



WEEK ONE 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (1)

MORNING

MONDAY

CRUMPETS WITH APRICOT JAM

FRESH FRUIT & RAW VEGETABLES

TUESDAY

TURKISH TOAST
Contains Sesame

FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

ENGLISH MUFFINS & CHEESE

FRESH FRUIT & RAW VEGETABLES

THURSDAY

VANILLA COCONUT CUSTARD

FRESH FRUIT & RAW VEGETABLES

FRIDAY

WATER CRACKERS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

LUNCH



BEEF STROGANOFF WITH MUSHROOMS & RICE

Russian
MIXED FRESH VEGETABLES



VEGETABLE PASTA BAKE WITH SWEET POTATO, EGGPLANT & WHITE BEANS

Greek
MIXED FRESH VEGETABLES



CHICKEN & CHEESY SPINACH SAUCE WITH PASTA

Italian
MIXED FRESH VEGETABLES



LAMB, BEEF & CHICKPEA PATTIES, NATURAL YOGHURT TZATZIKI, LETTUCE & PITA BREAD

Greek
ICEBERG LETTUCE



CHICKEN & CORN RISSOLE, MACARONI CHEESE PASTA BAKE

American
MIXED FRESH VEGETABLES

AFTERNOON

WHITE BEAN & BEETROOT DIP WITH TORTILLA FLAT BREAD
FRESH FRUIT & RAW VEGETABLES

CORN THINS & CHEDDAR CHEESE
FRESH FRUIT & RAW VEGETABLES

CHEESE PASTIZZI
FRESH FRUIT & RAW VEGETABLES

BEETROOT, COCOA & COCONUT MUFFIN
FRESH FRUIT & RAW VEGETABLES

CITRUS POLENTA & RICOTTA SLICE
FRESH FRUIT & RAW VEGETABLES

www.kidsgourmetfood.com.au

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WEEK TWO 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (1)

MORNING

MONDAY

**FULL CREAM
FRUIT YOGHURT**

FRESH FRUIT & RAW VEGETABLES

TUESDAY

**CHEESE &
VEGEMITE SCROLLS**

FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

**CARROT, PUMPKIN &
RICOTTA SLICE**

FRESH FRUIT & RAW VEGETABLES

THURSDAY

**WHOLEMEAL BREAD
CHEESE SANDWICH**

FRESH FRUIT & RAW VEGETABLES

FRIDAY

**WHOLEMEAL
RAISIN BREAD**

FRESH FRUIT & RAW VEGETABLES

LUNCH



**BEEF &
VEGETABLE
PASTA BAKE**

Modern Australian

MIXED FRESH VEGETABLES



**MOROCCAN SPICED
LAMB & BEEF WITH
COUS COUS**

Moroccan

MIXED FRESH VEGETABLES



**CHICKEN KORMA
WITH POTATO,
EGGPLANT & RICE**

Indian

MIXED FRESH VEGETABLES



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

Australian

LETTUCE, CUCUMBER & TOMATOES



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

Hungarian

MIXED FRESH VEGETABLES

AFTERNOON

**HERB & GARLIC
WHOLEMEAL BAGUETTE**

FRESH FRUIT & RAW VEGETABLES

**GLUTEN FREE CRACKERS WITH
CHICKPEA & HERB CREAM CHEESE**

FRESH FRUIT & RAW VEGETABLES

**CORN FLAKE, COCONUT &
SUNFLOWER SEED MUESLI ROUNDS**

FRESH FRUIT & RAW VEGETABLES

**APPLE & SPICE
PASTIZZI**

FRESH FRUIT & RAW VEGETABLES

**BEAN & COCOA
BROWNIE**

FRESH FRUIT & RAW VEGETABLES

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WEEK THREE 2019–2020

MAIN MENU 12 MONTHS TO 5 YEARS (1)

MORNING

MONDAY

CORN THINS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

TUESDAY

DATE, OATMEAL & QUINOA MUFFINS

FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

CRUMPETS WITH APRICOT JAM

FRESH FRUIT & RAW VEGETABLES

THURSDAY

APPLE, DATE & CINNAMON RICE CUSTARD

FRESH FRUIT & RAW VEGETABLES

FRIDAY

CHEESE, SPINACH, PUMPKIN & PAPRIKA PINWHEELS

FRESH FRUIT & RAW VEGETABLES

LUNCH



BEEF & TOMATO MEATBALLS WITH CREAMY POTATO BAKE

Australian

MIXED FRESH VEGETABLES



CHEESY TOMATO & WHITE BEAN SAUCE WITH PASTA

French

MIXED FRESH VEGETABLES



JAPANESE CHICKEN BALLS, GREEN VEGETABLES, BROWN RICE & KATSU SAUCE

Japanese

MIXED FRESH VEGETABLES



BEEF & TOMATO BOLOGNAISE WITH PASTA

Italian

MIXED FRESH VEGETABLES



BUTTER CHICKEN WITH NATURAL YOGHURT & RICE

Indian

MIXED FRESH VEGETABLES

AFTERNOON

SPELT & OAT ANZAC BISCUITS

FRESH FRUIT & RAW VEGETABLES

APPLE, APRICOT & RICOTTA SLICE WITH FLAXSEED CRUMBLE

FRESH FRUIT & RAW VEGETABLES

GLUTEN FREE CRACKERS, SULTANAS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

