



Week One 2023 - 2024

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

Monday

Morning
Apple Cinnamon
Rice Custard
CONTAINS: MILK
Fresh Fruit & Raw Vegetables

Tuesday

Banana, Bran &
Oat Loaf
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Wednesday

Cheddar Cheese &
Water Crackers
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Thursday

Wholemeal Bread
Cheese Sandwich
CONTAINS: WHEAT (GLUTEN), MILK, SOY
Fresh Fruit & Raw Vegetables

Friday

Crumpets with
Apricot Jam
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables



Mexican

Lunch
Mexican Beef, Bean &
Corn Salsa, Rice with
Corn Chip Crumble
Bean & Corn Salsa
CONTAINS: NO KNOWN ALLERGENS



American

Chicken & Corn Rissole
with Macaroni Cheese
Pasta Bake
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN), MILK



Indian

Indian
Fish Curry with
Coconut Rice
Mixed Fresh Vegetables
CONTAINS: FISH



Italian

Beef & Tomato
Bolognaise
with Pasta
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN)



Australian

BBQ Chicken,
Sweet Potato, Pineapple
& Cheese Pizza
Lettuce, Cucumber, Tomato
CONTAINS: WHEAT (GLUTEN), MILK

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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Afternoon
Cheese & Vegemite
Scrolls

CONTAINS: WHEAT (GLUTEN), MILK, SOY
Fresh Fruit & Raw Vegetables

Wholemeal Coconut
Shortbread

CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Beetroot, Cocoa &
Coconut Muffin

CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Pumpkin & Linseed
Couscous Bites

CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Kidney Bean &
Cocoa Brownie

CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

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Week Two 2023 - 2024

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Morning
Honey & Oat Muesli Rounds
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Tuesday

Wholemeal Raisin Bread
CONTAINS: WHEAT (GLUTEN), SOY
Fresh Fruit & Raw Vegetables

Wednesday

Wholemeal Turkish Toast with Cheese
CONTAINS: WHEAT (GLUTEN), SESAME, SOY, MILK
Fresh Fruit & Raw Vegetables

Thursday

Vegemite & Cream Cheese Wholemeal Sandwiches
CONTAINS: WHEAT (GLUTEN), MILK, SOY
Fresh Fruit & Raw Vegetables

Friday

Pear & Apple Rice Custard
CONTAINS: MILK
Fresh Fruit & Raw Vegetables



Italian

Lunch
Italian Beef Meatballs in Creamy Tomato Sauce with Pasta
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN), MILK



French

Chicken & Lentil Ragout with Couscous
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN)



Australian

Chicken, Apricot & Sweet Potato Stew with Rice
Mixed Fresh Vegetables
CONTAINS: NO KNOWN ALLERGENS



Italian

Beef Meatballs, Vegetable Ratatouille with Pasta
CONTAINS: WHEAT (GLUTEN)



Greek

Vegetable Pasta Bake with Sweet Potato, Eggplant & White Beans
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN), MILK

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Afternoon
Margarita Pizza Sticks
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Cheddar Cheese, Sultanas & Gluten Free Crackers
CONTAINS: MILK
Fresh Fruit & Raw Vegetables

Cheese & Spinach Pastizzi
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Avocado & Cream Cheese Dip with Hi Fibre Flat Bread
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Date, Oatmeal & Quinoa Loaf
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

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Week Three SUMMER 2023 - 2024

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Full Cream
Fruit Yoghurt

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Acai Ricotta
Wholemeal Scones

CONTAINS: WHEAT (GLUTEN), MILK

Fresh Fruit & Raw Vegetables

Apricot Oat
Pepita Bars

CONTAINS: WHEAT (GLUTEN)

Fresh Fruit & Raw Vegetables

Cheddar Cheese &
Corn Thins

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Cheese, Spinach &
Pumpkin Pinwheels

CONTAINS: WHEAT (GLUTEN), MILK, SOY

Fresh Fruit & Raw Vegetables



Chinese

Beef &
Black Bean
with Rice

Mixed Fresh Vegetables

CONTAINS: WHEAT (GLUTEN), SOY

Lunch



Spanish

Chicken & Beef
Sausage Paella,
Yellow Rice

Mixed Fresh Vegetables

CONTAINS: NO KNOWN ALLERGENS

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Italian

Beef & Tomato Lasagne
with Cheese Bechamel
Sauce

Mixed Fresh Vegetables

CONTAINS: WHEAT (GLUTEN), MILK



Chinese

Sweet & Sour
Chicken & Vegetable
Fried Rice

Mixed Fresh Vegetables

CONTAINS: WHEAT (GLUTEN), SOY

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Italian

Chicken, Tomato,
Zucchini & Cheese
Pasta Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT (GLUTEN), MILK

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Pear &
Polenta Loaf

CONTAINS: WHEAT (GLUTEN), MILK

Fresh Fruit & Raw Vegetables

Afternoon

Herb & Garlic
Wholemeal Baguette

CONTAINS: WHEAT (GLUTEN)

Fresh Fruit & Raw Vegetables

Banana, Apple &
Pineapple Muffin

CONTAINS: WHEAT (GLUTEN)

Fresh Fruit & Raw Vegetables

Three Seed Weetbix
Crumble Loaf

CONTAINS: WHEAT (GLUTEN), MILK

Fresh Fruit & Raw Vegetables

Cornflake, Coconut
& Sunflower Seed
Muesli Rounds

CONTAINS: WHEAT (GLUTEN)

