



WEEK 1 2020-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)
WWW.KIDSGOURMETFOOD.COM.AU

VEGETARIAN

monday

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

tuesday

VEGETABLE PASTA BAKE WITH
SWEET POTATO, EGGPLANT
& WHITE BEANS
MIXED FRESH VEGETABLES
(MAIN MENU)

wednesday

HUNGARIAN SWEET POTATO
& WHITE BEAN STEW
WITH RICE
MIXED FRESH VEGETABLES

thursday

CHICKPEA PATTIES,
MINT YOGHURT,
SALAD & PITA BREAD
LETTUCE & CUCUMBER

friday

CHEESY TOMATO,
PUMPKIN & SPINACH SAUCE
WITH PASTA
MIXED FRESH VEGETABLES

A1

MEXICAN BEEF, BEAN &
CORN SALSA, RICE WITH
CORN CHIP CRUMBLE
BEAN & CORN SALSA
(MAIN MENU)

CHUNKY ROASTED VEGETABLE
& TOMATO SAUCE WITH
WHEAT PASTA
MIXED FRESH VEGETABLES

HUNGARIAN SMOKY PAPRIKA
BEEF WITH SWEET POTATO
DICE & RICE
MIXED FRESH VEGETABLES
(MAIN MENU)

LAMB, BEEF CHICKPEA KOFTA
BALLS, TOMATO RELISH*,
SALAD & PITA BREAD
LETTUCE & CUCUMBER

CHICKEN, TOMATO
& SPINACH SAUCE
WITH WHEAT PASTA
MIXED FRESH VEGETABLES

A2

BEEF AND RICE WITH
ROASTED EGGPLANT SAUCE,
GREEN BEANS & PEAS
MIXED FRESH VEGETABLES

CHUNKY ROASTED VEGETABLE
& TOMATO SAUCE WITH
RICE & CORN PASTA
MIXED FRESH VEGETABLES

BEEF MEATBALLS &
RICE WITH CARROT
& TARRAGON SAUCE
MIXED FRESH VEGETABLES

BEEF & QUINOA PATTIES,
TOMATO RELISH*, SALAD
& GLUTEN FREE BREAD
LETTUCE & CUCUMBER

CHICKEN, TOMATO
& SPINACH SAUCE
WITH RICE & CORN PASTA
MIXED FRESH VEGETABLES

* Alternate Tomato Relish





WEEK 2 2020-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)
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monday

tuesday

wednesday

thursday

friday

VEGETARIAN

PUMPKIN, SWEET POTATO,
WHITE BEAN SOUP WITH
WHOLEMEAL ROLL

(MAIN MENU)

PUMPKIN, MUSHROOM,
CHICKPEA & SPINACH
PASTA BAKE

MIXED FRESH VEGETABLES

FALAFEL BALLS WITH
CREAMY POTATO &
SWEET POTATO BAKE

MIXED FRESH VEGETABLES

KOREAN TOFU &
GINGER CURRY
WITH RICE

MIXED FRESH VEGETABLES

ITALIAN VEGETABLE
BALLS WITH CREAMY
TOMATO SAUCE & PASTA

MIXED FRESH VEGETABLES

A1

PUMPKIN, SWEET POTATO,
WHITE BEAN & COCONUT SOUP
WITH WHOLEMEAL ROLL

BEEF, MUSHROOM
& PUMPKIN WITH
WHEAT PASTA

MIXED FRESH VEGETABLES

BAKED WHITE FISH, CREAMY
POTATO & SWEET POTATO BAKE,
GREEN PEA & ZUCCHINI SAUCE

MIXED FRESH VEGETABLES

KOREAN BEEF &
GINGER CURRY
WITH RICE

MIXED FRESH VEGETABLES

ITALIAN BEEF MEATBALLS
WITH RICH TOMATO SAUCE
& WHEAT PASTA

MIXED FRESH VEGETABLES

A2

PUMPKIN, SWEET POTATO,
WHITE BEAN & COCONUT SOUP
WITH GLUTEN FREE BREAD

BEEF, MUSHROOM
& PUMPKIN WITH
RICE NOODLES

MIXED FRESH VEGETABLES

BAKED WHITE FISH, ROASTED
POTATO & SWEET POTATOES
WITH GREEN PEA & ZUCCHINI SAUCE

MIXED FRESH VEGETABLES

BEEF, PUMPKIN
& LENTIL SAUCE
WITH RICE

MIXED FRESH VEGETABLES

BEEF & QUINOA RISSOLE,
RICH TOMATO SAUCE
WITH RICE & CORN PASTA

MIXED FRESH VEGETABLES





WEEK 3 2020-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)
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VEGETARIAN

