



# Week Three 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (1)

## WEEKLY MENU SUMMARY

- ✓ 1 Serves White Meat (Chicken or Fish)
- ✓ 3 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

### Monday

**WATER CRACKERS & CHEDDAR CHEESE**

Dairy

FRESH FRUIT & RAW VEGETABLES

### Tuesday

**DATE, OATMEAL & QUINOA MUFFINS**

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

### Wednesday

**CRUMPETS WITH APRICOT JAM**

Low sodium

FRESH FRUIT & RAW VEGETABLES

### Thursday

**APPLE & CINNAMON RICE CUSTARD**

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

### Friday

**DATE, APPLE & CHEESE SCROLLS**

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

LUNCH



**BEEF & TOMATO BOLOGNAISE WITH PASTA**

Italian

MIXED FRESH VEGETABLES



**RED LENTIL & SPLIT PEA TOMATO DHAL WITH RICE**

Indian

MIXED FRESH VEGETABLES



**BEEF & COCONUT CURRY WITH PASTA**

Thai

MIXED FRESH VEGETABLES



**CHICKEN BBQ PIZZA WITH SWEET POTATO, CAPSICUM, PINEAPPLE & CHEESE**

Australian

LETTUCE, TOMATO & CUCUMBER SALAD



**BEEF & QUINOA MEATBALLS, TOMATO GRAVY WITH BROWN RICE PILAF**

Australian

MIXED FRESH VEGETABLES

AFTERNOON

**SPELT & OAT ANZAC BISCUITS**

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

**APPLE, APRICOT & RICOTTA SLICE WITH FLAXSEED CRUMBLE**

Dairy, wholegrain, fruit based

FRESH FRUIT & RAW VEGETABLES

**SPICE ROASTED VEGETABLE, CHICKPEA & CHEESE POCKETS**

Dairy, protein, vegetable based

FRESH FRUIT & RAW VEGETABLES

**WHOLEMEAL COCONUT SHORTBREAD**

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

**BANANA & BRAN BREAD**

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

[www.kidsgourmetfood.com.au](http://www.kidsgourmetfood.com.au)

\*All KGF menus have been designed to meet criteria recommended by current Australian Dietary Guidelines and the National Quality Standard. Menus provide a minimum of 50% of the recommended daily intake of all nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages.

