



# Week One 2023 - 2024

PUREE MENU 6 MONTHS TO 12 MONTHS (1)  
[www.kidsgourmetfood.com.au](http://www.kidsgourmetfood.com.au)

## Monday

**Morning**  
Apple & Apricot  
Puree with Iron  
Fortified Rice Cereal



Beef, Red Lentil,  
Potato & Carrot  
Mashed

**Lunch**

Cauliflower,  
Sweet Potato &  
Pumpkin Puree

**Afternoon**

Peach & Apple  
Semolina  
Puree

## Tuesday

Apple & Pear  
Porridge  
Puree

Chicken,  
Red Lentils &  
Carrot Mashed

Broccoli,  
Cauliflower &  
Potato Puree

Creamy  
Mango Risotto  
Puree

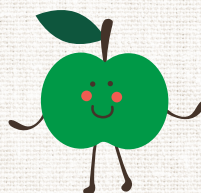
## Wednesday

Peach Rice Pudding  
with Cinnamon  
Puree

Veal, Potato,  
Tomato & Cheese  
Mashed

Sweet  
Potato  
Puree

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



## Thursday

Apple, Blueberry &  
Pear Puree with Iron  
Fortified Rice Cereal

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

Carrot  
& Corn  
Puree

Pear & Apple Puree  
with Iron Fortified  
Rice Cereal



## Friday

Tapioca  
& Pear  
Puree

Chicken, Corn,  
Cauliflower, Pearl Barley  
& Rice Mashed

Pumpkin &  
Sweet Potato  
Puree

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.

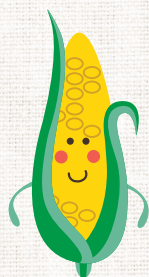


# Week Two 2023 - 2024

PUREE MENU 6 MONTHS TO 12 MONTHS (1)  
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## Monday

Morning  
Apricot & Apple Porridge Puree



Beef & Roasted Vegetable Stew with Cous Cous Mashed

Zucchini & Potato Puree

Afternoon  
Apple Puree with Iron Fortified Rice Cereal

## Tuesday

Peach Semolina with Milk Puree

Beef, Pearl Barley & Vegetable Casserole Mashed

Cauliflower, Corn & Potato Puree

Mango & Pear Puree with Iron Fortified Rice Cereal

## Wednesday

Pear & Apple Puree with Iron Fortified Rice Cereal

White Beans, Oats, Pumpkin & Carrot Mashed

Zucchini, Potato & Cauliflower Puree

Apple, Apricot & Prune Puree with Iron Fortified Rice Cereal

## Thursday

Apple Semolina Puree

Chicken, Potato, Corn & White Beans Mashed

Carrot & Pumpkin Puree

Peach, Pear & Apple Puree with Iron Fortified Rice Cereal

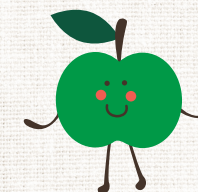
## Friday

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

Beef, Brown Rice, Pumpkin & Potato Mashed

Broccoli, Green Peas, Zucchini & Potato Puree

Tapioca, Apple & Rhubarb Puree



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# Week Three 2023 - 2024

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## Monday

**Morning**  
Pear  
Semolina  
Puree

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**Lunch**  
Chicken, Ricotta,  
Pasta & Corn  
Mashed

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**Afternoon**  
Apple  
& Pear  
Puree

## Tuesday

Pear, Apple & Apricot  
Puree with Iron Fortified  
Rice Cereal

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Chicken, Red Lentil,  
Sweet Potato  
& Rice Mashed

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Sweet  
Potato  
Puree

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Apple & Rhubarb  
Puree with Iron Fortified  
Rice Cereal



## Wednesday

Peach, Pear  
& Tapioca  
Puree

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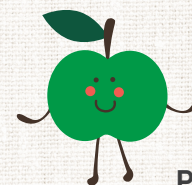
Beef Bolognese  
Sauce with Pasta &  
Vegetables Mashed

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Potato &  
Pumpkin  
Puree

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Apple,  
Peach &  
Prune Puree



## Thursday

Apricot  
Porridge Puree  
with Milk

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Pasta, Pumpkin  
& Cheese  
Mashed

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Potato,  
Green Pea &  
Broccoli Puree

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Apple, Pear &  
Prune Puree with  
Iron Fortified Rice Cereal



