



Week One 2023 - 2024

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

Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN
MEAL #1

**Mexican Bean Stew,
Rice, Corn Salsa,
Corn Chips**

CONTAINS: NO KNOWN ALLERGENS

**Falafel Balls,
Macaroni Cheese
Bake**

CONTAINS: WHEAT (GLUTEN), MILK

**Vegetarian
Lentil Curry,
Coconut Rice**

CONTAINS: NO KNOWN ALLERGENS

**Spinach &
Ricotta Pasta with
Rich Tomato Sauce**

CONTAINS: WHEAT (GLUTEN), MILK

**Vegetarian Pizza
with Sweet Potato,
Capsicum & Corn**

CONTAINS: WHEAT (GLUTEN), MILK

VEGETARIAN
MEAL #2

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**Falafel Balls,
Wheat Pasta, Carrot
& Tarragon Sauce**

CONTAINS: WHEAT (GLUTEN)

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**Spinach, Lentil &
Tomato Sauce,
Wheat Pasta**

CONTAINS: WHEAT (GLUTEN)

**Vegetarian Pizza with
Sweet Potato, Capsicum,
Corn & Non Dairy Cheese**

CONTAINS: WHEAT (GLUTEN)

ALTERNATIVE
MEAL #1

**Beef & Rice with
Roasted Eggplant Sauce,
Green Beans & Peas**

CONTAINS: NO KNOWN ALLERGENS

**Chicken Corn Rissoles,
Wheat Pasta, Carrot
& Tarragon Sauce**

CONTAINS: WHEAT (GLUTEN)

**Whitefish,
Rice, Pea &
Zucchini Sauce**

CONTAINS: FISH

**Beef & Tomato
Bolognese with
Rice & Corn Pasta**

CONTAINS: NO KNOWN ALLERGENS

**BBQ Chicken Pizza with
Sweet Potato, Pineapple
& Non Dairy Cheese**

CONTAINS: WHEAT (GLUTEN)

ALTERNATIVE
MEAL #2

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**Chicken Chia Rissoles,
Rice & Corn Pasta,
Carrot Tarragon Sauce**

CONTAINS: NO KNOWN ALLERGENS

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**Beef Quinoa Rissoles,
Pumpkin Lentil Sauce,
Rice Noodles**

CONTAINS: NO KNOWN ALLERGENS

**Gluten Free Chicken Pizza
with Sweet Potato,
Capsicum, Pineapple,
Non Dairy Cheese**

CONTAINS: SOY

Vegetarian alternate meal #1 is available on every day where the main meal is not vegetarian. Vegetarian alternate meal #2 removes dairy (milk) from vegetarian meals. Alternate meals #1 and #2 are offered to be as similar as possible to the main lunch menu with the removal of wheat (gluten), dairy (milk) and or soy from meals. Children that do not fit into these standard meal alternate options will have a more individualised meal provided. All meals served with mixed fresh vegetables.



Week Two 2023 - 2024

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)
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Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN
MEAL #1

**Italian Vegetable Balls
with Wheat Pasta &
Creamy Tomato Sauce**

CONTAINS: WHEAT (GLUTEN), MILK

**Vegetable Chickpea
Ragout with
Couscous**

CONTAINS: WHEAT (GLUTEN)

**Sweet Potato &
Apricot Stew
with Rice**

CONTAINS: NO KNOWN ALLERGENS

**Vegetable Patties,
Ratatouille &
Wheat Pasta**

CONTAINS: WHEAT (GLUTEN)

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VEGETARIAN
MEAL #2

**Italian Vegetable Balls
with Wheat Pasta &
Rich Tomato Sauce**

CONTAINS: WHEAT (GLUTEN)

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ALTERNATIVE
MEAL #1

**Italian Beef Meatballs
with Wheat Pasta &
Rich Tomato Sauce**

CONTAINS: WHEAT (GLUTEN)

**Chicken &
Lentil Ragout
with Rice**

CONTAINS: NO KNOWN ALLERGENS

**Chicken with Green Pea
Zucchini Sauce,
Jasmine Rice**

CONTAINS: NO KNOWN ALLERGENS

**Beef & Quinoa Rissole
with Ratatouille,
Rice & Corn Pasta**

CONTAINS: NO KNOWN ALLERGENS

**Chunky Roast Vegetable
Tomato Sauce,
Wheat Pasta**

CONTAINS: WHEAT (GLUTEN)

ALTERNATIVE
MEAL #2

**Beef Quinoa Rissole,
Rich Tomato Sauce &
Rice Corn Pasta**

CONTAINS: NO KNOWN ALLERGENS

**Chicken, Rice,
Carrot Tarragon
Sauce**

CONTAINS: NO KNOWN ALLERGENS

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**Beef,
Roast Eggplant Sauce,
Rice Noodles**

