



# Week One

2022 - 2023



ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)  
www.kidsgourmetfood.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday
V1	Falafel Balls, Macaroni Cheese Bake Mixed Fresh Vegetables	Moroccan Chickpea & Vegetable Tagine with Cous Cous Mixed Fresh Vegetables	Vegetable Lasagne with Cheese Bechamel Sauce Mixed Fresh Vegetables	-	-
V2	Falafel Balls, Wheat Pasta with Carrot & Tarragon Sauce Mixed Fresh Vegetables	-	Roasted Vegetable & Tomato Sauce with Wheat Pasta, Non-Dairy Cheese Mixed Fresh Vegetables	-	-
A1	Chicken & Corn Rissoles, Wheat Pasta with Carrot & Tarragon Sauce Mixed Fresh Vegetables	Moroccan Spiced Lamb & Beef Tagine with Jasmine Rice Mixed Fresh Vegetables	Beef & Tomato Bolognese with Wheat Pasta Mixed Fresh Vegetables	Chicken and Jasmine Rice with Green Pea & Zucchini Sauce Mixed Fresh Vegetables	Chunky Roasted Vegetable & Tomato Sauce with Wheat Pasta Mixed Fresh Vegetables
A2	Chicken & Chia Rissoles, Rice & Corn Pasta with Carrot & Tarragon Sauce Mixed Fresh Vegetables	Beef Meatballs with Roasted Eggplant Sauce & Jasmine Rice Mixed Fresh Vegetables	Beef & Tomato Bolognese with Rice Noodles Mixed Fresh Vegetables	-	Chunky Roasted Vegetable & Tomato Sauce with Rice & Corn Pasta Mixed Fresh Vegetables
A3	-	-	-	-	Red Lentil, Pumpkin & Coconut Stew, Sweet Potato, White Beans with Rice Noodles Mixed Fresh Vegetables

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	Monday	Tuesday	Wednesday	Thursday	Friday
V1	Lentil, Tomato & Spinach Pasta Bake Mixed Fresh Vegetables	Silken Tofu & White Bean Balls, Brown Rice & Katsu Sauce Green Vegetables	Chickpea, Potato & Mushroom Stroganoff with Jasmine Rice Mixed Fresh Vegetables	Pumpkin, Mushroom, Chickpea & Spinach Pasta Bake Mixed Fresh Vegetables	Chinese Black Bean Tofu with Jasmine Rice Mixed Fresh Vegetables
V2	Lentil, Tomato & Spinach with Wheat Pasta, Non-Dairy Cheese Mixed Fresh Vegetables	-	Chickpea, Potato, Mushroom & Tomato Stew with Jasmine Rice Mixed Fresh Vegetables	Pumpkin, Mushroom & Tomato with Wheat Pasta, Non-Dairy Cheese Mixed Fresh Vegetables	-
A1	Baked White Fish Wheat Pasta, Green Pea & Zucchini Sauce Mixed Fresh Vegetables	Chicken Chia Meatballs, Brown Rice & Gravy Green Vegetables	Beef, Mushroom & Tomato Stew with Rice Mixed Fresh Vegetables	Beef, Pumpkin & Mushroom with Wheat Pasta Mixed Fresh Vegetables	Chinese Beef Stew with Jasmine Rice Mixed Fresh Vegetables
A2	White Fish Fillet, Rice Noodles, Green Pea & Zucchini Sauce Mixed Fresh Vegetables	Chicken Chia Meatballs, Brown Rice & Turmeric Coconut Sauce Green Vegetables	Beef Meatballs, Roasted Eggplant Sauce with Jasmine Rice Mixed Fresh Vegetables	Beef, Pumpkin & Mushroom with Rice Noodles Mixed Fresh Vegetables	Beef & Quinoa Rissoles, Rice with Carrot & Tarragon Sauce Mixed Fresh Vegetables
A3	-	-	-	-	-

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V1	Mexican Bean Stew with Rice, Salsa, Corn Chips Bean & Corn Salsa	Cheesy Tomato, Pumpkin & Spinach Sauce with Pasta Mixed Fresh Vegetables	Hungarian Sweet Potato & White Bean Stew with Rice Mixed Fresh Vegetables	Vegetable Patties, Ratatouille & Wheat Pasta	Vegetarian Pizza with Sweet potato, Capsicum, Zucchini, Corn & Cheese Salad
V2	-	Pumpkin, Spinach Tomato Sauce with Wheat Pasta, Non-Dairy Cheese Mixed Fresh Vegetables	-	-	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Non-Dairy Cheese Salad
A1	Beef & Rice with Roasted Eggplant Sauce, Green Beans & Peas Mixed Fresh Vegetables	Chicken, Tomato & Spinach Sauce with Wheat Pasta Mixed Fresh Vegetables	Beef Meatballs with Carrot & Tarragon Sauce with Jasmine Rice Mixed Fresh Vegetables	Beef & Quinoa Rissole with Ratatouille, Rice & Corn Pasta	BBQ Chicken Pizza with Sweet Potato, Capsicum, Pineapple, Non-Dairy Cheese Salad
A2	-	Chicken, Tomato & Spinach Sauce with Rice & Corn Pasta Mixed Fresh Vegetables	-	Beef & Rice Noodles with Roasted Eggplant Sauce Mixed Fresh Vegetables	Gluten Free Chicken Pizza with Sweet Potato, Capsicum, Pineapple, Non-Dairy Cheese Salad
A3	-	-	-	-	BBQ Chicken with Sweet Potato, Capsicum, Corn & Brown Rice Salad

