



Week Five 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

Healthy Fact

Busy little bodies require protein to build muscles. KGF offer a range of meals containing meat, dairy, beans and fish which are fantastic sources of protein!

MORNING

Monday

POWER BAR WITH APRICOT, PEPITAS, QUINOA
Wholegrain, high fibre
FRESH FRUIT & RAW VEGETABLES

Tuesday

DATE, OATMEAL & QUINOA MUFFINS
Wholemeal, wholegrain
FRESH FRUIT & RAW VEGETABLES

Wednesday

BANANA, APPLE & PINEAPPLE MUFFINS
Wholemeal, fruit based
FRESH FRUIT & RAW VEGETABLES

Thursday

CHEESE PASTIZZI
Wholemeal, dairy
FRESH FRUIT & RAW VEGETABLES

Friday

WATER CRACKERS & CHEDDAR CHEESE
Dairy
FRESH FRUIT & RAW VEGETABLES

LUNCH

TSUKUNE JAPANESE CHICKEN BALLS, GREEN VEGETABLES WITH INFUSED BROWN RICE PILAF
Japanese

MIXED FRESH VEGETABLES



VEGETABLE PASTA BAKE WITH SWEET POTATO, EGGPLANT & WHITE BEANS
Greek

LETTUCE & CUCUMBER SALAD



LAMB, BEEF & LENTIL DHAL WITH COUS COUS
Indian

MIXED FRESH VEGETABLES



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

BEAN & CORN SALSA



CRUMBED FISH PIECES, ROASTED POTATOES, TOMATO & WHITE BEAN DIPPING SAUCE
Modern Australian

MIXED FRESH VEGETABLES



AFTERNOON

PUMPKIN, CHEESE & LINSEED SCONES
Dairy, high vegetable
FRESH FRUIT & RAW VEGETABLES

HERB & GARLIC WHOLEMEAL BAGUETTE
Wholemeal
FRESH FRUIT & RAW VEGETABLES

VEGEMITE & CREAM CHEESE TIGER SANDWICHES
Dairy, wholegrain
FRESH FRUIT & RAW VEGETABLES

HONEY & OAT MUESLI ROUNDS
Wholemeal, wholegrain
FRESH FRUIT & RAW VEGETABLES

BETROOT, COCOA & COCONUT MUFFIN
Wholemeal, vegetable based
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