



Monday

Tuesday

Wednesday

Thursday

Friday

Morning

**Crumpets with
Apricot Jam**

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

**Banana, Apple &
Pineapple Muffin**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

**Vegemite & Cream Cheese
Wholemeal Sandwiches**

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

**Wholemeal
Raisin Bread**

CONTAINS: WHEAT, GLUTEN, SOY, SULPHITES

Fresh Fruit & Raw Vegetables

**Cheddar Cheese &
Water Crackers**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables



French



Spanish



Italian



Indian



Australian

Lunch

**Chicken &
Lentil Ragout
with Cous Cous**

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

**Chicken &
Sausage Paella
with Yellow Rice**

Carrots & Peas

CONTAINS: NONE

**Beef & Tomato
Lasagne with Cheese
Bechamel Sauce**

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

**Vegetarian Paneer
& Chickpea Curry
with Rice**

Mixed Fresh Vegetables

CONTAINS: MILK

**Mini Chicken
Spinach Burgers
with Tomato Relish**

Lettuce & Cucumber

CONTAINS: WHEAT, GLUTEN, BARLEY

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Afternoon

**Margarita
Pizza Sticks**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

**Smokey Sweet Potato
& Pumpkin Dip with
Hi Fibre Flat Bread**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

**Apple & Spice
Pastizzi**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

**Wholemeal Coconut
Shortbread**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

**Three Seed Weetbix
Crumble Loaf**

CONTAINS: WHEAT, GLUTEN, MILK, OATS

Fresh Fruit & Raw Vegetables

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Week Two 2024 - 2025

Week Two

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

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Coconut, Cardamon & Chia Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Cheddar Cheese & Corn Thins

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Cheese Pastizzi

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Full Cream Fruit Yoghurt

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Cornflake, Coconut & Sunflower Muesli Rounds

CONTAINS: WHEAT, GLUTEN, BARLEY, OATS SULPHITES

Fresh Fruit & Raw Vegetables



Moroccan



Italian



Mexican



Italian



American

Lunch

Moroccan Beef & Lamb Tagine with Couscous

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

Chicken & Zucchini Meatballs with Tomato Sauce & Pasta

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

Vegetarian Mexican Bean Stew with Rice

Corn Chips

CONTAINS: NONE

Chicken & Cheesy Spinach Sauce with Pasta

Mixed Fresh Vegetables

CONTAINS: MILK, WHEAT, GLUTEN

Sloppy Joe Beef Pizza with Sweet Potato, Capsicum & Corn

Lettuce, Cucumber & Tomato

CONTAINS: WHEAT, GLUTEN, BARLEY, MILK

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Afternoon

Sweet Potato, Apricot & Ginger Muffin

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

Kidney Bean & Cocoa Brownie

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Herb & Garlic Baguette

CONTAINS: WHEAT, GLUTEN, BARLEY

Fresh Fruit & Raw Vegetables

Pear & Polenta Loaf with Crumble

CONTAINS: WHEAT, GLUTEN, OATS, MILK

Fresh Fruit & Raw Vegetables

Apricot & Coconut Buckwheat Muffins

CONTAINS: WHEAT, GLUTEN, MILK, SULPHITES

Fresh Fruit & Raw Vegetables

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Week Three 2024 - 2025

Week Three

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Morning

Honey & Oat Muesli Rounds

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Tuesday

Cheese, Spinach & Pumpkin Pinwheels

CONTAINS: WHEAT, GLUTEN, MILK, SOY

Fresh Fruit & Raw Vegetables

Wednesday

Wholemeal Turkish Toast with Cheese

CONTAINS: WHEAT, GLUTEN, SOY, SESAME, MILK

Fresh Fruit & Raw Vegetables

Thursday

Pear & Apple Rice Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Friday

Wholemeal Bread Cheese Sandwich

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables



Australian

Pumpkin, Sweet Potato & Whitebean Soup

Wholemeal Bread Rolls

CONTAINS: WHEAT, GLUTEN, BARLEY, MILK

Lunch



Australian

Beef, Mushroom & Eggplant Pasta Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK



Indian

Butter Chicken with Natural Yoghurt & Rice

Mixed Fresh Vegetables

CONTAINS: MILK



Italian

Beef Meatballs with Pasta

Vegetable Ratatouille

CONTAINS: WHEAT, GLUTEN, OATS



Chinese

Honey Soy Chicken Hokkien Noodles

Peas, Corn, Green Beans, Broccoli & Edamame

CONTAINS: WHEAT, GLUTEN, SOY

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Afternoon

Cheese, Sultanas & Gluten Free Crackers

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Whitebean & Beetroot Dip with Hi Fibre Flat Bread