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V1	Chickpea Patties with Creamy Potato Bake Mixed Fresh Vegetables	Roasted Vegetable Coconut Curry with Jasmine Rice Mixed Fresh Vegetables	Teriyaki Tofu Sauce with Rice Mixed Fresh Vegetables	Spinach & Ricotta Pasta with Rich Tomato Sauce Mixed Fresh Vegetables	-
V2	Chickpea Patties with Roasted Potatoes & Gravy Mixed Fresh Vegetables	White Bean & Vegetable Coconut Curry with Jasmine Rice Mixed Fresh Vegetables	-	Spinach, Lentil & Tomato Sauce with Wheat Pasta Mixed Fresh Vegetables	-
A1	Beef & Quinoa Rissole with Roasted Potatoes & Gravy Mixed Fresh Vegetables	Chicken Coconut Curry with Jasmine Rice Mixed Fresh Vegetables	Chicken, Chia Rissoles, Brown Rice, Turmeric Coconut Sauce Mixed Fresh Vegetables	Beef Bolognese with Rice & Corn Pasta Mixed Fresh Vegetables	Pumpkin, Sweet Potato, White Bean & Coconut Soup with Wholemeal Roll
A2	Beef & Quinoa Rissole, Roasted Potatoes with Carrot & Tarragon Sauce Mixed Fresh Vegetables	Chicken, Jasmine Rice with Carrot & Tarragon Sauce Mixed Fresh Vegetables	-	Beef & Quinoa Rissoles, Pumpkin & Lentil Sauce with Rice Noodles Mixed Fresh Vegetables	Pumpkin, Sweet Potato, White Bean & Coconut Soup with Gluten Free Bread
A3	-	-	-	-	-

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	Monday	Tuesday	Wednesday	Thursday	Friday
V1	<p>Italian Vegetable Balls with Creamy Tomato Sauce &amp; Pasta</p> <p>Mixed Fresh Vegetables</p>	<p>Legume &amp; Sweet Potato Paella with Yellow Rice</p> <p>Mixed Fresh Vegetables</p>	<p>Split Pea &amp; Lentil Coconut Curry with Cous Cous</p> <p>Mixed Fresh Vegetables</p>	-	<p>Mini Falafel Burgers with Tomato Relish*</p> <p>Lettuce</p>
V2	<p>Italian Vegetable Balls with Rich Tomato Sauce &amp; Wheat Pasta, Non-Dairy Cheese</p> <p>Mixed Fresh Vegetables</p>	-	-	-	-
A1	<p>Italian Beef Meatballs with Rich Tomato Sauce &amp; Wheat Pasta</p> <p>Mixed Fresh Vegetables</p>	<p>Chicken Paella with Yellow Rice (No Sausage)</p> <p>Mixed Fresh Vegetables</p>	<p>Lamb, Beef &amp; Split Pea Coconut Curry with Rice</p> <p>Mixed Fresh Vegetables</p>	<p>Red Lentil, Pumpkin &amp; Coconut Stew with Rice</p> <p>Mixed Fresh Vegetables</p>	<p>Chicken &amp; Chia Rissole, Gluten Free Bread with Capsicum Relish</p> <p>Lettuce</p>
A2	<p>Beef &amp; Quinoa Rissole with Rich Tomato Sauce &amp; Rice &amp; Corn Pasta</p> <p>Mixed Fresh Vegetables</p>	<p>Chicken &amp; Rice with Green Pea &amp; Zucchini Sauce</p> <p>Mixed Fresh Vegetables</p>	<p>Beef, Pumpkin &amp; Lentil Sauce with Rice</p> <p>Mixed Fresh Vegetables</p>	-	-
A3	-	-	-	-	-

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V1	Vegetable Pasta Bake with Cheese Sauce & Wheat Pasta	-	Sweet Potato, White Bean & Apricot Stew with Jasmine Rice Mixed Fresh Vegetables	Spinach, Potato & Eggplant Korma with Jasmine Rice Mixed Fresh Vegetables	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Cheese Salad
V2	Chunky Roasted Vegetable & Tomato Sauce with Wheat Pasta	-	-	-	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn, Non-Dairy Cheese Salad
A1	Chicken Tomato & Zucchini Bolognese with Wheat Pasta Mixed Fresh Vegetables	Chunky Roasted Vegetable & Tomato Sauce with Wheat Pasta Mixed Fresh Vegetables	Chicken and Jasmine Rice with Green Pea & Zucchini Sauce Mixed Fresh Vegetables	Beef Meatballs with Coconut Curry & Jasmine Rice Mixed Fresh Vegetables	Smokey Beef Pizza, Sweet Potato, Capsicum & Non-Dairy Cheese Salad
A2	Chicken Tomato & Zucchini Bolognese with Rice & Corn Pasta	Chunky Roasted Vegetable & Tomato Sauce with Rice & Corn Pasta Mixed Fresh Vegetables	-	Beef & Quinoa Meatballs, Pumpkin & Lentil Sauce, with Jasmine Rice Mixed Fresh Vegetables	Gluten Free Smokey Beef Pizza, Sweet Potato, Capsicum & Non-Dairy Cheese Salad
A3	-	Red Lentil, Pumpkin & Coconut Stew, Sweet Potato, White Beans with Rice Noodles Mixed Fresh Vegetables	-	-	BBQ Chicken with Sweet Potato, Capsicum, Corn & Brown Rice Salad

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