MARGARITA PIZZA STICKS

FRESH FRUIT & RAW VEGETABLES

SWEET POTATO DIP WITH TORTILLA FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

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WEEK FOUR 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (1)

MORNING

MONDAY

FULL CREAM
FRUIT YOGHURT

FRESH FRUIT & RAW VEGETABLES

TUESDAY

APPLE, BLUEBERRY, FLAX MEAL
& WHOLEMEAL MUFFINS

FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

WATER CRACKERS &
CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

THURSDAY

VEGEMITE & CREAM CHEESE
TIGER SANDWICHES

FRESH FRUIT & RAW VEGETABLES

FRIDAY

WHOLEMEAL
RAISIN BREAD

FRESH FRUIT & RAW VEGETABLES

LUNCH



BEEF & TOMATO
MEATBALLS, TOMATO GRAVY
WITH BROWN RICE PILAF

Australian

MIXED FRESH VEGETABLES



RED LENTIL & SPLIT PEA
TOMATO DHAL
WITH RICE

Indian

MIXED FRESH VEGETABLES



BEEF & TOMATO
LASAGNE WITH CHEESE
BÉCHAMEL SAUCE

Italian

MIXED FRESH VEGETABLES



MINI BEEF BURGERS
WITH SALAD &
SLICED CHEESE

Australian

LETTUCE & TOMATOES



TUNA &
WHITE BEAN MORNAY
PASTA BAKE

American

MIXED FRESH VEGETABLES

AFTERNOON

HERB & GARLIC
WHOLEMEAL BAGUETTE

FRESH FRUIT & RAW VEGETABLES

WHOLEMEAL COCONUT
SHORTBREAD

FRESH FRUIT & RAW VEGETABLES

PEAR & GINGER
WHOLEMEAL PILLOWS

FRESH FRUIT & RAW VEGETABLES

BANANA & BRAN
BREAD

FRESH FRUIT & RAW VEGETABLES

GLUTEN FREE CRACKERS,
SULTANAS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

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WEEK FIVE 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (1)

MORNING

MONDAY

APRICOT, PEPITA & OAT BAR

FRESH FRUIT & RAW VEGETABLES

TUESDAY

PUMPKIN, CHEESE, SPINACH & LINSEED SCONES

FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

BANANA, APPLE & PINEAPPLE MUFFINS

FRESH FRUIT & RAW VEGETABLES

THURSDAY

WHOLEMEAL BREAD CHEESE SANDWICH

FRESH FRUIT & RAW VEGETABLES

FRIDAY

WATER CRACKERS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

LUNCH



LAMB, BEEF & LENTIL DHAL WITH COUS COUS

Indian

MIXED FRESH VEGETABLES



CHICKEN, APRICOT & SWEET POTATO STEW WITH RICE

Modern Australian

MIXED FRESH VEGETABLES



CHICKEN & SAUSAGE PAELLA, YELLOW RICE & GREEN PEAS

Spanish

MIXED FRESH VEGETABLES



PULLED BEEF & TOMATO PIZZA

Italian

LETTUCE, CUCUMBER & TOMATOES



PUMPKIN, POTATO & WHITE BEAN SOUP WITH WHOLEMEAL DINNER ROLL

Australian

AFTERNOON

WHITE BEAN & BEETROOT DIP WITH TORTILLA FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

HONEY & OAT MUESLI ROUNDS

FRESH FRUIT & RAW VEGETABLES

CHEESE & SPINACH PASTIZZI

FRESH FRUIT & RAW VEGETABLES

ORANGE WHOLEMEAL SQUARES WITH BLACK CHIA SEEDS

FRESH FRUIT & RAW VEGETABLES

BEETROOT, COCOA & COCONUT MUFFIN

FRESH FRUIT & RAW VEGETABLES

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WEEK SIX 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (1)

MORNING

MONDAY

SPICED CHICKPEA, SWEET CORN & CHEESE PINWHEELS

FRESH FRUIT & RAW VEGETABLES

TUESDAY

FULL CREAM FRUIT YOGHURT

FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

FRUIT & SPICE ENGLISH BREAD

FRESH FRUIT & RAW VEGETABLES

THURSDAY

PEAR & APPLE RICE CUSTARD

FRESH FRUIT & RAW VEGETABLES

FRIDAY

DATE, APPLE & CHEESE SCROLLS

FRESH FRUIT & RAW VEGETABLES

LUNCH



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

Mexican

BEAN & CORN SALSA



HUNAN ORANGE & GINGER BEEF WITH RICE & VEGETABLES

Chinese

MIXED FRESH VEGETABLES



CHICKEN, TOMATO, ZUCCHINI & CHEESE PASTA BAKE

Italian

LETTUCE & CUCUMBER



ITALIAN BEEF MEATBALLS IN CREAMY TOMATO SAUCE WITH PASTA

Italian

MIXED FRESH VEGETABLES



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

Modern Australian

MIXED FRESH VEGETABLES

AFTERNOON

WEETBIX & LINSEED CRUMBLE

FRESH FRUIT & RAW VEGETABLES

AVOCADO & CREAM CHEESE DIP WITH BROWN RICE CRACKERS

FRESH FRUIT & RAW VEGETABLES

SPELT & OAT ANZAC BISCUITS

FRESH FRUIT & RAW VEGETABLES

MARGARITA PIZZA STICKS

FRESH FRUIT & RAW VEGETABLES

BANANA & BRAN BREAD

FRESH FRUIT & RAW VEGETABLES

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