



# Week Two 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

## Healthy Fact

Fibre helps little bodies digest food. At KGF we make sure that we include loads of delicious vegetables, wholegrains and fruit, filling your little ones full of healthy fibre.

MORNING

### Monday

#### CORN THINS & CHEDDAR CHEESE

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

### Tuesday

#### SPINACH & RICOTTA SCONES

Dairy, vegetable based

FRESH FRUIT & RAW VEGETABLES

### Wednesday

#### SPICED CHICKPEA, SWEET CORN & CHEESE PINWHEELS

Dairy, protein

FRESH FRUIT & RAW VEGETABLES

### Thursday

#### WHOLEMEAL BREAD CHEESE SANDWICH

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

### Friday

#### FRUIT & SPICE ENGLISH BREAD

Fruit based

FRESH FRUIT & RAW VEGETABLES

LUNCH

#### 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



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

Australian

MIXED FRESH VEGETABLES



AFTERNOON

#### 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

#### MARGARITA PIZZA STICKS

Dairy

FRESH FRUIT & RAW VEGETABLES

The early years in a child's life are instrumental in developing positive, long-term eating habits. Exposing children to a nutritious, wholesome and balanced diet, by providing diverse ingredients not only gives them the best start in life, it helps secure their future health, development and wellbeing as they grow. KGF uses high-quality, fresh ingredients, creating meals with a broad range of flavours and textures, multicultural influence & diverse meal presentation, encouraging curiosity and interest in their food while in care. If you would like to know more about the service KGF provides, please go to [www.kidsgourmetfood.com.au](http://www.kidsgourmetfood.com.au)