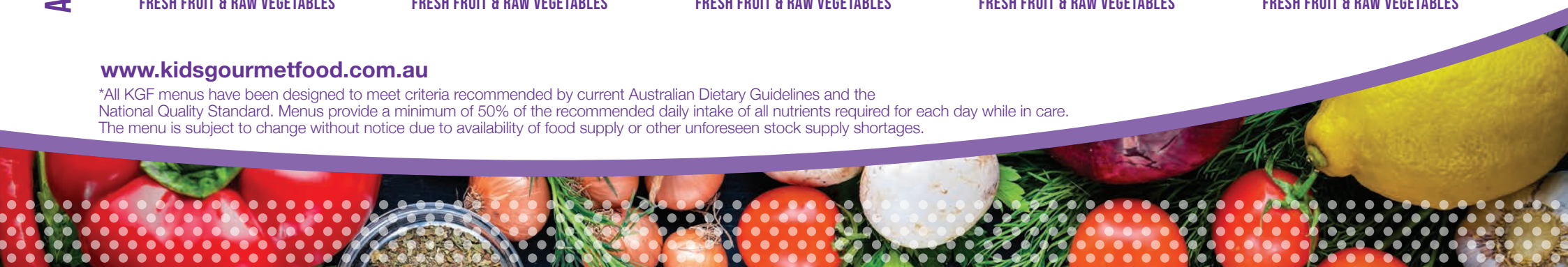
ORANGE WHOLEMEAL SQUARES WITH BLACK CHIA SEEDS

Wholemeal

FRESH FRUIT & RAW VEGETABLES

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Week Five 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (2)

WEEKLY MENU SUMMARY

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

MORNING

Monday

WHOLEMEAL RAISIN BREAD

Wholemeal

FRESH FRUIT & RAW VEGETABLES

Tuesday

POWER BAR WITH APRICOT, PEPITAS, QUINOA

Wholegrain, high fibre

FRESH FRUIT & RAW VEGETABLES

Wednesday

CHEESE PASTIZZI

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

Thursday

BANANA, APPLE & PINEAPPLE MUFFINS

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

Friday

DATE, OATMEAL & QUINOA MUFFINS

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

LUNCH



BEEF & TOMATO LASAGNE WITH CHEESE BÉCHAMEL SAUCE

Italian

MIXED FRESH VEGETABLES



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

AFTERNOON

GLUTEN FREE CRACKERS, SULTANAS & CHEDDAR CHEESE

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

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

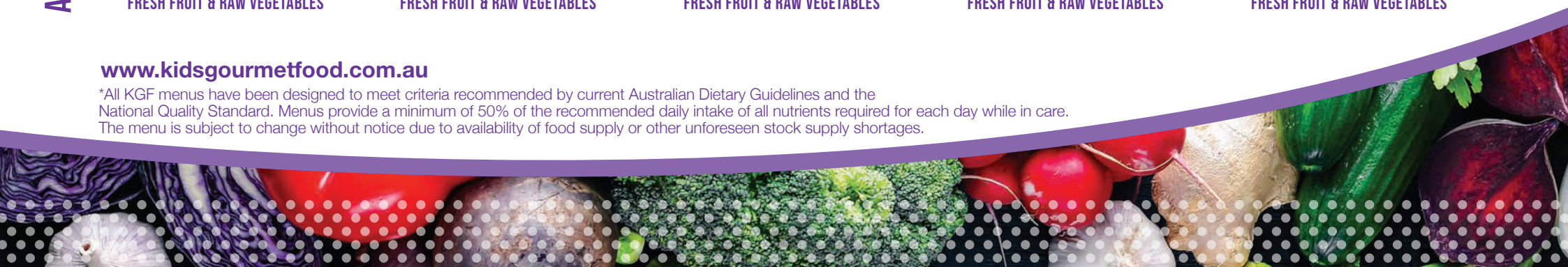
HERB & GARLIC WHOLEMEAL BAGUETTE

Wholemeal

FRESH FRUIT & RAW VEGETABLES

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Week Six 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (2)

