



Week One 2024 - 2025

Week One

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

Monday

Tuesday

Wednesday

Thursday

Friday

Vegetarian Meal #1

Vegetable Chickpea Ragout with Couscous

CONTAINS: WHEAT, GLUTEN

Legume & Sweet Potato Paella with Yellow Rice

CONTAINS: NONE

Vegetable Lasagne with Cheese and Bechamel Sauce

CONTAINS: WHEAT, GLUTEN, MILK

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Mini Falafel Burgers with Tomato Relish

CONTAINS: WHEAT, GLUTEN

Vegetarian Meal #2

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Roast Vegetables, Tomato Sauce, Wheat Pasta, Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN

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Alternative Meal #1

Chicken & Lentil Ragout with Rice

CONTAINS: NONE

Chicken Paella (No Sausage) with Yellow Rice

CONTAINS: NONE

Beef & Tomato Bolognese with Wheat Pasta

CONTAINS: WHEAT, GLUTEN

Bean & Zucchini Curry with Rice

CONTAINS: NONE

Chicken Chia Rissolle, Gluten Free Bread, Capsicum Relish

CONTAINS: NONE

Alternative Meal #2

Chicken & Rice with Carrot Tarragon Sauce

CONTAINS: NONE

Chicken, Green Pea & Zucchini Sauce with Rice

CONTAINS: NONE

Beef & Tomato Bolognese with Rice Noodles

CONTAINS: NONE

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Vegetarian alternative meal #1 is available on every day where the main meal is not vegetarian. Vegetarian alternative meal #2 removes dairy (milk) from vegetarian meals. Alternative 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 2024 - 2025

Week Two

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

Tuesday

Wednesday

Thursday

Friday

Vegetarian Meal #1

Moroccan Chickpea & Potato Tagine with Couscous

CONTAINS: WHEAT, GLUTEN

Vegetable Balls, Wheat Pasta, Tomato Capsicum Sauce

CONTAINS: WHEAT, GLUTEN

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Cheesy Tomato, Pumpkin, Spinach Sauce with Pasta

CONTAINS: WHEAT, GLUTEN, MILK

Vegetarian Pizza with Sweet Potato, Capsicum & Corn

CONTAINS: WHEAT, GLUTEN, MILK

Vegetarian Meal #2

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Pumpkin, Spinach Tomato Sauce, Wheat Pasta, Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN

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

CONTAINS: WHEAT, GLUTEN

Alternative Meal #1

Moroccan Lamb & Beef Tagine with Rice

CONTAINS: NONE

Chicken Chia Rissoles, Gluten Free Pasta, Tomato Capsicum Sauce

CONTAINS: NONE

Lentil, Pumpkin & Coconut Stew with Rice

CONTAINS: NONE

Chicken, Tomato & Spinach Sauce, Wheat Pasta

CONTAINS: WHEAT, GLUTEN

Smoky Beef Pizza with Sweet Potato, Capsicum & Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN

Alternative Meal #2

Beef & Rice with Coconut Turmeric Sauce

CONTAINS: NONE

Chicken Chia Rissole, Rice Noodles, Pea & Zucchini Sauce

CONTAINS: NONE

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Chicken Tomato Spinach Sauce, Gluten Free Pasta

CONTAINS: NONE

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

CONTAINS: SOY

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Week Three 2024 - 2025

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Tuesday

Wednesday

Thursday

Friday

Vegetarian Meal #1

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Pumpkin, Mushroom & Chickpea Pasta Bake

CONTAINS: WHEAT, GLUTEN, MILK

Roast Vegetable Coconut Curry with Rice

CONTAINS: MILK

Vegetable Balls, Wheat Pasta & Ratatouille

CONTAINS: WHEAT, GLUTEN, OATS

Honey Soy Tofu Vegetable Noodles

CONTAINS: SOY, WHEAT, GLUTEN

Vegetarian Meal #2

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Pumpkin, Mushroom & Chickpea Sauce with Pasta

CONTAINS: WHEAT, GLUTEN

Whitebean, Vegetable Coconut Curry with Rice

CONTAINS: NONE

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Alternative Meal #1

Pumpkin Coconut Soup with Wholemeal Roll

CONTAINS: WHEAT, GLUTEN, BARLEY

Beef, Mushroom & Pumpkin Sauce with Wheat Pasta

CONTAINS: WHEAT, GLUTEN

Chicken Coconut Curry with Rice

CONTAINS: NONE

Beef Quinoa Rissolle, Gluten Free Pasta & Ratatouille

CONTAINS: NONE

Chicken & Rice Noodle Stir Fry

CONTAINS: NONE

Alternative Meal #2

Pumpkin Coconut Soup with Gluten Free Bread

CONTAINS: NONE

Beef, Mushroom & Pumpkin Sauce with Rice Noodles

CONTAINS: NONE

Chicken & Rice with Carrot Tarragon Sauce

CONTAINS: NONE

Beef, Roast Eggplant Sauce with Rice Noodles

CONTAINS: NONE

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Week Four 2024 - 2025

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Tuesday

Wednesday

Thursday

Friday

Vegetarian Meal #1

Falafel Balls with Macaroni Cheese Bake

CONTAINS: WHEAT, GLUTEN, MILK

Chinese Black Bean Tofu Sauce with Rice

CONTAINS: SOY

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Chickpea & Potato Stroganoff with Rice