monday

**FALAFEL BALLS,
MACARONI CHEESE
BAKE**

MIXED FRESH VEGETABLES

tuesday

**MOROCCAN CHICKPEA
& VEGETABLE TAGINE
WITH COUS COUS**

MIXED FRESH VEGETABLES

wednesday

**COCONUT &
TAMARIND TOFU
WITH RICE**

MIXED FRESH VEGETABLES

thursday

**VEGETABLE LASAGNE
WITH CHEESE
BÉCHAMEL SAUCE**

MIXED FRESH VEGETABLES

friday

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

LETTUCE, CUCUMBER & TOMATOES

A1

**CHICKEN & CORN RISsoles,
WHEAT PASTA WITH CARROT
& TARRAGON SAUCE**

MIXED FRESH VEGETABLES

**MOROCCAN SPICED LAMB
& BEEF TAGINE WITH
JASMINE RICE**

MIXED FRESH VEGETABLES

**COCONUT
TAMARIND BEEF
WITH RICE**

MIXED FRESH VEGETABLES

**BEEF & TOMATO
BOLOGNAISE WITH
WHEAT PASTA**

MIXED FRESH VEGETABLES

**GLUTEN FREE
CHICKEN &
CHEESE PIZZA**

LETTUCE, CUCUMBER & TOMATOES

A2

**CHICKEN & CHIA RISsoles,
RICE & CORN PASTA WITH
CARROT & TARRAGON SAUCE**

MIXED FRESH VEGETABLES

**BEEF MEATBALLS WITH
ROASTED EGGPLANT SAUCE
& JASMINE RICE**

MIXED FRESH VEGETABLES

**BEEF WITH
COCONUT TURMERIC
SAUCE & RICE**

MIXED FRESH VEGETABLES

**BEEF & TOMATO
BOLOGNAISE WITH
RICE NOODLES**

MIXED FRESH VEGETABLES

**BBQ CHICKEN WITH
SWEET POTATO, CAPSICUM,
CORN & BROWN RICE**

MIXED FRESH VEGETABLES





WEEK 4 2020-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)
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monday

tuesday

wednesday

thursday

friday

VEGETARIAN

SILKEN TOFU & WHITE BEAN BALLS,
GREEN VEGETABLES, BROWN RICE
PILAF & KATSU SAUCE

LENTIL, TOMATO
& SPINACH
PASTA BAKE
MIXED FRESH VEGETABLES

CHICKPEA &
POTATO STROGANOFF
WITH RICE
MIXED FRESH VEGETABLES

PUMPKIN, MUSHROOM,
CHICKPEA & SPINACH
PASTA BAKE
MIXED FRESH VEGETABLES

CHINESE BLACK
BEAN TOFU
WITH RICE
MIXED FRESH VEGETABLES

A1

CHICKEN CHIA MEATBALLS,
GREEN VEGETABLES,
BROWN RICE & GRAVY

BAKED WHITE FISH,
WHEAT PASTA, GREEN PEA
& ZUCCHINI SAUCE
MIXED FRESH VEGETABLES

BEEF, MUSHROOM
& TOMATO STEW
WITH RICE
MIXED FRESH VEGETABLES

BEEF, MUSHROOM
& PUMPKIN WITH
WHEAT PASTA
MIXED FRESH VEGETABLES

CHINESE
BEEF STEW
WITH RICE
MIXED FRESH VEGETABLES

A2

CHICKEN CHIA MEATBALLS
GREEN VEGETABLES, BROWN RICE
& TURMERIC COCONUT SAUCE

WHITE FISH FILLET,
RICE NOODLES, GREEN PEA
& ZUCCHINI SAUCE
MIXED FRESH VEGETABLES

BEEF MEATBALLS,
ROASTED EGGPLANT
SAUCE WITH RICE
MIXED FRESH VEGETABLES

BEEF, MUSHROOM
& PUMPKIN WITH
RICE NOODLES
MIXED FRESH VEGETABLES

BEEF & QUINOA RISSOLES,
RICE WITH CARROT &
TARRAGON SAUCE
MIXED FRESH VEGETABLES





WEEK 5 2020-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)
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VEGETARIAN

