



Week One 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

**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



**MOROCCAN CHICKPEA
& VEGETABLE STEW
WITH COUS COUS**

MIXED FRESH VEGETABLES



ALLERGY ALTERNATIVE

**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



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

MIXED FRESH VEGETABLES



www.kidsgourmetfood.com.au

*Allergy alternatives meals are determined by each individual child's allergy profile.





Week Two 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

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

VEGETARIAN
PATTIES WITH
CREAMY POTATO BAKE
MIXED FRESH VEGETABLES



ALLERGY ALTERNATIVE

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

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



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Week Three 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

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



FALAFEL BALLS
WITH RICE PILAF &
TOMATO GRAVY

MIXED FRESH VEGETABLES



ALLERGY ALTERNATIVE

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



BEEF & QUINOA
RISSOLES, BROWN RICE
& TOMATO GRAVY

MIXED FRESH VEGETABLES



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Week Four 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

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



VEGETABLE LASAGNE
WITH CHEESE
BÉCHAMEL SAUCE

MIXED FRESH VEGETABLES



ALLERGY ALTERNATIVE

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



BEEF & TOMATO
BOLOGNAISE WITH
RICE NOODLES

MIXED FRESH VEGETABLES



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Week Five 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

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



FALAFEL BALLS,
POTATO, TOMATO &
WHITE BEAN DIPPING SAUCE

MIXED FRESH VEGETABLES



ALLERGY ALTERNATIVE

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



BAKED WHITE FISH,
ROASTED POTATOES, TOMATO
& WHITE BEAN SAUCE

MIXED FRESH VEGETABLES



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Week Six 2018/19

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1)

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN ALTERNATIVE

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



SWEET POTATO & APRICOT STEW WITH RICE

MIXED FRESH VEGETABLES



ALLERGY ALTERNATIVE

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 CURRENT GRAVY & RICE NOODLES

MIXED FRESH VEGETABLES



CHICKEN, APRICOT & SWEET POTATO STEW WITH RICE

MIXED FRESH VEGETABLES



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