



Week One 2024 - 2025

Week One

PUREE MENU 6 MONTHS TO 12 MONTHS (1)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

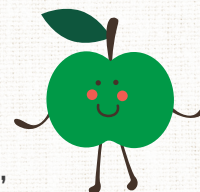
Apple & Apricot
Puree with Iron
Fortified Rice Cereal

Apple & Pear
Porridge
Puree

Peach Rice Pudding
with Cinnamon
Puree

Apple, Blueberry &
Pear Puree with Iron
Fortified Rice Cereal

Tapioca
& Pear
Puree



Beef, Red Lentil,
Potato & Carrot
Mashed

Chicken,
Red Lentils &
Carrot Mashed

Veal, Potato,
Tomato & Cheese
Mashed

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

Chicken, Corn,
Cauliflower, Pearl Barley
& Rice Mashed

Lunch

Cauliflower,
Sweet Potato &
Pumpkin Puree

Broccoli,
Cauliflower &
Potato Puree

Sweet
Potato
Puree

Carrot
& Corn
Puree

Pumpkin &
Sweet Potato
Puree



Afternoon

Peach & Apple
Semolina
Puree

Creamy
Mango Risotto
Puree

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

Pear & Apple Puree
with Iron Fortified
Rice Cereal

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 2024 - 2025

Week Two

PUREE MENU 6 MONTHS TO 12 MONTHS (1)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Apricot & Apple Porridge Puree

Peach Semolina with Milk Puree

Pear & Apple Puree with Iron Fortified Rice Cereal

Apple Semolina Puree

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



Lunch

Beef & Roasted Vegetable Stew with Cous Cous Mashed

Beef, Pearl Barley & Vegetable Casserole Mashed

White Beans, Oats, Pumpkin & Carrot Mashed

Chicken, Potato, Corn & White Beans Mashed

Beef, Brown Rice, Pumpkin & Potato Mashed

Zucchini & Potato Puree

Cauliflower, Corn & Potato Puree

Zucchini, Potato & Cauliflower Puree

Carrot & Pumpkin Puree

Broccoli, Green Peas, Zucchini & Potato Puree



Afternoon

Apple Puree with Iron Fortified Rice Cereal

Mango & Pear Puree with Iron Fortified Rice Cereal

Apple, Apricot & Prune Puree with Iron Fortified Rice Cereal

Peach, Pear & Apple Puree with Iron Fortified Rice Cereal

Tapioca, Apple & Rhubarb 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 Three

2024 - 2025

Week Three

PUREE MENU 6 MONTHS TO 12 MONTHS (1)
www.kidsgourmetfood.com.au

Monday

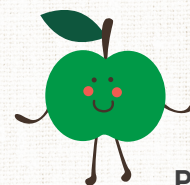
Tuesday

Wednesday

Thursday

Friday

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Pear Semolina Puree	Pear, Apple & Apricot Puree with Iron Fortified Rice Cereal	Peach, Pear & Tapioca Puree	Apricot Porridge Puree with Milk	Pear Puree with Iron Fortified Rice Cereal
Lunch	Chicken, Ricotta, Pasta & Corn Mashed	Chicken, Red Lentil, Sweet Potato & Rice Mashed	Beef Bolognese Sauce with Pasta & Vegetables Mashed	Pasta, Pumpkin & Cheese Mashed	Chicken, Sweet Potato & White Beans Mashed
Afternoon	Sweet Potato Puree	Pumpkin & Carrot Puree	Potato & Pumpkin Puree	Potato, Green Pea & Broccoli Puree	Carrot, Cauliflower & Potato Puree
	Apple & Pear Puree	Apple & Rhubarb Puree with Iron Fortified Rice Cereal	Apple, Peach & Prune Puree	Apple, Pear & Prune Puree with Iron Fortified Rice Cereal	Apple Puree with Iron Fortified Rice Cereal



*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 Four 2024 - 2025

Week Four

PUREE MENU 6 MONTHS TO 12 MONTHS (1)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