## Friday

Pear Puree  
with Iron Fortified  
Rice Cereal

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Chicken,  
Sweet Potato &  
White Beans Mashed

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Carrot,  
Cauliflower &  
Potato Puree

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Apple Puree  
with Iron Fortified  
Rice Cereal



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# Week Four 2023 - 2024

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## Monday

**Morning**  
Apple & Apricot  
Puree with Iron  
Fortified Rice Cereal



Beef, Red Lentil,  
Potato & Carrot  
Mashed

**Lunch**

Cauliflower,  
Sweet Potato &  
Pumpkin Puree

**Afternoon**

Peach & Apple  
Semolina  
Puree

## Tuesday

Apple &  
Pear Porridge  
Puree

Chicken,  
Red Lentils &  
Carrot Mashed

Broccoli,  
Cauliflower &  
Potato Puree

Creamy  
Mango Risotto  
Puree



## Wednesday

Peach Rice Pudding  
with Cinnamon  
Puree

Veal, Potato,  
Tomato & Cheese  
Mashed

Sweet  
Potato  
Puree

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



## Thursday

Apple, Blueberry &  
Pear Puree with Iron  
Fortified Rice Cereal

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

Carrot  
& Corn  
Puree

Pear & Apple Puree  
with Iron Fortified  
Rice Cereal



## Friday

Tapioca  
& Pear  
Puree

Chicken, Corn,  
Cauliflower, Pearl Barley  
& Rice Mashed

Pumpkin &  
Sweet Potato  
Puree

Apple & Pear  
Semolina  
Puree



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# Week five 2023 - 2024

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## Monday

Morning  
Apricot & Apple Porridge Puree



Beef & Roasted Vegetable Stew with Cous Cous Mashed

Lunch

Zucchini & Potato Puree

Afternoon  
Apple Puree with Iron Fortified Rice Cereal

## Tuesday

Peach Semolina with Milk Puree

Beef, Pearl Barley & Vegetable Casserole Mashed

Cauliflower, Corn & Potato Puree

Mango & Pear Puree with Iron Fortified Rice Cereal

## Wednesday

Pear & Apple Puree with Iron Fortified Rice Cereal

White Beans, Oats, Pumpkin & Carrot Mashed

Zucchini, Potato & Cauliflower Puree

Apple, Apricot & Prune Puree with Iron Fortified Rice Cereal

## Thursday

Apple Semolina Puree

Chicken, Potato, Corn & White Beans Mashed

Carrot & Pumpkin Puree

Peach, Pear & Apple Puree with Iron Fortified Rice Cereal

## Friday

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

Beef, Brown Rice, Pumpkin & Potato Mashed

Broccoli, Green Peas, Zucchini & Potato Puree

Tapioca, Apple & Rhubarb Puree



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# Week Six 2023 - 2024

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## Monday

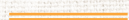
Morning  
Pear  
Semolina  
Puree



Chicken, Ricotta,  
Pasta & Corn  
Mashed

Lunch

Sweet  
Potato  
Puree



Afternoon  
Apple  
& Pear  
Puree

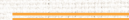
## Tuesday

Pear, Apple &  
Apricot Puree with Iron  
Fortified Rice Cereal

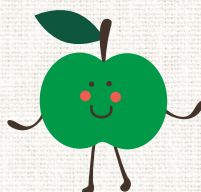


Chicken, Red Lentil,  
Sweet Potato  
& Rice Mashed

Pumpkin  
& Carrot  
Puree



Apple & Rhubarb  
Puree with Iron  
Fortified Rice Cereal



## Wednesday

Peach, Pear  
& Tapioca  
Puree



Beef Bolognese  
Sauce with Pasta &  
Vegetables Mashed

Potato  
& Pumpkin  
Puree



Apple,  
Peach & Prune  
Puree



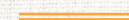
## Thursday

Apricot  
Porridge Puree  
with Milk



Pasta,  
Pumpkin & Cheese  
Mashed

Potato,  
Green Pea &  
Broccoli Puree

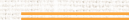


Apple, Pear &  
Prune Puree with Iron  
Fortified Rice Cereal



## Friday

Pear Puree  
with Iron Fortified  
Rice Cereal



Chicken,  
Sweet Potato &  
White Beans Mashed

Carrot,  
Cauliflower &  
Potato Puree



Apple Puree  
with Iron Fortified  
Rice Cereal



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