



# Week One

2022 - 2023



MAIN MENU 12 MONTHS TO 5 YEARS (1)  
www.kidsgourmetfood.com.au

MORNING

## Monday

Apricot, Oat & Pepita Bar

Fresh Fruit & Raw Vegetables

## Tuesday

Fruit & Spice English Bread

Fresh Fruit & Raw Vegetables

## Wednesday

Date, Oatmeal & Quinoa Loaf

Fresh Fruit & Raw Vegetables

## Thursday

Wholemeal Bread Cheese Sandwich

Fresh Fruit & Raw Vegetables

## Friday

Crumpets with Apricot Jam

Fresh Fruit & Raw Vegetables

LUNCH



Chicken & Corn Rissolle,  
Macaroni Cheese  
Pasta Bake  
*American*

Mixed Fresh Vegetables



Moroccan Spiced  
Lamb & Beef Tagine  
with Cous Cous  
*Moroccan*

Mixed Fresh Vegetables



Beef & Tomato  
Lasagne with Cheese  
Béchamel Sauce  
*Italian*

Mixed Fresh Vegetables



Red Lentil & Split  
Pea Tomato Dhal  
with Rice  
*Indian*

Mixed Fresh Vegetables



Vegetable Pasta Bake  
with Sweet Potato,  
Eggplant & White Beans  
*Greek*

Mixed Fresh Vegetables

AFTERNOON

Smokey Pumpkin and  
Sweet Potato Dip with  
High Fibre Flat Bread

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

Orange & Chia  
Wholemeal Squares

Fresh Fruit & Raw Vegetables

Beetroot Cocoa &  
Coconut Muffins

Fresh Fruit & Raw Vegetables

KGF RECOMMENDS SERVING FRUIT & VEGETABLES  
HIGH IN VITAMIN C TODAY: TOMATOES, CAPSICUM,  
CITRUS FRUIT OR ROCKMELON TO INCREASE  
THE ABSORPTION OF IRON.

KGF RECOMMENDS SERVING FRUIT & VEGETABLES  
HIGH IN VITAMIN C TODAY: TOMATOES, CAPSICUM,  
CITRUS FRUIT OR ROCKMELON TO INCREASE  
THE ABSORPTION OF IRON.

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HIGH IN VITAMIN C TODAY: TOMATOES, CAPSICUM,  
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THE ABSORPTION OF IRON.

\*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.



# Week Two

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MAIN MENU 12 MONTHS TO 5 YEARS (1)  
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MORNING

## Monday

Full Cream  
Fruit Yoghurt

Fresh Fruit & Raw Vegetables

## Tuesday

Carrot, Pumpkin  
& Ricotta Loaf

Fresh Fruit & Raw Vegetables

## Wednesday

Wholemeal Turkish Toast  
with Cheese

Contains Sesame Seeds

Fresh Fruit & Raw Vegetables

## Thursday

Wholemeal  
Raisin Bread

Fresh Fruit & Raw Vegetables

## Friday

Banana, Bran  
& Oat Loaf

Fresh Fruit & Raw Vegetables

LUNCH



Tuna, Tomato  
& Spinach  
Pasta Bake  
*American*

Mixed Fresh Vegetables



Japanese Chicken Balls,  
Green Vegetables, Brown  
Rice & Katsu Sauce  
*Japanese*



Beef Stroganoff  
with Mushrooms  
& Rice  
*Russian*

Mixed Fresh Vegetables



Beef, Mushroom  
& Eggplant  
Pasta Bake  
*Australian*

Mixed Fresh Vegetables



Beef &  
Black Bean  
with Rice  
*Chinese*

Mixed Fresh Vegetables

AFTERNOON

Banana, Apple &  
Pineapple Muffin

Fresh Fruit & Raw Vegetables

Herb & Garlic  
Wholemeal Baguette

Fresh Fruit & Raw Vegetables

Cheese &  
Spinach Pastizzi

Fresh Fruit & Raw Vegetables

Blueberry & Acai  
Wholemeal Scones

Fresh Fruit & Raw Vegetables

Water Crackers &  
Cheddar Cheese

Fresh Fruit & Raw Vegetables

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# Week Three 2022 - 2023



MAIN MENU 12 MONTHS TO 5 YEARS (1)  
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MORNING

## Monday

Pear & Ginger  
Wholemeal Pillows

Fresh Fruit & Raw Vegetables

## Tuesday

Corn Thins &  
Cheddar Cheese

Fresh Fruit & Raw Vegetables

## Wednesday

Cheese, Spinach  
& Pumpkin Pinwheels

Fresh Fruit & Raw Vegetables

## Thursday

Vegetemite & Cream Cheese  
Wholemeal Sandwiches

Fresh Fruit & Raw Vegetables

## Friday

Apple, Blueberry,  
Flax Meal &  
Wholemeal Muffins

Fresh Fruit & Raw Vegetables

LUNCH



Mexican Beef, Bean &  
Corn Salsa, Rice with  
Corn Chip Crumble  
*Mexican*

Bean & Corn Salsa



Chicken & Cheesy  
Spinach Sauce  
with Pasta  
*Italian*

Mixed Fresh Vegetables



Hungarian Smoky Paprika  
Beef with Sweet Potato  
Dice & Rice  
*Hungarian*

Mixed Fresh Vegetables



Beef Meatballs,  
Vegetable Ratatouille  
with Pasta  
*Italian*



BBQ Chicken,  
Sweet Potato, Pineapple,  
Capsicum & Cheese Pizza  
*Australian*

Lettuce, Cucumber & Tomato

AFTERNOON

Margarita  
Pizza Sticks

Fresh Fruit & Raw Vegetables

Spelt & Oat  
Anzac Biscuits

Fresh Fruit & Raw Vegetables

Kidney Bean &  
Cocoa Brownie

Fresh Fruit & Raw Vegetables

Cheese  
Pastizzi

Fresh Fruit & Raw Vegetables

Avocado & Cream  
Cheese Dip with  
Brown Rice Crackers

Fresh Fruit & Raw Vegetables

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# Week Four

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MAIN MENU 12 MONTHS TO 5 YEARS (1)  
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MORNING