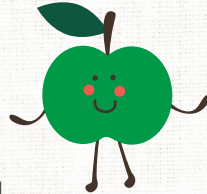
Apple & Apricot
Puree with Iron
Fortified Rice Cereal

Apple &
Pear Porridge
Puree

Peach Rice Pudding
with Cinnamon
Puree

Apple, Blueberry &
Pear Puree with Iron
Fortified Rice Cereal

Tapioca
& Pear
Puree



Lunch

Beef, Red Lentil,
Potato & Carrot
Mashed

Chicken,
Red Lentils &
Carrot Mashed

Veal, Potato,
Tomato & Cheese
Mashed

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

Chicken, Corn,
Cauliflower, Pearl Barley
& Rice Mashed

Cauliflower,
Sweet Potato &
Pumpkin Puree

Broccoli,
Cauliflower &
Potato Puree

Sweet
Potato
Puree

Carrot
& Corn
Puree

Pumpkin &
Sweet Potato
Puree



Afternoon

Peach & Apple
Semolina
Puree

Creamy
Mango Risotto
Puree

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

Pear & Apple Puree
with Iron Fortified
Rice Cereal

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 Five 2024 - 2025

Week Five

PUREE MENU 6 MONTHS TO 12 MONTHS (1)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

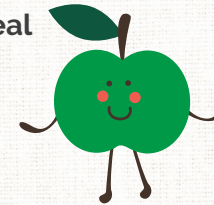
Morning

Apricot & Apple Porridge Puree



Peach Semolina with Milk Puree

Pear & Apple Puree with Iron Fortified Rice Cereal



Apple Semolina Puree

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

Lunch

Beef & Roasted Vegetable Stew with Cous Cous Mashed

Beef, Pearl Barley & Vegetable Casserole Mashed

White Beans, Oats, Pumpkin & Carrot Mashed

Chicken, Potato, Corn & White Beans Mashed

Beef, Brown Rice, Pumpkin & Potato Mashed

Zucchini & Potato Puree

Cauliflower, Corn & Potato Puree



Zucchini, Potato & Cauliflower Puree

Carrot & Pumpkin Puree



Broccoli, Green Peas, Zucchini & Potato Puree

Afternoon

Apple Puree with Iron Fortified Rice Cereal

Mango & Pear Puree with Iron Fortified Rice Cereal

Apple, Apricot & Prune Puree with Iron Fortified Rice Cereal

Peach, Pear & Apple Puree with Iron Fortified Rice Cereal

Tapioca, Apple & Rhubarb 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 Six 2024 - 2025

Week Six

PUREE MENU 6 MONTHS TO 12 MONTHS (1)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

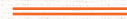
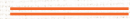
Pear
Semolina
Puree

Pear, Apple &
Apricot Puree with Iron
Fortified Rice Cereal

Peach, Pear
& Tapioca
Puree

Apricot
Porridge Puree
with Milk

Pear Puree
with Iron Fortified
Rice Cereal



Lunch

Chicken, Ricotta,
Pasta & Corn
Mashed



Chicken, Red Lentil,
Sweet Potato
& Rice Mashed

Beef Bolognese
Sauce with Pasta &
Vegetables Mashed



Pasta,
Pumpkin & Cheese
Mashed

Chicken,
Sweet Potato &
White Beans Mashed

Sweet
Potato
Puree

Pumpkin
& Carrot
Puree

Potato
& Pumpkin
Puree

Potato,
Green Pea &
Broccoli Puree

Carrot,
Cauliflower &
Potato Puree

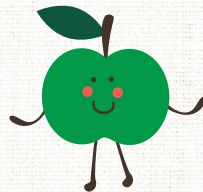


Afternoon

Apple
& Pear
Puree

Apple & Rhubarb
Puree with Iron
Fortified Rice Cereal

Apple,
Peach & Prune
Puree



Apple, Pear &
Prune Puree with Iron
Fortified Rice Cereal



Apple Puree
with Iron Fortified
Rice Cereal

*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.