



Week One

2022 - 2023

MORNING

Monday

Apple & Apricot
Puree with Iron
Fortified Rice Cereal



Tuesday

Apple & Pear
Porridge
Puree



Wednesday

Peach Rice Pudding
with Cinnamon
Puree



Thursday

Apple, Blueberry &
Pear Puree with Iron
Fortified Rice Cereal



Friday

Tapioca
& Pear
Puree



LUNCH

Beef, Red Lentil,
Potato & Carrot
Mashed

Chicken,
Red Lentils &
Carrot Mashed

Veal, Potato,
Tomato & Cheese
Mashed

Pasta, Zucchini,
Broccoli, White Beans
& Green Peas Mashed

Chicken, Corn,
Cauliflower, Pearl Barley
& Rice Mashed

Cauliflower,
Sweet Potato &
Pumpkin Puree

Broccoli,
Cauliflower &
Potato Puree

Sweet
Potato
Puree

Carrot
& Corn
Puree

Pumpkin &
Sweet Potato
Puree

AFTERNOON

Peach & Apple
Semolina
Puree



Creamy
Mango Risotto
Puree

Apple, Orange, Pear &
Prune Puree with Iron
Fortified Rice Cereal

Pear & Apple Puree
with Iron Fortified
Rice Cereal



Apple & Pear
Semolina
Puree

*The KGF menu is designed around children having an additional cup of milk and high iron breakfast cereal or wholemeal toast to fulfill the daily serve requirements recommended by the Australian Dietary Guidelines and the National Quality Framework. 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.