CONTAINS: NO KNOWN ALLERGENS

**Chunky Roast Vegetable
Tomato Sauce,
Rice & Corn Pasta**

CONTAINS: NO KNOWN ALLERGENS

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Week Three SUMMER 2023 - 2024

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)
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	Monday	Tuesday	Wednesday	Thursday	Friday
VEGETARIAN MEAL #1	Chinese Black Bean Tofu Sauce, Jasmine Rice CONTAINS: SOY	Legume & Sweet Potato Paella with Yellow Rice CONTAINS: NO KNOWN ALLERGENS	Vegetable Lasagne with Cheese and Bechamel Sauce CONTAINS: WHEAT (GLUTEN), MILK	Tofu & Edamame Fried Rice CONTAINS: WHEAT (GLUTEN), SOY	Vegetable Pasta Bake with Cheese Sauce CONTAINS: WHEAT (GLUTEN), MILK
VEGETARIAN MEAL #2	-	-	Roast Vegetable Tomato Sauce with Wheat Pasta CONTAINS: WHEAT (GLUTEN)	-	Chunky Roast Vegetable & Tomato Sauce with Wheat Pasta CONTAINS: WHEAT (GLUTEN)
ALTERNATIVE MEAL #1	Chinese Beef Stew with Jasmine Rice CONTAINS: WHEAT (GLUTEN)	Chicken Paella (no sausage) with Yellow Rice CONTAINS: NO KNOWN ALLERGENS	Beef & Tomato Bolognese, Wheat Pasta CONTAINS: WHEAT (GLUTEN)	Chicken Chia Rissole, Jasmine Rice, Pumpkin Lentil Sauce CONTAINS: NO KNOWN ALLERGENS	Chicken, Tomato, Zucchini Bolognese with Wheat Pasta CONTAINS: WHEAT (GLUTEN)
ALTERNATIVE MEAL #2	Beef & Quinoa Rissole, Jasmine Rice with Carrot & Tarragon Sauce CONTAINS: NO KNOWN ALLERGENS	Chicken & Rice with Green Pea Zucchini Sauce CONTAINS: NO KNOWN ALLERGENS	Beef & Tomato Bolognese, Rice Noodles CONTAINS: NO KNOWN ALLERGENS	-	Chicken, Tomato, Zucchini Bolognese with Rice & Corn Pasta CONTAINS: NO KNOWN ALLERGENS

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Week Four 2023 - 2024

ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)
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Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN
MEAL #1

**Italian Vegetable Balls,
Wheat Pasta, Tomato
Capsicum Sauce**

CONTAINS: WHEAT (GLUTEN)

**Roast Vegetable
Coconut Curry with
Jasmine Rice**

CONTAINS: MILK

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**Vegetable
Lentil Biryani,
Fragrant Rice**

CONTAINS: NO KNOWN ALLERGENS

**Vegetarian Pizza
with Sweet Potato,
Capsicum & Corn**

CONTAINS: WHEAT (GLUTEN), MILK

VEGETARIAN
MEAL #2

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**Whitebean &
Vegetable Curry
with Jasmine Rice**

CONTAINS: NO KNOWN ALLERGENS

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**Vegetarian Pizza with
Sweet Potato, Capsicum,
Corn & Non Dairy Cheese**

CONTAINS: WHEAT (GLUTEN)

ALTERNATIVE
MEAL #1

**Chicken Chia Rissoles,
Rice Corn Pasta,
Tomato Capsicum Sauce**

CONTAINS: NO KNOWN ALLERGENS

**Chicken Coconut
Curry with
Jasmine Rice**

CONTAINS: NO KNOWN ALLERGENS

**Chunky Vegetable
Tomato Sauce,
Wheat Pasta**

CONTAINS: WHEAT (GLUTEN)

**Beef Meatballs,
Rice, Roast Eggplant
Sauce**

CONTAINS: NO KNOWN ALLERGENS

**Smokey Beef Pizza with
Sweet Potato, Capsicum
& Non Dairy Cheese**

CONTAINS: WHEAT (GLUTEN)

ALTERNATIVE
MEAL #2

**Chicken Chia,
Rice Noodles,
Pea Zucchini Sauce**

CONTAINS: NO KNOWN ALLERGENS

**Chicken, Jasmine Rice,
Carrot & Tarragon
Sauce**

CONTAINS: NO KNOWN ALLERGENS

**Chunky Vegetable
Tomato Sauce,
Rice Corn Pasta**

CONTAINS: NO KNOWN ALLERGENS

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**Gluten Free Smokey Beef
Pizza, Sweet Potato,
Capsicum & Non Dairy
Cheese**