WEEKLY MENU SUMMARY

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

MORNING

Monday

WATER CRACKERS & CHEDDAR CHEESE

Dairy

FRESH FRUIT & RAW VEGETABLES

Tuesday

CHEESE & VEGEMITE SCROLLS

Dairy

FRESH FRUIT & RAW VEGETABLES

Wednesday

FULL CREAM FRUIT YOGHURT

Dairy

FRESH FRUIT & RAW VEGETABLES

Thursday

TURKISH TOAST

Contains Sesame

FRESH FRUIT & RAW VEGETABLES

Friday

PEAR & APPLE RICE CUSTARD

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

LUNCH



CRUMBED FISH PIECES, ROASTED POTATOES, TOMATO & WHITE BEAN DIPPING SAUCE

Modern Australian

MIXED FRESH VEGETABLES



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

AFTERNOON

BEETROOT, COCOA & COCONUT MUFFIN

Wholemeal, vegetable based

FRESH FRUIT & RAW VEGETABLES

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

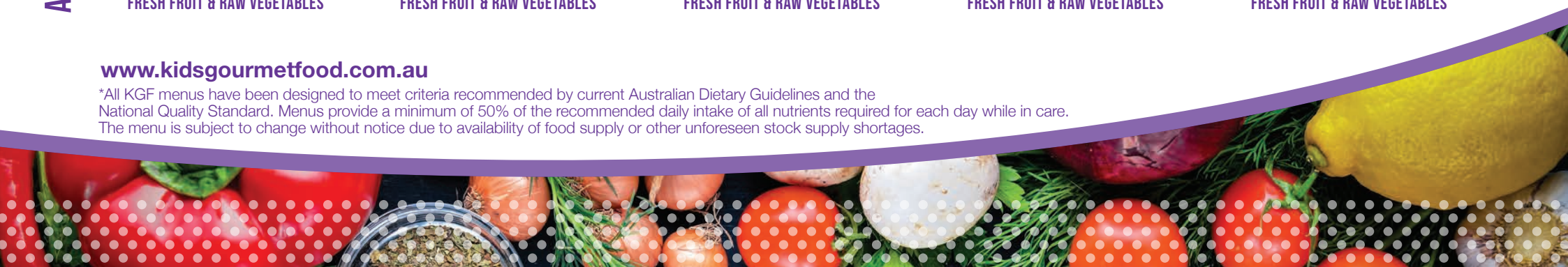
APPLE & SPICE PASTIZZI

Fruit based

FRESH FRUIT & RAW VEGETABLES

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Week One 2018/19

PUREE MENU 6 MONTHS TO 12 MONTHS (2)

MORNING

Monday

PEAR PUREE WITH IRON FORTIFIED RICE CEREAL



Tuesday

APPLE & APRICOT PUREE WITH IRON FORTIFIED RICE CEREAL



Wednesday

APPLE & PEAR PORRIDGE PUREE



Thursday

PEACH RICE PUDDING WITH CINNAMON PUREE



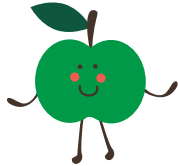
Friday

APPLE, BLUEBERRY & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL



LUNCH

BEEF, RED LENTIL, POTATO & CARROT MASHED



CHICKEN, RED LENTILS & CARROT MASHED

VEAL, POTATO, TOMATO & CHEESE MASHED



PASTA, ZUCCHINI, BROCCOLI, WHITE BEANS & GREEN PEAS MASHED

CHICKEN, CORN, CAULIFLOWER, PEARL BARLEY & RICE MASHED



AFTERNOON

PEACH & APPLE SEMOLINA PUREE



MANGO & RICOTTA RISOTTO PUREE



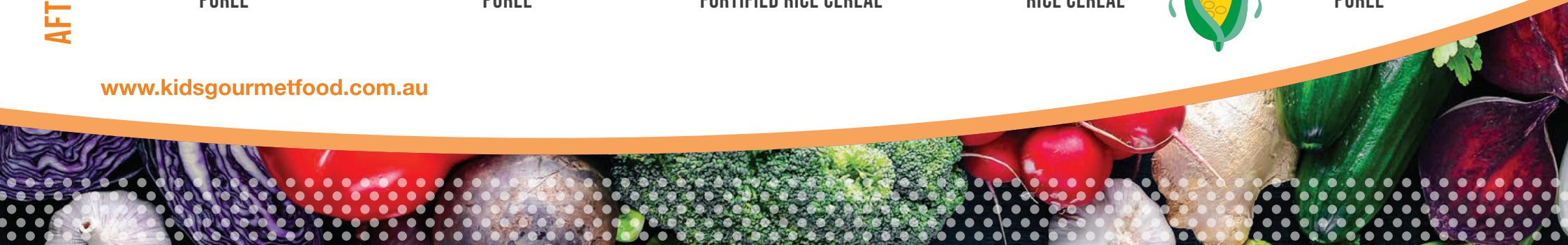
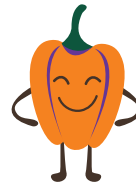
APPLE, ORANGE, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL



PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL



APPLE & PEAR SEMOLINA PUREE





Week Two 2018/19

PUREE MENU 6 MONTHS TO 12 MONTHS [2]

Monday

Tuesday

Wednesday

Thursday

Friday

MORNING

TAPIOCA & PEAR PUREE

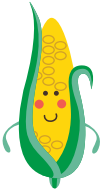


APRICOT & APPLE PORRIDGE PUREE

PEACH SEMOLINA WITH MILK PUREE

PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE SEMOLINA PUREE

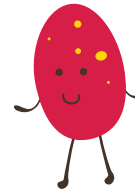


LUNCH

BEEF & ROASTED VEGETABLE STEW WITH COUS COUS MASHED

BEEF, PEARL BARLEY & VEGETABLE CASSEROLE MASHED

WHITE BEANS, OATS, PUMPKIN & CARROT MASHED



CHICKEN, POTATO, CORN & WHITE BEANS MASHED

BEEF, BROWN RICE, PUMPKIN & POTATO MASHED

AFTERNOON

ZUCCHINI & POTATO PUREE

CAULIFLOWER, CORN & POTATO PUREE

ZUCCHINI, POTATO & CAULIFLOWER PUREE

CARROT & PUMPKIN PUREE

BROCCOLI, GREEN PEAS, ZUCCHINI & POTATO PUREE

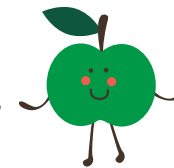


APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

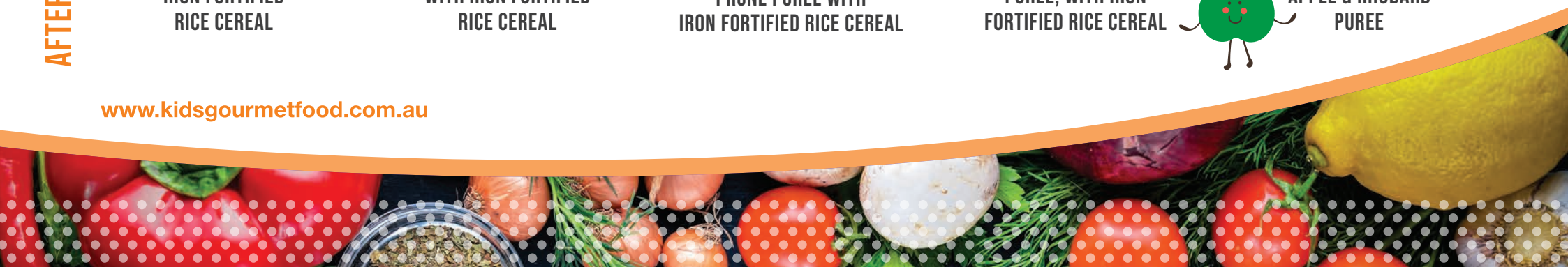
MANGO & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE, APRICOT & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

PEACH, PEAR & APPLE PUREE, WITH IRON FORTIFIED RICE CEREAL



TAPIOCA, APPLE & RHUBARB PUREE





Week Three 2018/19

PUREE MENU 6 MONTHS TO 12 MONTHS [2]

