



# WEEK 1 - ALTERNATE MENU

12 months to 5 years (1)

[www.kidsgourmetfood.com.au](http://www.kidsgourmetfood.com.au)

Vegetarian

Monday

White Bean Mornay  
with Spiral Pasta  
Cheesy Bread Crust

Mixed Fresh  
Vegetables

Tuesday

Falafel Balls  
with Creamy  
Potato Bake

Mixed Fresh  
Vegetables



Wednesday

Brown Lentil &  
Vegetable Dhal with  
Spiced Cous Cous

Mixed Fresh  
Vegetables

Thursday

Vegetarian Pizza with  
Sweet Potato,  
Capsicum, Zucchini,  
Corn & Cheese

Lettuce, Cucumber  
& Tomato Salad



Friday

Sweet Potato &  
Legume Paella with  
Yellow Rice

Mixed Fresh  
Vegetables

## (V) Vegetarian Alternative Menu

Alternative A

White Fish Fillet with  
Rice Noodle & Roasted  
Vegetable Salad

Mixed Fresh  
Vegetables



A1 - Beef & Quinoa  
Rissole with Roasted  
Potatoes & Gravy

A2 - Beef & Quinoa  
Rissole with Roasted  
Potatoes (No Gravy)

Lamb, Beef &  
Lentil Dhal with  
Jasmine Rice

Mixed Fresh  
Vegetables



A1 - Gluten Free  
Vegetarian Pizza  
A2 - Vegetarian Sweet  
Potato, Capsicum &  
Corn Fried Rice



Chicken Paella with  
Yellow Rice  
(No Sausage)

Mixed Fresh  
Vegetables

## (A) Allergy Alternative - Wheat, Dairy, Soy Free

Alternative B

White Fish, Pasta &  
Vegetables

Mixed Fresh  
Vegetables

Beef Meat Balls,  
Roast Potato &  
Vegetables

Mixed Fresh  
Vegetables



Beef, Cous Cous  
& Vegetables

Mixed Fresh  
Vegetables

Chicken with Brown  
Rice & Vegetables

Mixed Fresh  
Vegetables

Chicken, Jasmine Rice  
& Vegetables

Mixed Fresh  
Vegetables

## (B) Allergy Alternative - Basics







# WEEK 2 - ALTERNATE MENU

12 months to 5 years (1)

[www.kidsgourmetfood.com.au](http://www.kidsgourmetfood.com.au)

Monday

Silken Tofu & White Bean Balls, Edamame, Miso Brown Rice

Tuesday

Spinach & Ricotta Ravioli with Napoli Sauce & Tasty Cheese

Mixed Fresh Vegetables

Wednesday

Vegetable & Tofu Pasta Bake with Sweet Potato, Eggplant White Beans & Cheese Sauce

Mixed Fresh Vegetables

Thursday

Roasted Vegetable & Chickpea Sandwich with Salads

Lettuce, Tomato, Cucumber

Friday

Roasted Vegetable & White Bean Cottage Pie with Creamy Mashed Potato

Mixed Fresh Vegetables

(V) Vegetarian Alternative Menu

Chicken, Chia Meatballs with Brown Rice & Green Vegetables (No Soy)

Mixed Fresh Vegetables

Beef & Tomato Bolognese with Rice Noodles

Mixed Fresh Vegetables

Roasted Vegetables, Rice & Corn Pasta Bake, Pumpkin & Potato Mash

Mixed Fresh Vegetables

Gluten Free Chicken Sandwich with Mayonnaise, Cream Corn & Salads

Lettuce, Tomato, Cucumber

Beef Bolognese with Roasted Potatoes

Mixed Fresh Vegetables

(A) Allergy Alternative - Wheat, Dairy, Soy Free

Chicken, Brown Rice & Vegetables

Mixed Fresh Vegetables

Beef, Pasta & Vegetables

Mixed Fresh Vegetables

Chicken, Pasta & Vegetables

Mixed Fresh Vegetables

Chicken, Brown Rice & Vegetables

Mixed Fresh Vegetables

Beef, Potato & Vegetables

Mixed Fresh Vegetables

(B) Allergy Alternative - Basics

Vegetarian

Alternative A

Alternative B

(B)





# WEEK 3 - ALTERNATE MENU

12 months to 5 years (1)