Fresh Fruit & Raw Vegetables

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Week Four 2023 - 2024

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Monday

Morning
Cheddar Cheese & Water Crackers
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Tuesday

Pear & Ginger Wholemeal Pillows
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Wednesday

Wholemeal Raisin Bread
CONTAINS: WHEAT (GLUTEN), SOY
Fresh Fruit & Raw Vegetables

Thursday

Wholemeal Bread Cheese Sandwich
CONTAINS: WHEAT (GLUTEN), MILK, SOY
Fresh Fruit & Raw Vegetables

Friday

Tropical Chia Coconut Custard
CONTAINS: MILK
Fresh Fruit & Raw Vegetables



Italian

Lunch
Chicken & Zucchini Meatballs with Tomato Capsicum Sauce & Pasta
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN)

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Indian

Butter Chicken with Natural Yoghurt & Rice
Mixed Fresh Vegetables
CONTAINS: MILK

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French

Cheesy Tomato & White Bean Sauce with Pasta
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN), MILK

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Indian

Lamb & Beef Biryani with Fragrant Rice
Mixed Fresh Vegetables
CONTAINS: NO KNOWN ALLERGENS



American

Sloppy Joe Beef Pizza with Sweet Potato, Capsicum & Corn
Lettuce, Cucumber & Tomato
CONTAINS: WHEAT (GLUTEN), MILK

Afternoon
Banana, Bran & Oat Loaf
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Carrot & Cinnamon Wholemeal Loaf
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Spelt & Cocoa Cinnamon Cookies
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Smokey Sweet Potato & Pumpkin Dip with Hi Fibre Flat Bread
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Cheese & Vegemite Scrolls
CONTAINS: WHEAT (GLUTEN), MILK, SOY
Fresh Fruit & Raw Vegetables

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Week five 2023 - 2024

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Monday

Morning
Orange & Chia Wholemeal Squares
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Tuesday

Apple, Blueberry & Flaxmeal Muffins
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Wednesday

Curried Chickpea, Sweet Corn & Cheese Pinwheels
CONTAINS: WHEAT (GLUTEN), MILK, SOY
Fresh Fruit & Raw Vegetables

Thursday

Chewy Oat & Wattleseed Biscuits
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Friday

Coconut, Cardamon & Chia Custard
CONTAINS: MILK
Fresh Fruit & Raw Vegetables



American

Lunch
Tuna, Tomato & Spinach Pasta Bake
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN), MILK, FISH

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Japanese

Japanese Chicken Balls, Green Vegetables, Brown Rice & Katsu Sauce
CONTAINS: WHEAT (GLUTEN), SOY

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Russian

Beef Stroganoff with Mushrooms & Rice
Mixed Fresh Vegetables
CONTAINS: MILK



Australian

Beef, Mushroom & Eggplant Pasta Bake
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN), MILK



Mexican

Vegetarian Mexican & Bean Stew with Rice & Corn Chips
CONTAINS: NO KNOWN ALLERGENS

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Mediterranean Polenta Slice

Afternoon
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Cheddar Cheese, Sultanas & Gluten Free Crackers

CONTAINS: MILK
Fresh Fruit & Raw Vegetables

Herb & Garlic Wholemeal Baguette

CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Apple, Cocoa & Banana Wholemeal Loaf

CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Spelt & Oat Anzac Biscuits

CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

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Week Six 2023 - 2024

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Monday

Morning
Wholemeal Fruit Spice English Muffins
CONTAINS: WHEAT (GLUTEN), SOY
Fresh Fruit & Raw Vegetables

Tuesday

Full Cream Fruit yoghurt
CONTAINS: MILK
Fresh Fruit & Raw Vegetables

Wednesday

Carrot & Orange Wholemeal Muffins
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Thursday

Vegemite & Cream Cheese Wholemeal Sandwiches
CONTAINS: WHEAT (GLUTEN), MILK, SOY
Fresh Fruit & Raw Vegetables

Friday

Cheddar Cheese & Corn Thins
CONTAINS: MILK
Fresh Fruit & Raw Vegetables



Australian

Lunch
Beef & Tomato Meatballs with Creamy Potato Bake
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN), MILK



Indian

Red Lentil & Split Pea Dhal with Rice
Mixed Fresh Vegetables
CONTAINS: NO KNOWN ALLERGENS



Italian

Chicken & Cheesy Spinach Sauce with Pasta
Mixed Fresh Vegetables
CONTAINS: WHEAT (GLUTEN), MILK



Indian

Beef, Potato & Eggplant Korma with Rice
Mixed Fresh Vegetables
CONTAINS: NO KNOWN ALLERGENS



Australian

Mini Chicken Spinach Burgers with Tomato Relish
Lettuce & Cucumber
CONTAINS: WHEAT (GLUTEN)

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Afternoon
Sweet Potato, Apricot & Ginger Muffin
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

Margarita Pizza sticks
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Whitebean & Beetroot Dip with Hi Fibre Flat Bread
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Cheese Pastizzi
CONTAINS: WHEAT (GLUTEN), MILK
Fresh Fruit & Raw Vegetables

Pear & Date Couscous Bites
CONTAINS: WHEAT (GLUTEN)
Fresh Fruit & Raw Vegetables

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