Monday

Tuesday

Wednesday

Thursday

Friday

MORNING

APPLE, APRICOT,
PEAR & PRUNE PUREE WITH
IRON FORTIFIED RICE CEREAL

PEAR
SEMOLINA
PUREE

PEAR, APPLE &
APRICOT PUREE WITH
IRON FORTIFIED RICE CEREAL

PEACH,
PEAR & TAPIOCA
PUREE

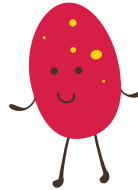


APRICOT
PORRIDGE PUREE
WITH MILK

LUNCH

CHICKEN, RICOTTA,
PASTA & CORN
MASHED

CHICKEN, RED LENTIL,
SWEET POTATO
& RICE MASHED



BEEF BOLOGNAISE
SAUCE WITH PASTA &
VEGETABLES MASHED

PASTA,
PUMPKIN & CHEESE
MASHED

CHICKEN,
SWEET POTATO &
WHITE BEANS MASHED

AFTERNOON

SWEET
POTATO
PUREE



PUMPKIN &
CARROT
PUREE

POTATO &
PUMPKIN
PUREE

POTATO &
GREEN PEA
PUREE

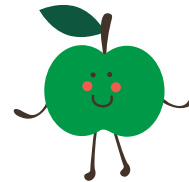
CARROT,
CAULIFLOWER &
POTATO PUREE



APPLE &
PEAR
PUREE

APPLE & RHUBARB
PUREE WITH IRON FORTIFIED
RICE CEREAL

APPLE,
PEACH &
PRUNE PUREE



APPLE, PEAR &
PRUNE PUREE WITH
IRON FORTIFIED RICE CEREAL

APPLE PUREE
WITH IRON FORTIFIED
RICE CEREAL





Week Four 2018/19

PUREE MENU 6 MONTHS TO 12 MONTHS (2)

Monday

Tuesday

Wednesday

Thursday

Friday

MORNING

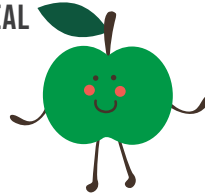
PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE & APRICOT PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE & PEAR PORRIDGE PUREE

PEACH RICE PUDDING WITH CINNAMON PUREE

APPLE, BLUEBERRY & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL



LUNCH

BEEF, RED LENTIL, POTATO & CARROT MASHED

CHICKEN, RED LENTILS & CARROT MASHED

VEAL, POTATO, TOMATO & CHEESE MASHED

PASTA, ZUCCHINI, BROCCOLI, WHITE BEANS & GREEN PEAS MASHED

CHICKEN, CORN, CAULIFLOWER, PEARL BARLEY & RICE MASHED

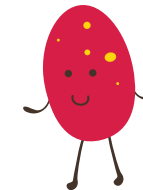
CAULIFLOWER, SWEET POTATO & PUMPKIN PUREE

BROCCOLI, CAULIFLOWER & POTATO PUREE

SWEET POTATO PUREE

CARROT & CORN PUREE

PUMPKIN & SWEET POTATO PUREE



AFTERNOON

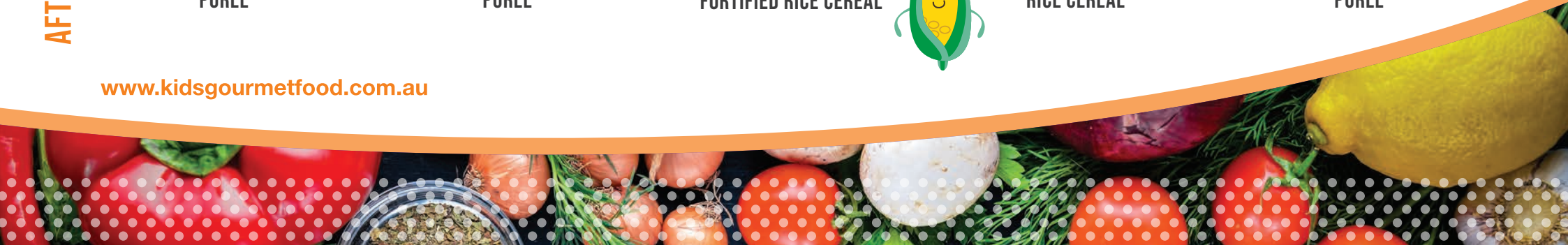
PEACH & APPLE SEMOLINA PUREE

MANGO & RICOTTA RISOTTO PUREE

APPLE, ORANGE, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE & PEAR SEMOLINA PUREE





Week Five 2018/19

PUREE MENU 6 MONTHS TO 12 MONTHS [2]

