



Week Six 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (2)

WEEKLY MENU SUMMARY

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

MORNING

Monday

WATER CRACKERS & CHEDDAR CHEESE

Dairy

FRESH FRUIT & RAW VEGETABLES

Tuesday

CHEESE & VEGEMITE SCROLLS

Dairy

FRESH FRUIT & RAW VEGETABLES

Wednesday

FULL CREAM FRUIT YOGHURT

Dairy

FRESH FRUIT & RAW VEGETABLES

Thursday

TURKISH TOAST

Contains Sesame

FRESH FRUIT & RAW VEGETABLES

Friday

PEAR & APPLE RICE CUSTARD

Dairy, fruit based

FRESH FRUIT & RAW VEGETABLES

LUNCH



CRUMBED FISH PIECES, ROASTED POTATOES, TOMATO & WHITE BEAN DIPPING SAUCE

Modern Australian

MIXED FRESH VEGETABLES



CHICKEN & SAUSAGE PAELLA, YELLOW RICE & GREEN PEAS

Spanish

MIXED FRESH VEGETABLES



BEEF STROGANOFF WITH MUSHROOMS & RICE

Russian

MIXED FRESH VEGETABLES



VEGETARIAN PIZZA WITH SWEET POTATO, CAPSICUM, ZUCCHINI, CORN & CHEESE

Australian

LETTUCE, CUCUMBER & TOMATO SALAD



SWEDISH MEATBALLS WITH PASTA

Swedish

MIXED FRESH VEGETABLES

AFTERNOON

BEETROOT, COCOA & COCONUT MUFFIN

Wholemeal, vegetable based

FRESH FRUIT & RAW VEGETABLES

WEETBIX & LINSEED CRUMBLE

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

AVOCADO & CREAM CHEESE DIP WITH BROWN RICE CRACKERS

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

SPELT & OAT ANZAC BISCUITS

Wholemeal, wholegrain

FRESH FRUIT & RAW VEGETABLES

APPLE & SPICE PASTIZZI

Fruit based

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.