## Monday

Banana, Bran & Oat Loaf

Fresh Fruit & Raw Vegetables

## Tuesday

Wholemeal Raisin Bread

Fresh Fruit & Raw Vegetables

## Wednesday

Cheese & Vegemite Scrolls

Fresh Fruit & Raw Vegetables

## Thursday

Wholemeal Bread Cheese Sandwich

Fresh Fruit & Raw Vegetables

## Friday

Pear, Apple & Date Rice Custard

Fresh Fruit & Raw Vegetables

LUNCH



Beef & Tomato Meatballs with Creamy Potato Bake  
*Australian*

Mixed Fresh Vegetables



Butter Chicken with Natural Yoghurt & Rice  
*Indian*

Mixed Fresh Vegetables



Chicken Rissoles with Brown Rice & Teriyaki Sauce  
*Japanese*

Mixed Fresh Vegetables



Beef & Tomato Bolognaise with Pasta  
*Italian*

Mixed Fresh Vegetables



Pumpkin, Sweet Potato & White Bean Soup with Wholemeal Bread Roll  
*Australian*

AFTERNOON

Gluten Free Crackers, Sultanas & Cheddar Cheese

Fresh Fruit & Raw Vegetables

Herb & Garlic Wholemeal Baguette

Fresh Fruit & Raw Vegetables

White Bean & Beetroot Dip with High Fibre Flat Bread

Fresh Fruit & Raw Vegetables

Honey & Oat Muesli Rounds

Fresh Fruit & Raw Vegetables

Spelt & Cocoa Cinnamon Cookies

Fresh Fruit & Raw Vegetables

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# Week Five

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MORNING

## Monday

Full Cream  
Fruit Yoghurt

Fresh Fruit & Raw Vegetables

## Tuesday

Crumpets with  
Apricot Jam

Fresh Fruit & Raw Vegetables

## Wednesday

Pumpkin Cheese  
& Spinach  
Wholemeal Scone

Fresh Fruit & Raw Vegetables

## Thursday

Curried Chickpea,  
Sweet Corn &  
Cheese Pinwheels

Fresh Fruit & Raw Vegetables

## Friday

Apple, Date &  
Cinnamon Rice  
Custard

Fresh Fruit & Raw Vegetables

LUNCH



Italian Beef Meatballs  
in Creamy Tomato Sauce  
with Pasta  
*Italian*

Mixed Fresh Vegetables



Chicken & Beef  
Sausage Paella,  
Yellow Rice  
*Spanish*

Mixed Fresh Vegetables



Lamb, Beef &  
Split Pea Curry with  
Cous Cous  
*Indian*

Mixed Fresh Vegetables



Vegetarian Mexican &  
Bean Stew with Rice  
& Corn Chips  
*Mexican*

Mini Chicken  
Spinach Burgers with  
Tomato Relish  
*Australian*

Lettuce & Cucumber



AFTERNOON

Three Seed  
Weetbix Crumble

Fresh Fruit & Raw Vegetables

Margarita  
Pizza Sticks

Fresh Fruit & Raw Vegetables

Sweet Potato & Corn Dip  
with High Fibre Flat Bread

Fresh Fruit & Raw Vegetables

Citrus Polenta  
Slice

Fresh Fruit & Raw Vegetables

Wholemeal Coconut  
Shortbread

Fresh Fruit & Raw Vegetables

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THE ABSORPTION OF IRON.

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# Week Six 2022 - 2023



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MORNING

## Monday

Corn Thins & Cheddar Cheese

Fresh Fruit & Raw Vegetables

## Tuesday

Vegemite & Cream Cheese Wholemeal Sandwiches

Fresh Fruit & Raw Vegetables

## Wednesday

Apple Cocoa & Banana Loaf

Fresh Fruit & Raw Vegetables

## Thursday

Coconut, Cardamon & Chia Custard

Fresh Fruit & Raw Vegetables

## Friday

Water Crackers & Cheddar Cheese

Fresh Fruit & Raw Vegetables

LUNCH



Chicken, Tomato, Zucchini & Cheese Pasta Bake  
*Italian*

Mixed Fresh Vegetables



Cheesy Tomato & White Bean Sauce with Pasta  
*French*

Mixed Fresh Vegetables



Chicken, Apricot & Sweet Potato Stew with Rice  
*Australian*

Mixed Fresh Vegetables



Beef, Potato & Eggplant Korma with Rice  
*Indian*

Mixed Fresh Vegetables



Sloppy Joe Beef Pizza with Sweet Potato, Capsicum & Corn  
*American*

Lettuce, Cucumber & Tomato

AFTERNOON

Sweet Potato, Apricot & Ginger Muffin

Fresh Fruit & Raw Vegetables

Apple & Spice Pastizzi Pockets

Fresh Fruit & Raw Vegetables

Avocado & Cream Cheese Dip with High Fibre Flat Bread

Fresh Fruit & Raw Vegetables

Corn Flake, Coconut & Sunflower Seed Muesli Rounds

Fresh Fruit & Raw Vegetables

Apple, Blueberry, Flax Meal & Wholemeal Muffins

Fresh Fruit & Raw Vegetables

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