Monday

Tuesday

Wednesday

Thursday

Friday

MORNING

TAPIOCA & PEAR PUREE

APRICOT & APPLE PORRIDGE PUREE

PEACH SEMOLINA WITH MILK PUREE

PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE SEMOLINA PUREE



LUNCH

BEEF & ROASTED VEGETABLE STEW WITH COUS COUS MASHED

BEEF, PEARL BARLEY & VEGETABLE CASSEROLE MASHED

WHITE BEANS, OATS, PUMPKIN & CARROT MASHED

CHICKEN, POTATO, CORN & WHITE BEANS MASHED

BEEF, BROWN RICE, PUMPKIN & POTATO MASHED

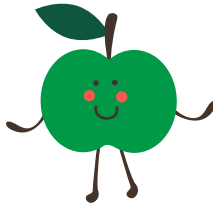
ZUCCHINI & POTATO PUREE

CAULIFLOWER, CORN & POTATO PUREE

ZUCCHINI, POTATO & CAULIFLOWER PUREE

CARROT & PUMPKIN PUREE

BROCCOLI, GREEN PEAS, ZUCCHINI & POTATO PUREE



AFTERNOON

APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

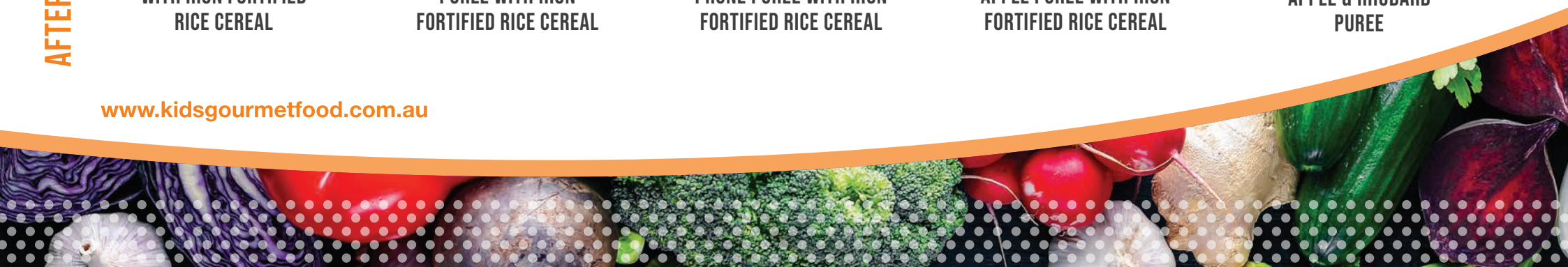
MANGO & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE, APRICOT & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL



PEACH, PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

TAPIOCA, APPLE & RHUBARB PUREE





Week Six 2018/19

PUREE MENU 6 MONTHS TO 12 MONTHS [2]

Monday

Tuesday

Wednesday

Thursday

Friday

MORNING

APPLE, APRICOT, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL



PEAR SEMOLINA PUREE

PEAR, APPLE & APRICOT PUREE WITH IRON FORTIFIED RICE CEREAL

APRICOT PORRIDGE PUREE WITH MILK

PEACH, PEAR & TAPIOCA PUREE

LUNCH

CHICKEN, RICOTTA, PASTA & CORN MASHED

CHICKEN, RED LENTIL, SWEET POTATO & RICE MASHED



BEEF BOLOGNAISE SAUCE WITH PASTA & VEGETABLES MASHED

CHICKEN, SWEET POTATO & WHITE BEANS MASHED



PASTA, PUMPKIN & CHEESE MASHED

AFTERNOON

SWEET POTATO PUREE

PUMPKIN & CARROT PUREE

POTATO & PUMPKIN PUREE

CARROT, CAULIFLOWER & POTATO PUREE

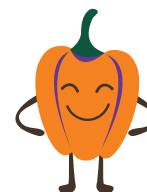
POTATO & GREEN PEA PUREE

APPLE & PEAR PUREE



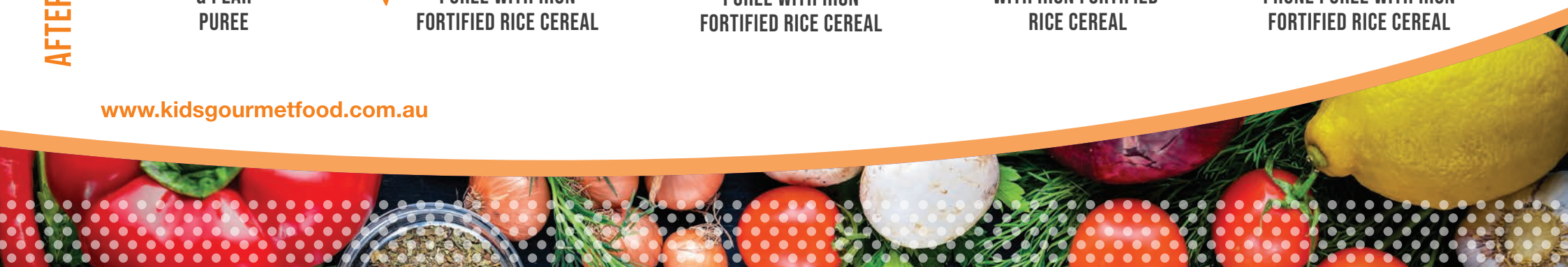
APPLE & RHUBARB PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE & RHUBARB PUREE WITH IRON FORTIFIED RICE CEREAL



APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL





Week One 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (2)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

**SWEET POTATO
& APRICOT STEW
WITH RICE**

MIXED FRESH VEGETABLES



**FALAFEL BALLS,
MACARONI CHEESE
BAKE**

MIXED FRESH VEGETABLES



**TOFU ORANGE &
GINGER STIR FRY WITH
RICE & VEGETABLES**

MIXED FRESH VEGETABLES



**CHEESY TOMATO &
WHITE BEAN SAUCE
WITH PASTA**

MIXED FRESH VEGETABLES



**VEGETARIAN QUINOA
PATTIES, TZATZIKI,
LETTUCE & PITA BREAD**

ICEBERG LETTUCE



ALLERGY ALTERNATIVE

**CHICKEN, APRICOT
& SWEET POTATO STEW
WITH RICE**

MIXED FRESH VEGETABLES



**CHICKEN & CHIA
MEATBALLS, RICE &
CORN PASTA SALAD**

MIXED FRESH VEGETABLES



**ORANGE & GINGER
BEEF BALLS WITH
RICE & VEGETABLES**

MIXED FRESH VEGETABLES



**CHUNKY ROASTED VEGETABLE
& TOMATO SAUCE WITH
RICE & CORN PASTA**

MIXED FRESH VEGETABLES



**LAMB, BEEF & CHICKPEAS
PATTIES, RELISH, LETTUCE
& PITA BREAD POCKETS**

ICEBERG LETTUCE



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Week Two 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (2)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

MOROCCAN CHICKPEA & VEGETABLE STEW WITH COUS COUS
MIXED FRESH VEGETABLES

VEGETABLE PASTA BAKE WITH CHEESE SAUCE
MIXED FRESH VEGETABLES

ROASTED VEGETABLE COCONUT CURRY WITH JASMINE RICE
MIXED FRESH VEGETABLES

FALAFEL MINI BURGERS WITH SALAD & CHEESE
LETTUCE & TOMATO

WHITE BEAN MORNAY PASTA BAKE
MIXED FRESH VEGETABLES



ALLERGY ALTERNATIVE

MOROCCAN SPICED LAMB & BEEF WITH JASMINE RICE
MIXED FRESH VEGETABLES

CHICKEN TOMATO & ZUCCHINI BOLOGNAISE WITH RICE NOODLES
MIXED FRESH VEGETABLES

BUTTER CHICKEN WITH COCONUT & RICE
MIXED FRESH VEGETABLES

MINI BEEF BURGERS WITH SALAD (NO CHEESE)
LETTUCE & TOMATO

WHITE FISH FILLET WITH RICE NOODLE & ROASTED VEGETABLE SALAD
MIXED FRESH VEGETABLES



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Week Three 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (2)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

**VEGETARIAN
PATTIES WITH
CREAMY POTATO BAKE**
MIXED FRESH VEGETABLES

**SPINACH & RICOTTA
PASTA WITH RICH
TOMATO SAUCE**
MIXED FRESH VEGETABLES

**RED LENTIL &
SPLIT PEA TOMATO
DHAL WITH RICE**
MIXED FRESH VEGETABLES

**COCONUT &
BEAN CURRY
WITH PASTA**
MIXED FRESH VEGETABLES

**VEGETARIAN PIZZA WITH
SWEET POTATO, CAPSICUM,
ZUCCHINI, CORN & CHEESE**
LETTUCE, TOMATO & CUCUMBER SALAD



ALLERGY ALTERNATIVE

**BEEF & QUINOA
RISSOLE WITH ROASTED
POTATOES & GRAVY**
MIXED FRESH VEGETABLES

**BEEF
BOLOGNAISE WITH
RICE NOODLES**
MIXED FRESH VEGETABLES

**RED LENTIL &
SPLIT PEA TOMATO
DHAL WITH RICE**
MIXED FRESH VEGETABLES

**BEEF MEATBALLS
WITH COCONUT CURRY
& RICE NOODLES**
MIXED FRESH VEGETABLES

**GLUTEN FREE
CHICKEN & CHEESE
PIZZA**
LETTUCE, TOMATO & CUCUMBER SALAD



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Week Four 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (2)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

