



WEEK 1 2020-2021

MAIN MENU 12 MONTHS TO 5 YEARS (1)
WWW.KIDSGOURMETFOOD.COM.AU

MORNING

monday

CORN FLAKE, COCONUT & SUNFLOWER SEED MUESLI ROUNDS

FRESH FRUIT & RAW VEGETABLES

tuesday

CORN THINS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

wednesday

CURRIED CHICKPEA, SWEET CORN & CHEESE PINWHEELS

FRESH FRUIT & RAW VEGETABLES

thursday

LIME, COCONUT & TURMERIC TAPIOCA

FRESH FRUIT & RAW VEGETABLES

friday

APPLE, BLUEBERRY, FLAX MEAL & WHOLEMEAL MUFFINS

FRESH FRUIT & RAW VEGETABLES

LUNCH



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

Mexican

BEAN & CORN SALSA



VEGETABLE PASTA BAKE WITH SWEET POTATO, EGGPLANT & WHITE BEANS

Greek

MIXED FRESH VEGETABLES



HUNGARIAN SMOKY PAPRIKA BEEF WITH SWEET POTATO DICE & RICE

Hungarian

MIXED FRESH VEGETABLES



LAMB, BEEF & CHICKPEA KOFTA BALLS, MINT YOGHURT, SALAD & PITA

Lebanese

LETTUCE & CUCUMBER



CHICKEN & CHEESY SPINACH SAUCE WITH PASTA

Italian

MIXED FRESH VEGETABLES

AFTERNOON

MARGARITA PIZZA STICKS

FRESH FRUIT & RAW VEGETABLES

BLUEBERRY & ACAI WHOLEMEAL SCONES

FRESH FRUIT & RAW VEGETABLES

THREE SEED WHEATBIX CRUMBLE

FRESH FRUIT & RAW VEGETABLES

CHEESE PASTIZZI

FRESH FRUIT & RAW VEGETABLES

CARROT, RED LENTIL & MISO DIP WITH HIGH FIBRE FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

KGF RECOMMENDS SERVING FRUIT & VEGETABLES HIGH IN VITAMIN C TODAY: TOMATOES, CAPSICUM, CITRUS FRUIT OR ROCKMELON TO INCREASE THE ABSORPTION OF IRON.

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*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

DATE, OATMEAL
& QUINOA LOAF

FRESH FRUIT & RAW VEGETABLES

tuesday

FULL CREAM
FRUIT YOGHURT

FRESH FRUIT & RAW VEGETABLES

wednesday

CHEESE &
VEGEMITE SCROLLS

FRESH FRUIT & RAW VEGETABLES

thursday

WHOLEMEAL BREAD
CHEESE SANDWICH

FRESH FRUIT & RAW VEGETABLES

friday

FRUIT & SPICE
ENGLISH BREAD

FRESH FRUIT & RAW VEGETABLES

LUNCH



PUMPKIN, SWEET POTATO
& WHITE BEAN SOUP
WITH WHOLEMEAL ROLL

Australian



BEEF, MUSHROOM
& EGGPLANT
PASTA BAKE

Australian

MIXED FRESH VEGETABLES



HOMEMADE FISH CAKES,
CREAMY POTATO &
SWEET POTATO BAKE

English

MIXED FRESH VEGETABLES



KOREAN BEEF &
CABBAGE BULGOGI
WITH RICE

Korean

MIXED FRESH VEGETABLES



ITALIAN BEEF MEATBALLS
IN CREAMY TOMATO SAUCE
WITH PASTA

Italian

MIXED FRESH VEGETABLES

AFTERNOON

GLUTEN FREE CRACKERS,
SULTANAS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

HERB & GARLIC
WHOLEMEAL BAGUETTE

FRESH FRUIT & RAW VEGETABLES

PUMPKIN, SPLIT PEA & GARLIC DIP
WITH HIGH FIBRE FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

HONEY & OAT
MUESLI ROUNDS

FRESH FRUIT & RAW VEGETABLES

BANANA, APPLE &
PINEAPPLE MUFFINS

FRESH FRUIT & RAW VEGETABLES

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THE ABSORPTION OF IRON.

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MORNING

monday

CRUMPETS WITH
APRICOT JAM

FRESH FRUIT & RAW VEGETABLES

tuesday

APRICOT, OAT
& PEPITA BAR

FRESH FRUIT & RAW VEGETABLES

wednesday

BANANA, BRAN
& OAT LOAF

FRESH FRUIT & RAW VEGETABLES

thursday

WHOLEMEAL
RAISIN BREAD

FRESH FRUIT & RAW VEGETABLES

friday

PEAR, APPLE & DATE
RICE CUSTARD

FRESH FRUIT & RAW VEGETABLES

LUNCH



CHICKEN & CORN RISSOLE,
MACARONI CHEESE
PASTA BAKE

American

MIXED FRESH VEGETABLES



MOROCCAN SPICED
LAMB & BEEF TAGINE
WITH COUS COUS

Moroccan

MIXED FRESH VEGETABLES



THAI TAMARIND
BEEF WITH
JASMINE RICE

Thai

MIXED FRESH VEGETABLES



BEEF & TOMATO
LASAGNE WITH CHEESE
BÉCHAMEL SAUCE

Italian

MIXED FRESH VEGETABLES



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

Italian

LETTUCE, CUCUMBER & TOMATOES

AFTERNOON

KIDNEY BEAN &
COCOA BROWNIE

FRESH FRUIT & RAW VEGETABLES

SMOKEY SWEET POTATO & CHICKPEA
DIP WITH HIGH FIBRE FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

GLUTEN FREE CRACKERS,
SULTANAS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

