



Week Four 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (2)

WEEKLY MENU SUMMARY

- ✓ 1 Serves White Meat (Chicken or Fish)
- ✓ 3 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

Monday

DATE, APPLE & CHEESE SCROLLS

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

Tuesday

FULL CREAM FRUIT YOGHURT

Dairy

FRESH FRUIT & RAW VEGETABLES

Wednesday

APPLE, BLUEBERRY, FLAX MEAL & WHOLEMEAL MUFFINS

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

Thursday

WATER CRACKERS & CHEDDAR CHEESE

Dairy

FRESH FRUIT & RAW VEGETABLES

Friday

CHEESE SANDWICHES ON WHOLEMEAL BREAD

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

LUNCH



BEEF & QUINOA MEATBALLS, TOMATO GRAVY WITH BROWN RICE PILAF

Australian

MIXED FRESH VEGETABLES



HUNGARIAN BEEF GOULASH WITH SWEET POTATO DICE & RICE

Hungarian

MIXED FRESH VEGETABLES



CHICKEN & CHEESY SPINACH SAUCE WITH PASTA

Italian

MIXED FRESH VEGETABLES



LAMB & BEEF KORMA WITH POTATO, EGGPLANT & RICE

Indian

MIXED FRESH VEGETABLES



PUMPKIN, POTATO & WHITE BEAN SOUP WITH FOCACCIA SQUARES

Australian

AFTERNOON

BANANA & BRAN BREAD

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

WHITE BEAN & BEETROOT DIP WITH TORTILLA FLAT BREAD

Dairy, high protein

FRESH FRUIT & RAW VEGETABLES

MARGARITA PIZZA STICKS

Dairy

FRESH FRUIT & RAW VEGETABLES

PEAR & GINGER WHOLEMEAL PILLOWS

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

ORANGE WHOLEMEAL SQUARES WITH BLACK CHIA SEEDS

Wholemeal

FRESH FRUIT & RAW VEGETABLES

www.kidsgourmetfood.com.au

*All KGF menus have been designed to meet criteria recommended by current Australian Dietary Guidelines and the National Quality Standard. 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.