FALAFEL BALLS
WITH RICE PILAF &
TOMATO GRAVY

MIXED FRESH VEGETABLES



HUNGARIAN SWEET POTATO
& WHITE BEAN
STEW WITH RICE

MIXED FRESH VEGETABLES



CHEESY TOMATO,
PUMPKIN & SPINACH SAUCE
WITH PASTA

MIXED FRESH VEGETABLES



SPINACH, POTATO &
EGGPLANT KORMA
WITH RICE

MIXED FRESH VEGETABLES



PUMPKIN, POTATO,
WHITE BEAN COCONUT SOUP
WITH FOCACCIA BREAD



ALLERGY ALTERNATIVE

BEEF & QUINOA
RISSOLES, BROWN RICE
& TOMATO GRAVY

MIXED FRESH VEGETABLES



HUNGARIAN
BEEF GOULASH WITH
SWEET POTATO DICE & RICE

MIXED FRESH VEGETABLES



CHICKEN, TOMATO &
SPINACH SAUCE WITH
RICE & CORN PASTA

MIXED FRESH VEGETABLES



BEEF MEATBALLS
WITH COCONUT CURRY
& RICE

MIXED FRESH VEGETABLES



PUMPKIN, POTATO,
WHITE BEAN COCONUT SOUP
WITH FOCACCIA BREAD



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Week Five 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (2)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

**VEGETABLE LASAGNE
WITH CHEESE
BÉCHAMEL SAUCE**
MIXED FRESH VEGETABLES

**SILKEN TOFU & WHITE BEAN
BALLS, GREEN VEGETABLES
WITH RICE PILAF**
MIXED FRESH VEGETABLES

**MEXICAN BEAN STEW
WITH RICE, CORN CHIPS,
BEAN & CORN SALSA**
BEAN & CORN SALSA

**BROWN LENTIL &
VEGETABLE DHAL
WITH COUS COUS**
MIXED FRESH VEGETABLES

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



ALLERGY ALTERNATIVE

**BEEF & TOMATO
BOLOGNAISE WITH
RICE NOODLES**
MIXED FRESH VEGETABLES

**CHICKEN CHIA MEATBALLS
WITH RICE &
GREEN VEGETABLES**
MIXED FRESH VEGETABLES

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

**LAMB, BEEF &
LENTIL DHAL
WITH RICE**
MIXED FRESH VEGETABLES

**CHUNKY ROASTED VEGETABLE
& TOMATO SAUCE WITH
RICE & CORN PASTA**
LETTUCE & CUCUMBER SALAD



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Week Six 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (2)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

FALAFEL BALLS,
POTATO, TOMATO &
WHITE BEAN DIPPING SAUCE
MIXED FRESH VEGETABLES

SWEET POTATO &
LEGUME PAELLA WITH
YELLOW RICE
MIXED FRESH VEGETABLES

CHICKPEA & POTATO
STROGANOFF
WITH RICE
MIXED FRESH VEGETABLES

VEGETARIAN PIZZA WITH
SWEET POTATO, CAPSICUM,
ZUCCHINI, CORN & CHEESE
LETTUCE, CUCUMBER & TOMATO SALAD

SWEDISH BEAN BALLS
WITH CREAMY RED CURRANT
SAUCE & PASTA
MIXED FRESH VEGETABLES



ALLERGY ALTERNATIVE

BAKED WHITE FISH,
ROASTED POTATOES, TOMATO
& WHITE BEAN SAUCE
MIXED FRESH VEGETABLES

CHICKEN PAELLA
WITH YELLOW RICE
(NO SAUSAGE)
MIXED FRESH VEGETABLES

BEEF, MUSHROOM
& TOMATO STEW
WITH RICE
MIXED FRESH VEGETABLES

GLUTEN FREE
VEGETARIAN
PIZZA
LETTUCE, CUCUMBER & TOMATO SALAD

BEEF MEATBALLS WITH
RED CURRANT GRAVY
& RICE NOODLES
MIXED FRESH VEGETABLES



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