ORANGE & CHIA
WHOLEMEAL SQUARES

FRESH FRUIT & RAW VEGETABLES

CHEESE & SPINACH
PASTIZZI

FRESH FRUIT & RAW VEGETABLES

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MORNING

monday

FULL CREAM
FRUIT YOGHURT

FRESH FRUIT & RAW VEGETABLES

tuesday

CARROT, PUMPKIN &
RICOTTA SLICE

FRESH FRUIT & RAW VEGETABLES

wednesday

WHOLEMEAL TURKISH TOAST
WITH CHEDDAR CHEESE

Contains Sesame

FRESH FRUIT & RAW VEGETABLES

thursday

VEGEMITE & CREAM CHEESE
WHOLEMEAL SANDWICHES

FRESH FRUIT & RAW VEGETABLES

friday

WATER CRACKERS &
CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

LUNCH



JAPANESE CHICKEN BALLS,
GREEN VEGETABLES, BROWN RICE
PILAF & KATSU SAUCE

Japanese

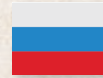
MIXED FRESH VEGETABLES



TUNA, TOMATO
& SPINACH
PASTA BAKE

American

MIXED FRESH VEGETABLES



BEEF STROGANOFF
WITH MUSHROOMS
& RICE

Russian

MIXED FRESH VEGETABLES



BEEF, MUSHROOM
& EGGPLANT
PASTA BAKE

Australian

MIXED FRESH VEGETABLES



BEEF &
BLACK BEAN
WITH RICE

Chinese

MIXED FRESH VEGETABLES

AFTERNOON

APPLE, APRICOT & RICOTTA SLICE
WITH FLAXSEED CRUMBLE

FRESH FRUIT & RAW VEGETABLES

HERB & GARLIC
WHOLEMEAL BAGUETTE

FRESH FRUIT & RAW VEGETABLES

AVOCADO & CREAM CHEESE DIP
WITH BROWN RICE CRACKERS

FRESH FRUIT & RAW VEGETABLES

SPELT & OAT
ANZAC BISCUITS

FRESH FRUIT & RAW VEGETABLES

APPLE & SPICE
PASTIZZI POCKETS

FRESH FRUIT & RAW VEGETABLES

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WEEK 5 2020-2021

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MORNING

monday

CHEESE, SPINACH & PUMPKIN PINWHEELS

FRESH FRUIT & RAW VEGETABLES

tuesday

PEAR, RICOTTA & SPINACH WHOLEMEAL SCONES

FRESH FRUIT & RAW VEGETABLES

wednesday

CORN THINS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

thursday

APPLE, DATE & CINNAMON RICE CUSTARD

FRESH FRUIT & RAW VEGETABLES

friday

ENGLISH MUFFINS WITH APRICOT JAM

FRESH FRUIT & RAW VEGETABLES

LUNCH



CHICKEN & BEEF SAUSAGE PAELLA, YELLOW RICE & GREEN PEAS

Spanish

MIXED FRESH VEGETABLES



BEEF & TOMATO MEATBALLS WITH CREAMY POTATO BAKE

Australian

MIXED FRESH VEGETABLES



LAMB, BEEF & SPLIT PEA CURRY WITH COUS COUS

Indian

MIXED FRESH VEGETABLES



CHEESY TOMATO & WHITE BEAN SAUCE WITH PASTA

French

MIXED FRESH VEGETABLES



MINI BEEF BURGERS WITH TOMATO RELISH, LETTUCE & SLICED CHEESE

Australian

LETTUCE

AFTERNOON

MARGARITA PIZZA STICKS

FRESH FRUIT & RAW VEGETABLES

SWEET POTATO & CORN DIP WITH HIGH FIBRE FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

BEETROOT, COCOA & COCONUT MUFFIN

FRESH FRUIT & RAW VEGETABLES

WHOLEMEAL COCONUT SHORTBREAD

FRESH FRUIT & RAW VEGETABLES

CITRUS POLENTA SLICE

FRESH FRUIT & RAW VEGETABLES

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MORNING

monday

WHOLEMEAL
RAISIN BREAD

FRESH FRUIT & RAW VEGETABLES

tuesday

COCONUT, CARDAMON
& CHIA CUSTARD

FRESH FRUIT & RAW VEGETABLES

wednesday

PUMPKIN, CHEESE &
SPINACH WHOLEMEAL SCONE

FRESH FRUIT & RAW VEGETABLES

thursday

WHOLEMEAL BREAD
CHEESE SANDWICH

FRESH FRUIT & RAW VEGETABLES

friday

BANANA, OAT &
BRAN LOAF

FRESH FRUIT & RAW VEGETABLES

LUNCH



BUTTER CHICKEN WITH
NATURAL YOGHURT
& RICE

Indian

MIXED FRESH VEGETABLES



BEEF MEATBALLS,
VEGETABLE RATATOUILLE
WITH PASTA

Italian



RED LENTIL & SPLIT PEA
TOMATO DHAL
WITH RICE

Indian

MIXED FRESH VEGETABLES



BEEF & TOMATO
BOLOGNAISE
WITH PASTA

Italian

MIXED FRESH VEGETABLES



SLOPPY JOE BEEF PIZZA
WITH SWEET POTATO,
CAPSICUM & CORN

American

LETTUCE, CUCUMBER & TOMATO

AFTERNOON

SWEET POTATO, APRICOT
& GINGER MUFFIN

FRESH FRUIT & RAW VEGETABLES

SPELT, COCOA &
CINNAMON COOKIES

FRESH FRUIT & RAW VEGETABLES

WHITE BEAN & BEETROOT DIP
WITH HIGH FIBRE FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

PEAR & GINGER
WHOLEMEAL PILLOWS

FRESH FRUIT & RAW VEGETABLES

WATER CRACKERS &
CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

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