



Week Four 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

Healthy Fact

Healthy fats found in milk products, meat and fish help little bodies build healthy nerves and fight off disease. KGF ensure we offer a well rounded menu providing a range of healthy fats.

MORNING

Monday

**FULL CREAM
FRUIT YOGHURT**

Dairy

FRESH FRUIT & RAW VEGETABLES

Tuesday

**APPLE, BLUEBERRY, FLAX MEAL
& WHOLEMEAL MUFFINS**

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

Wednesday

**WATER CRACKERS &
CHEDDAR CHEESE**

Dairy

FRESH FRUIT & RAW VEGETABLES

Thursday

**CHEESE SANDWICHES ON
WHOLEMEAL BREAD**

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

Friday

**WHOLEMEAL
RAISIN BREAD**

Wholemeal

FRESH FRUIT & RAW VEGETABLES

LUNCH

**HUNGARIAN BEEF GOULASH
WITH SWEET POTATO DICE
& RICE**

Hungarian

MIXED FRESH VEGETABLES



**CHICKEN & CHEESY
SPINACH SAUCE
WITH PASTA**

Italian

MIXED FRESH VEGETABLES



**LAMB & BEEF KORMA
WITH POTATO,
EGGPLANT & RICE**

Indian

MIXED FRESH VEGETABLES



**PUMPKIN, POTATO &
WHITE BEAN SOUP WITH
FOCACCIA SQUARES**

Australian



**BEEF & TOMATO
LASAGNE WITH CHEESE
BÉCHAMEL SAUCE**

Italian

MIXED FRESH VEGETABLES



AFTERNOON

**WHITE BEAN & BEETROOT DIP
WITH TORTILLA FLAT BREAD**

Dairy, high protein

FRESH FRUIT & RAW VEGETABLES

**MARGARITA
PIZZA STICKS**

Dairy

FRESH FRUIT & RAW VEGETABLES

**PEAR & GINGER
WHOLEMEAL PILLOWS**

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

**ORANGE WHOLEMEAL SQUARES
WITH BLACK CHIA SEEDS**

Wholemeal

FRESH FRUIT & RAW VEGETABLES

**GLUTEN FREE CRACKERS,
SULTANAS & CHEDDAR CHEESE**

Dairy, wholegrain

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