MORNING

Monday

Apricot & Apple Porridge Puree



Tuesday

Peach Semolina with Milk Puree



Wednesday

Pear & Apple Puree with Iron Fortified Rice Cereal



Thursday

Apple Semolina Puree



Friday

Apple, Apricot, Pear & Prune Puree with Iron Fortified Rice Cereal



LUNCH

Beef & Roasted Vegetable Stew with Cous Cous Mashed

Beef, Pearl Barley & Vegetable Casserole Mashed

White Beans, Oats, Pumpkin & Carrot Mashed

Chicken, Potato, Corn & White Beans Mashed

Beef, Brown Rice, Pumpkin & Potato Mashed

Zucchini & Potato Puree

Cauliflower, Corn & Potato Puree

Zucchini, Potato & Cauliflower Puree

Carrot & Pumpkin Puree

Broccoli, Green Peas, Zucchini & Potato Puree

AFTERNOON

Apple Puree with Iron Fortified Rice Cereal

Mango & Pear Puree with Iron Fortified Rice Cereal

Apple, Apricot & Prune Puree with Iron Fortified Rice Cereal

Peach, Pear & Apple Puree with Iron Fortified Rice Cereal

Tapioca, Apple & Rhubarb Puree



MORNING

Monday

Pear
Semolina
Puree



Tuesday

Pear, Apple & Apricot
Puree with Iron Fortified
Rice Cereal



Wednesday

Peach, Pear
& Tapioca
Puree



Thursday

Apricot
Porridge Puree
with Milk



Friday

Pear Puree
with Iron Fortified
Rice Cereal



LUNCH

Chicken, Ricotta,
Pasta & Corn
Mashed

Chicken, Red Lentil,
Sweet Potato
& Rice Mashed

Beef Bolognese
Sauce with Pasta &
Vegetables Mashed



Pasta, Pumpkin
& Cheese
Mashed

Chicken,
Sweet Potato &
White Beans Mashed

AFTERNOON

Sweet
Potato
Puree

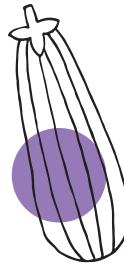


Apple
& Pear
Puree

Pumpkin
& Carrot
Puree



Apple & Rhubarb
Puree with Iron Fortified
Rice Cereal



Potato &
Pumpkin
Puree



Apple,
Peach &
Prune Puree

Potato,
Green Pea &
Broccoli Puree



Apple, Pear &
Prune Puree with
Iron Fortified Rice Cereal



Carrot,
Cauliflower &
Potato Puree



Apple Puree
with Iron Fortified
Rice Cereal

MORNING

Monday

Apple & Apricot
Puree with Iron
Fortified Rice Cereal



Tuesday

Apple &
Pear Porridge
Puree



Wednesday

Peach Rice Pudding
with Cinnamon
Puree



Thursday

Apple, Blueberry &
Pear Puree with Iron
Fortified Rice Cereal



Friday

Tapioca
& Pear
Puree



LUNCH

Beef, Red Lentil,
Potato & Carrot
Mashed



Chicken,
Red Lentils &
Carrot Mashed



Veal, Potato,
Tomato & Cheese
Mashed



Pasta, Zucchini,
Broccoli, White Beans
& Green Peas Mashed



Chicken, Corn,
Cauliflower, Pearl Barley
& Rice Mashed



AFTERNOON

Cauliflower,
Sweet Potato &
Pumpkin Puree



Broccoli,
Cauliflower &
Potato Puree



Sweet
Potato
Puree



Carrot
& Corn
Puree



Pumpkin &
Sweet Potato
Puree



Peach & Apple
Semolina
Puree

Creamy
Mango Risotto
Puree

Apple, Orange, Pear &
Prune Puree with Iron
Fortified Rice Cereal

Pear & Apple Puree
with Iron Fortified
Rice Cereal



Apple & Pear
Semolina
Puree

MORNING

Monday

Apricot & Apple Porridge Puree



Tuesday

Peach Semolina with Milk Puree

Wednesday

Pear & Apple Puree with Iron Fortified Rice Cereal



Thursday

Apple Semolina Puree

Friday

Apple, Apricot, Pear & Prune Puree with Iron Fortified Rice Cereal

LUNCH

Beef & Roasted Vegetable Stew with Cous Cous Mashed

Beef, Pearl Barley & Vegetable Casserole Mashed

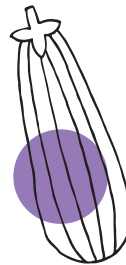
White Beans, Oats, Pumpkin & Carrot Mashed

Chicken, Potato, Corn & White Beans Mashed

Beef, Brown Rice, Pumpkin & Potato Mashed

Zucchini & Potato Puree

Cauliflower, Corn & Potato Puree



Zucchini, Potato & Cauliflower Puree

Carrot & Pumpkin Puree

Broccoli, Green Peas, Zucchini & Potato Puree

AFTERNOON

Apple Puree with Iron Fortified Rice Cereal

Mango & Pear Puree with Iron Fortified Rice Cereal

Apple, Apricot & Prune Puree with Iron Fortified Rice Cereal

Peach, Pear & Apple Puree with Iron Fortified Rice Cereal



Tapioca, Apple & Rhubarb Puree



MORNING

Monday

Pear
Semolina
Puree



Tuesday

Pear, Apple &
Apricot Puree with Iron
Fortified Rice Cereal



Wednesday

Peach, Pear
& Tapioca
Puree



Thursday

Apricot
Porridge Puree
with Milk



Friday

Pear Puree
with Iron Fortified
Rice Cereal



LUNCH

Chicken, Ricotta,
Pasta & Corn
Mashed

Chicken, Red Lentil,
Sweet Potato
& Rice Mashed



Beef Bolognese
Sauce with Pasta &
Vegetables Mashed

Pasta,
Pumpkin & Cheese
Mashed

Chicken,
Sweet Potato &
White Beans Mashed

Sweet
Potato
Puree



Pumpkin
& Carrot
Puree

Potato
& Pumpkin
Puree

Potato,
Green Pea &
Broccoli Puree

Carrot,
Cauliflower &
Potato Puree

AFTERNOON

Apple
& Pear
Puree



Apple & Rhubarb
Puree with Iron
Fortified Rice Cereal



Apple,
Peach & Prune
Puree



Apple, Pear &
Prune Puree with Iron
Fortified Rice Cereal



Apple Puree
with Iron Fortified
Rice Cereal