CONTAINS: SOY

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Week five 2023 - 2024

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Monday

Tuesday

Wednesday

Thursday

Friday

VEGETARIAN
MEAL #1

**Lentil, Tomato
& Spinach
Pasta Bake**

CONTAINS: WHEAT (GLUTEN), MILK

**Tofu Whitebean
Balls, Brown Rice
& Katsu Sauce**

CONTAINS: WHEAT (GLUTEN), SOY

**Chickpea & Potato
Stroganoff,
Jasmine Rice**

CONTAINS: MILK

**Pumpkin
Mushroom & Chickpea
Pasta Bake**

CONTAINS: WHEAT (GLUTEN), MILK

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VEGETARIAN
MEAL #2

**Lentil Tomato
& Spinach Sauce
with Wheat Pasta**

CONTAINS: WHEAT (GLUTEN)

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**Chickpea
Potato Stew with
Jasmine Rice**

CONTAINS: NO KNOWN ALLERGENS

**Pumpkin Mushroom
& Chickpea Sauce,
Wheat Pasta**

CONTAINS: WHEAT (GLUTEN)

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ALTERNATIVE
MEAL #1

**White Fish Fillet,
Wheat Pasta, Green Pea
& Zucchini Sauce**

CONTAINS: FISH, WHEAT, GLUTEN

**Chicken Chia Meatballs,
Brown Rice
& Gravy**

CONTAINS: NO KNOWN ALLERGENS

**Beef Mushroom
& Tomato Stew,
Jasmine Rice**

CONTAINS: NO KNOWN ALLERGENS

**Beef Mushroom
& Pumpkin Stew
with Wheat Pasta**

CONTAINS: WHEAT (GLUTEN)

**Red Lentil,
Pumpkin & Coconut
Stew with Rice**

CONTAINS: NO KNOWN ALLERGENS

ALTERNATIVE
MEAL #2

**White Fish Fillet,
Rice Noodles, Green Pea
& Zucchini Sauce**

CONTAINS: FISH

**Chicken Chia Meatballs,
Brown Rice, Turmeric
Coconut Sauce**

CONTAINS: NO KNOWN ALLERGENS

**Beef Meatballs,
Roast Eggplant Sauce,
Jasmine Rice**

CONTAINS: NO KNOWN ALLERGENS

**Beef Mushroom &
Pumpkin Stew with
Rice Noodles**

CONTAINS: NO KNOWN ALLERGENS

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Week Six 2023 - 2024

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Tuesday

Wednesday

Thursday

Friday

VEGETARIAN
MEAL #1

**Chickpea Patties
with Creamy
Potato Bake**

CONTAINS: WHEAT (GLUTEN), MILK

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**Cheesy Tomato,
Pumpkin & Spinach Sauce
with Wheat Pasta**

CONTAINS: WHEAT (GLUTEN), MILK

**Spinach Potato
& Eggplant Korma
with Jasmine Rice**

CONTAINS: NO KNOWN ALLERGENS

**Mini Falafel
Burgers with
Tomato Relish**

CONTAINS: WHEAT (GLUTEN)

VEGETARIAN
MEAL #2

**Chickpea Patties with
Roasted Potatoes
& Gravy**

CONTAINS: WHEAT (GLUTEN)

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**Pumpkin Spinach
& Tomato Sauce
with Wheat Pasta**

CONTAINS: WHEAT (GLUTEN)

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ALTERNATIVE
MEAL #1

**Beef Quinoa Rissole,
Roast Potato
& Gravy**

CONTAINS: NO KNOWN ALLERGENS

**Chicken, Green Pea
& Zucchini Sauce
with Jasmine Rice**

CONTAINS: NO KNOWN ALLERGENS

**Chicken Tomato &
Spinach Sauce,
Wheat Pasta**

CONTAINS: WHEAT (GLUTEN)

**Beef Meatballs,
Pumpkin Lentil Sauce,
Rice**

CONTAINS: NO KNOWN ALLERGENS

**Chicken Chia Rissole,
Gluten Free Bread,
Capsicum Relish**

CONTAINS: NO KNOWN ALLERGENS

ALTERNATIVE
MEAL #2

**Beef & Quinoa Rissole
with Roasted Potatoes,
Carrot & Tarragon Sauce**

CONTAINS: NO KNOWN ALLERGENS

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**Chicken Tomato &
Spinach Sauce,
Rice & Corn Pasta**

CONTAINS: NO KNOWN ALLERGENS

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