monday

**LEGUME & SWEET
POTATO PAELLA WITH
YELLOW RICE**
MIXED FRESH VEGETABLES

tuesday

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

wednesday

**SPLIT PEA & LENTIL
COCONUT CURRY
WITH COUS COUS**
MIXED FRESH VEGETABLES

thursday

**CHEESY TOMATO &
WHITE BEAN SAUCE
WITH WHEAT PASTA**
MIXED FRESH VEGETABLES
[MAIN MENU]

friday

**MINI FALAFEL BURGERS
WITH SALAD, CHEESE &
TOMATO RELISH**
LETTUCE

A1

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

**BEEF & QUINOA
RISSOLE WITH
CREAMY POTATO BAKE**
MIXED FRESH VEGETABLES

**LAMB, BEEF & SPLIT
PEA COCONUT CURRY
WITH RICE**
MIXED FRESH VEGETABLES

**CHUNKY ROASTED VEGETABLE
& TOMATO SAUCE
WITH WHEAT PASTA**
MIXED FRESH VEGETABLES

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

A2

**CHICKEN AND RICE
WITH GREEN PEA &
ZUCCHINI SAUCE**
MIXED FRESH VEGETABLES

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

**BEEF, PUMPKIN
& LENTIL SAUCE
WITH RICE**
MIXED FRESH VEGETABLES

**CHUNKY ROASTED VEGETABLE
& TOMATO SAUCE WITH
RICE & CORN PASTA**
MIXED FRESH VEGETABLES

**BEEF & QUINOA BURGER,
GLUTEN FREE BREAD WITH SALAD
(NO CHEESE) & TOMATO RELISH***
LETTUCE

* Alternate Tomato Relish





WEEK 6 2020-2020

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)
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VEGETARIAN

monday

**ROASTED VEGETABLE
COCONUT CURRY WITH
JASMINE RICE**
MIXED FRESH VEGETABLES

tuesday

**ROASTED VEGETABLE
PATTIES, RATATOUILLE
& PASTA**

wednesday

**RED LENTIL & SPLIT
PEA TOMATO DHAL
WITH RICE**
MIXED FRESH VEGETABLES
(MAIN MENU)

thursday

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

friday

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

A1

**BUTTER CHICKEN
WITH COCONUT
& RICE**
MIXED FRESH VEGETABLES

**BEEF & QUINOA RISSOLE
WITH RATATOUILLE,
RICE & CORN PASTA**

**RED LENTIL & SPLIT
PEA TOMATO DHAL
WITH RICE**
MIXED FRESH VEGETABLES
(MAIN MENU)

**BEEF BOLOGNAISE
WITH RICE &
CORN PASTA**
MIXED FRESH VEGETABLES

**GLUTEN FREE
SMOKY BEEF &
CHEESE PIZZA**
LETTUCE, CUCUMBER & TOMATOES

A2

**COCONUT,
TURMERIC CHICKEN
WITH RICE**
MIXED FRESH VEGETABLES

**BEEF & RICE NOODLES
WITH ROASTED
EGGPLANT SAUCE**
MIXED FRESH VEGETABLES

**CHICKEN AND RICE
WITH CARROT &
TARRAGON SAUCE**
MIXED FRESH VEGETABLES

**BEEF & QUINOA RISSOLES,
PUMPKIN & LENTIL SAUCE
WITH RICE NOODLES**
MIXED FRESH VEGETABLES

**SMOKY BEEF WITH
SWEET POTATO, CAPSICUM
& CORN BROWN RICE**
LETTUCE, CUCUMBER & TOMATOES