CONTAINS: MILK

Brazilian Bean & Potato Stew with Flat Breads

CONTAINS: WHEAT, GLUTEN

Vegetarian Meal #2

Falafel Balls, Wheat Pasta & Carrot Tarragon Sauce

CONTAINS: WHEAT, GLUTEN

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Chickpea, Potato, Mushroom Stew with Rice

CONTAINS: NONE

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Alternative Meal #1

Chicken & Corn Rissole, Pasta, Carrot Tarragon Sauce

CONTAINS: WHEAT, GLUTEN

Chinese Beef Stew with Rice

CONTAINS: NONE

Chunky Vegetable & Tomato Sauce with Wheat Pasta

CONTAINS: WHEAT, GLUTEN

Beef, Mushroom & Tomato Stew with Rice

CONTAINS: NONE

Brazilian Chicken & Black Bean Stew with Gluten Free Bread

CONTAINS: NONE

Alternative Meal #2

Chicken Chia Rissole, Gluten Free Pasta, Carrot Tarragon Sauce

CONTAINS: NONE

Beef Quinoa Rissole, Rice, Pumpkin Lentil Sauce

CONTAINS: NONE

Chunky Vegetable & Tomato Sauce with Rice & Corn Pasta

CONTAINS: NONE

Beef Meatballs, Rice, Roast Eggplant Sauce

CONTAINS: NONE

Chicken & Rice with Green Pea Zucchini Sauce

CONTAINS: NONE

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Week Five 2024 - 2025

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Tuesday

Wednesday

Thursday

Friday

Vegetarian Meal #1

Italian Veggie Balls, with Pasta & Creamy Tomato Sauce

CONTAINS: WHEAT, GLUTEN, OATS, MILK

Mexican Bean Stew with Rice, Corn Salsa

CONTAINS: NONE

Tofu Fried Rice

CONTAINS: WHEAT, GLUTEN, SOY

Lentil, Tomato, Spinach Pasta Bake

CONTAINS: WHEAT, GLUTEN, MILK, BARLEY

Vegetarian Pizza with Sweet Potato, Capsicum & Corn

CONTAINS: WHEAT, GLUTEN, MILK

Vegetarian Meal #2

Italian Veggie Balls with Pasta & Tomato Sauce

CONTAINS: WHEAT, GLUTEN, OATS

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Lentil, Tomato, Spinach Sauce, Wheat Pasta, Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN

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

CONTAINS: WHEAT, GLUTEN

Alternative Meal #1

Italian Beef Meatballs with Pasta & Rich Tomato Sauce

CONTAINS: WHEAT, GLUTEN, OATS

Beef with Rice & Roast Eggplant Sauce

CONTAINS: NONE

Chicken Chia Rissole with Rice & Pumpkin Lentil Sauce

CONTAINS: NONE

Whitefish, Wheat Pasta, Pea & Zucchini Sauce

CONTAINS: WHEAT, GLUTEN, FISH

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

CONTAINS: WHEAT, GLUTEN

Alternative Meal #2

Beef & Quinoa, Rich Tomato Sauce, Rice Corn Pasta

CONTAINS: NONE

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Whitefish with Rice Noodles, Pea & Zucchini Sauce

CONTAINS: FISH

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

CONTAINS: SOY

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Monday

Tuesday

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Vegetarian Meal #1

Chickpea Patties with Creamy Potato Bake

CONTAINS: WHEAT, GLUTEN, MILK

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Vegetarian Massaman with Potato, Spinach, Lentils & Rice

CONTAINS: NONE

Spinach Ricotta Pasta, Rich Tomato Sauce & Cheese

CONTAINS: WHEAT, GLUTEN, MILK

Tofu Whitebean Balls, Brown Rice & Katsu Sauce

CONTAINS: SOY, WHEAT, GLUTEN

Vegetarian Meal #2

Chickpea Patties with Roast Potato & Gravy

CONTAINS: WHEAT, GLUTEN

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Spinach, Tomato & Lentil Sauce, Pasta, Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN, MILK

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Alternative Meal #1

Beef Quinoa Rissole with Roast Potato & Gravy

CONTAINS: NONE

Chunky Vegetable Tomato Sauce, Wheat Pasta

CONTAINS: WHEAT, GLUTEN

Chicken & Rice with Carrot & Tarragon Sauce

CONTAINS: NONE

Beef Bolognaise with Gluten Free Pasta

CONTAINS: NONE

Chicken Chia Rissole with Brown Rice & Gravy

CONTAINS: NONE

Alternative Meal #2

Beef & Quinoa Rissole, Roast Potato, Carrot Tarragon Sauce

CONTAINS: NONE

Chunky Vegetable Tomato Sauce, Gluten Free Pasta

CONTAINS: NONE

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Beef Quinoa Rissole, Rice Noodles, Pumpkin Lentil Sauce

CONTAINS: NONE

Chicken Chia Rissole, Brown Rice, Turmeric Coconut Sauce

CONTAINS: NONE

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