



Week Two 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (2)

WEEKLY MENU SUMMARY

- ✓ 3 Serves White Meat (Chicken or Fish)
- ✓ 2 Serves Red Meat
- ✓ 6 Serves Dairy Provided

MORNING

Monday

MINI MOZZARELLA & TOMATO PIZZETTAS

Dairy

FRESH FRUIT & RAW VEGETABLES

Tuesday

CORN THINS & CHEDDAR CHEESE

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

Wednesday

SPINACH & RICOTTA SCONES

Dairy, vegetable based

FRESH FRUIT & RAW VEGETABLES

Thursday

SPICED CHICKPEA, SWEET CORN & CHEESE PINWHEELS

Dairy, protein

FRESH FRUIT & RAW VEGETABLES

Friday

WHOLEMEAL BREAD CHEESE SANDWICH

Wholemeal, dairy

FRESH FRUIT & RAW VEGETABLES

LUNCH



MOROCCAN SPICED LAMB & BEEF WITH COUS COUS

Moroccan

MIXED FRESH VEGETABLES



CHICKEN, TOMATO, ZUCCHINI & CHEESE PASTA BAKE

Italian

MIXED FRESH VEGETABLES



BUTTER CHICKEN WITH NATURAL YOGHURT & RICE

Indian

MIXED FRESH VEGETABLES



MINI BEEF BURGERS WITH SALAD & SLICED CHEESE

Australian

LETTUCE & TOMATO



TUNA MORNAY PASTA BAKE

American

MIXED FRESH VEGETABLES

AFTERNOON

BEAN & COCOA BROWNIE

High protein, vegetable based

FRESH FRUIT & RAW VEGETABLES

HERB & GARLIC WHOLEMEAL BAGUETTE

Wholemeal

FRESH FRUIT & RAW VEGETABLES

GF CRACKERS WITH CHICKPEA & HERB CREAM CHEESE

Dairy, protein

FRESH FRUIT & RAW VEGETABLES

CORN FLAKE, COCONUT & SUNFLOWER SEED MUESLI ROUNDS

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

CITRUS POLENTA & RICOTTA SLICE

Wholemeal, dairy

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.

