



Week Six 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

Healthy Fact

Vitamin A is important for tissue health such as the retina in the eye and healthy skin. Excellent sources of vitamin A are found in sweet potato, pumpkin, apricot and corn, all regularly used by KGF.

MORNING

Monday

CHEESE & VEGEMITE SCROLLS

Dairy

FRESH FRUIT & RAW VEGETABLES

Tuesday

FULL CREAM FRUIT YOGHURT

Dairy

FRESH FRUIT & RAW VEGETABLES

Wednesday

TURKISH TOAST

Contains Sesame

FRESH FRUIT & RAW VEGETABLES

Thursday

PEAR & APPLE RICE CUSTARD

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

Friday

WHOLEMEAL RAISIN BREAD

Wholemeal

FRESH FRUIT & RAW VEGETABLES

LUNCH

CHICKEN & SAUSAGE PAELLA, YELLOW RICE & GREEN PEAS

Spanish

MIXED FRESH VEGETABLES



BEEF STROGANOFF WITH MUSHROOMS & RICE

Russian

MIXED FRESH VEGETABLES



VEGETARIAN PIZZA WITH SWEET POTATO, CAPSICUM, ZUCCHINI, CORN & CHEESE

Australian

LETTUCE, CUCUMBER & TOMATO SALAD



SWEDISH MEATBALLS WITH PASTA

Swedish

MIXED FRESH VEGETABLES



CHICKEN, APRICOT & SWEET POTATO STEW WITH RICE

Modern Australian

MIXED FRESH VEGETABLES



AFTERNOON

WEETBIX & LINSEED CRUMBLE

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

AVOCADO & CREAM CHEESE DIP WITH BROWN RICE CRACKERS

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

SPELT & OAT ANZAC BISCUITS

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

APPLE & SPICE PASTIZZI

Fruit based

FRESH FRUIT & RAW VEGETABLES

SWEET POTATO DIP WITH TORTILLA FLAT BREAD

High protein, 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