

monday

tuesday

wednesday

thursday

friday

MORNING

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



TAPIOCA
& PEAR
PUREE

LUNCH

CHICKEN,
RED LENTILS
& CARROT MASHED

VEAL, POTATO,
TOMATO & CHEESE
MASHED

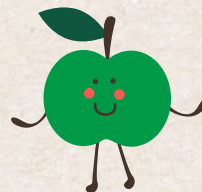
PASTA, ZUCCHINI,
BROCCOLI, WHITE BEANS
& GREEN PEAS MASHED

CHICKEN, CORN,
CAULIFLOWER, PEARL BARLEY
& RICE MASHED

BEEF & ROASTED
VEGETABLE STEW WITH
COUS COUS MASHED

BROCCOLI,
CAULIFLOWER
& POTATO PUREE

SWEET
POTATO
PUREE



CARROT
& CORN
PUREE

PUMPKIN &
SWEET POTATO
PUREE

ZUCCHINI &
POTATO
PUREE



AFTERNOON

CREAMY
MANGO RISOTTO
PUREE

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

PEAR & APPLE PUREE
WITH IRON FORTIFIED
RICE CEREAL



APPLE & PEAR
SEMOLINA
PUREE

APPLE PUREE WITH
IRON FORTIFIED
RICE CEREAL

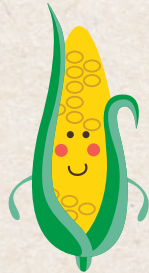
*The KGF menu is designed around children having an additional cup of milk and high iron breakfast cereal or wholemeal toast to fulfill the daily serve requirements recommended by the Australian Dietary Guidelines and the National Quality Framework. Menus provide a minimum of 50% of the recommended daily 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

monday

APRICOT &
APPLE PORRIDGE
PUREE



tuesday

PEACH SEMOLINA
WITH MILK
PUREE

wednesday

PEAR & APPLE PUREE
WITH IRON FORTIFIED
RICE CEREAL



thursday

APPLE
SEMOLINA
PUREE

friday

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

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

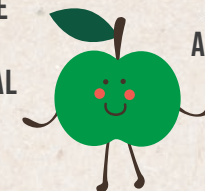
APPLE PUREE WITH
IRON FORTIFIED
RICE CEREAL

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

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MORNING

monday

PEAR
SEMOLINA
PUREE

tuesday

PEAR, APPLE &
APRICOT PUREE WITH
IRON FORTIFIED RICE CEREAL

wednesday

PEACH,
PEAR & TAPIOCA
PUREE

thursday

APRICOT
PORRIDGE PUREE
WITH MILK

friday

PEAR PUREE
WITH IRON FORTIFIED
RICE CEREAL

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

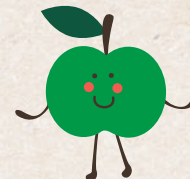
AFTERNOON

SWEET
POTATO
PUREE



PUMPKIN &
CARROT
PUREE

POTATO &
PUMPKIN
PUREE



POTATO,
GREEN PEA &
BROCCOLI 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

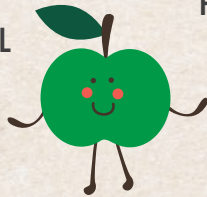
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MORNING

monday

APPLE & APRICOT
PUREE WITH IRON
FORTIFIED RICE CEREAL



tuesday

APPLE &
PEAR PORRIDGE
PUREE

wednesday

PEACH RICE PUDDING
WITH CINNAMON
PUREE

thursday

APPLE, BLUEBERRY &
PEAR PUREE WITH IRON
FORTIFIED RICE CEREAL



friday

TAPIOCA
& PEAR
PUREE

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

CREAMY
MANGO RISOTTO
PUREE

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



PEAR & APPLE PUREE
WITH IRON FORTIFIED
RICE CEREAL

APPLE & PEAR
SEMOLINA
PUREE

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monday

tuesday

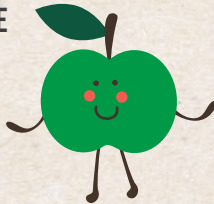
wednesday

thursday

friday

MORNING

APRICOT & APPLE PORRIDGE PUREE



PEACH SEMOLINA WITH MILK PUREE

PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE SEMOLINA PUREE

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

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

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tuesday

wednesday

thursday

friday

MORNING

PEAR
SEMOLINA
PUREE



PEAR, APPLE &
APRICOT PUREE WITH IRON
FORTIFIED RICE CEREAL

PEACH, PEAR
& TAPIOCA
PUREE

APRICOT
PORRIDGE PUREE
WITH MILK

PEAR PUREE
WITH IRON FORTIFIED
RICE CEREAL

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

APPLE
& PEAR
PUREE



APPLE & RHUBARB
PUREE WITH IRON
FORTIFIED RICE CEREAL

APPLE,
PEACH & PRUNE
PUREE

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



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