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Chewy Oat & Wattleseed Biscuits

CONTAINS: WHEAT, GLUTEN, MILK, OATS

Fresh Fruit & Raw Vegetables

Banana, Bran & Oat Loaf

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Cheese & Vegemite Scrolls

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

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Week Four 2024 - 2025

Week Four

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Morning

Wholemeal Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY, SULPHITES

Fresh Fruit & Raw Vegetables

Tuesday

Crumpets with Apricot Jam

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

Wednesday

Tropical Chia Coconut Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Thursday

Apricot, Oat & Pepita Bars

CONTAINS: WHEAT, GLUTEN, OATS, SULPHITES

Fresh Fruit & Raw Vegetables

Friday

Orange & Chia Wholemeal Squares

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables



American



Chinese



Greek



Russian



Brazilian

Lunch

Chicken & Corn Rissole with Macaroni Cheese Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

Beef & Black Bean with Rice

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, SOY

Vegetarian Pasta Bake with Sweet Potato, Eggplant & Whitebeans

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

Beef Stroganoff with Mushrooms & Rice

Mixed Fresh Vegetables

CONTAINS: MILK

Brazilian Chicken & Black Bean Stew with Flat Bread

Lettuce & Cucumber

CONTAINS: WHEAT, GLUTEN

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Afternoon

Cheese & Spinach Pastizzi

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Margarita Pizza Sticks

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Carrot & Orange Wholemeal Muffins

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Apple, Blueberry & Flaxmeal Muffins

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Cheddar Cheese & Water Crackers

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

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Week Five 2024 - 2025

Week Five

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Morning

**Vegemite & Cream Cheese
Wholemeal Sandwiches**

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

Tuesday

**Full Cream
Fruit Yoghurt**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Wednesday

**Cranberry & Orange
Cookies**

CONTAINS: WHEAT, GLUTEN, SULPHITES, OATS

Fresh Fruit & Raw Vegetables

Thursday

**Cheddar Cheese
& Corn Thins**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Friday

**Pear & Ginger
Wholemeal Pillows**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables



Italian

Lunch

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

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, OATS, MILK



Mexican

**Mexican Beef with
Bean & Corn Salsa
& Rice**

Corn Chips

CONTAINS: NONE



Chinese

**Sweet & Sour
Chicken & Vegetable
Fried Rice**

Peas, Corn, Green Beans,
Broccoli & Edamame

CONTAINS: WHEAT, GLUTEN, SOY



American

**Tuna, Tomato
& Spinach
Pasta Bake**

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK, FISH



Australian

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

Lettuce, Cucumber & Tomato

CONTAINS: WHEAT, GLUTEN, BARLEY, MILK

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Afternoon

**Spelt & Oat
Anzac Biscuits**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

**Spiced Pumpkin
& Apple loaf**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

**Avocado & Cream Cheese
Dip with Hi Fibre Flat Bread**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

**Apple, Cocoa & Banana
Wholemeal Loaf**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

**Herb & Garlic
Baguette**

CONTAINS: WHEAT, GLUTEN, BARLEY

Fresh Fruit & Raw Vegetables

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Week Six 2024 - 2025

Week Six

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Apple Cinnamon
Rice Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Wholemeal Fruit Spice
English Muffins

CONTAINS: WHEAT, GLUTEN, SOY, SULPHITES

Fresh Fruit & Raw Vegetables

Wholemeal Bread
Cheese Sandwich

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables

Orange & Coconut
Biscuits

CONTAINS: NONE

Fresh Fruit & Raw Vegetables

Cheese & Vegemite
Scrolls

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables



Australian



French



Thai



Italian



Japanese

Lunch

Beef & Tomato
Meatballs with
Creamy Potato Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

Cheesy Tomato &
Whitebean Sauce
with Pasta

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

Massaman Chicken &
Sweet Potato Curry
with Rice

Mixed Fresh Vegetables

CONTAINS: NONE

Beef & Tomato
Bolognese
with Pasta

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

Japanese
Chicken Balls
with Brown Rice

Green Vegetables & Katsu Sauce

CONTAINS: WHEAT, GLUTEN, SOY

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Afternoon

Beetroot, Cocoa &
Coconut Muffins

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Date, Oatmeal
& Quinoa Loaf

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Spelt, Cocoa &
Cinnamon Cookies

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Cheese, Sultanas &
Gluten Free Crackers

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Carrot & Cinnamon
Wholemeal Loaf

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

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