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Vegetarian

Monday

Falafel Balls,  
Macaroni Cheese  
Bake

Mixed Fresh  
Vegetables

Tuesday

Vegetarian Bean  
Coconut Curry  
with Pasta

Mixed Fresh  
Vegetables

Wednesday

Roasted Root  
Vegetables in Mild  
Tomato, Coconut Curry,  
with Basmati Rice

Mixed Fresh  
Vegetables

Thursday

Vegetarian Pizza  
with Sweet Potato,  
Capsicum, Corn  
& Cheese

Lettuce, Tomato,  
Cucumber

Friday

Chickpea & Potato  
Stroganoff with  
Jasmine Rice

Mixed Fresh  
Vegetables

(V) Vegetarian Alternative Menu

Alternative A

Chicken & Chia  
Meatballs, Rice  
& Corn Pasta Salad

Mixed Fresh  
Vegetables

Beef Meatballs  
with Coconut Curry  
& Rice Noodles

Mixed Fresh  
Vegetables

Butter Chicken with  
Coconut (No Dairy)  
& Basmati Rice

Mixed Fresh  
Vegetables

A1 - Gluten Free Chicken  
& Cheese Pizza  
A2 - BBQ Chicken Rice  
Noodle Salad

Beef, Mushroom  
& Tomato Stew with  
Jasmine Rice

Mixed Fresh  
Vegetables

(A) Allergy Alternative - Wheat, Dairy, Soy Free

Alternative B

Chicken, Pasta  
& Vegetables

Mixed Fresh  
Vegetables

Beef, Pasta  
& Vegetables

Mixed Fresh  
Vegetables

Chicken, Basmati Rice  
& Vegetables

Mixed Fresh  
Vegetables

Chicken, Brown Rice  
& Vegetables

Mixed Fresh  
Vegetables

Beef, Jasmine Rice  
& Vegetables

Mixed Fresh  
Vegetables

(B) Allergy Alternative - Basics







# WEEK 4 - ALTERNATE MENU

12 months to 5 years (1)

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Vegetarian

Monday

**Cheesy Tomato  
Sauce with Pasta**

**Mixed Fresh  
Vegetables**

Tuesday

**Hungarian Sweet Potato  
Stew with White Beans  
& Jasmine Rice**

**Mixed Fresh  
Vegetables**

Wednesday

**Vegetable Pasta Bake  
with Cheese Sauce**

**Mixed Fresh  
Vegetables**

Thursday

**Vegetarian Quinoa  
Patties, Natural Yoghurt  
Tzatziki, Lettuce & Pita  
Bread Pockets**

**Mixed Fresh  
Vegetables**

Friday

**Spinach & Ricotta  
Ravioli with Cheesy  
Asparagus Sauce**

**Mixed Fresh  
Vegetables**

## (V) Vegetarian Alternative Menu

Alternative A

**Chunky Roasted  
Vegetable & Tomato  
Sauce with Rice &  
Corn Pasta**

**Mixed Fresh  
Vegetables**

**Hungarian Beef  
Goulash with Sweet  
Potato Dice &  
Jasmine Rice**

**Mixed Fresh  
Vegetables**

**Chicken Tomato &  
Zucchini Bolognese  
with Rice Noodles**

**Mixed Fresh  
Vegetables**

**A1 - Beef, Lamb &  
Chickpeas Patties, Tomato  
Chutney, Lettuce &  
Gluten Free Bread**

**A2 - Beef & Quinoa  
Rissole with Gluten Free  
Bread & Lettuce**

**White Fish Fillet with  
Rice Noodle Salad**

**Mixed Fresh  
Vegetables**

## (A) Allergy Alternative - Wheat, Dairy, Soy Free

Alternative B

**Chicken, Pasta &  
Vegetables**

**Mixed Fresh  
Vegetables**

**Beef, Jasmine Rice  
& Vegetables**

**Mixed Fresh  
Vegetables**

**Chicken, Pasta &  
Vegetables**

**Mixed Fresh  
Vegetables**

**Beef, Brown Rice  
& Vegetables**

**Mixed Fresh  
Vegetables**

**Fish, Pasta  
& Vegetables**

**Mixed Fresh  
Vegetables**

## (B) Allergy Alternative - Basics







# WEEK 5 - ALTERNATE MENU

12 months to 5 years (1)

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Vegetarian

Monday

Red Lentil  
& Split Pea Dhal  
with Basmati Rice

Mixed Fresh  
Vegetables

Tuesday

Falafel Balls with  
Creamy Potato Bake

Mixed Fresh  
Vegetables

Wednesday

Cheesy Spinach  
& Tomato Sauce with  
Spiral Pasta

Mixed Fresh  
Vegetables

Thursday

Roasted Vegetable  
& Chickpea Sandwich  
with Salads

Mixed Fresh  
Vegetables

Friday

Vegetarian Quinoa  
Patties, Tomato Gravy,  
Brown Rice Pilaf

Mixed Fresh  
Vegetables

(V) Vegetarian Alternative Menu

Alternative A

Red Lentil  
& Split Pea Dhal  
with Basmati Rice

Mixed Fresh  
Vegetables

Baked White Fish Fillet,  
Roasted Potatoes  
& Gravy

Mixed Fresh  
Vegetables

Chicken, Tomato &  
Spinach Sauce  
(Dairy Free) with  
Rice & Corn Pasta

Mixed Fresh  
Vegetables

A1 - Pulled Beef  
Sandwich with Tomato  
Chutney & Salads  
A2 - Gluten Free Pulled  
Beef Sandwich with  
Chutney & Salads (DF)

Mixed Fresh  
Vegetables

(A) Allergy Alternative - Wheat, Dairy, Soy Free

Alternative B

Chicken with  
Basmati Rice &  
Vegetables

Mixed Fresh  
Vegetables

Fish, Roast Potato  
& Vegetables

Mixed Fresh  
Vegetables

Chicken, Pasta  
& Vegetables

Mixed Fresh  
Vegetables

Beef, Rice Noodles  
& Vegetables

Mixed Fresh  
Vegetables

Beef, Brown Rice  
& Vegetables

Mixed Fresh  
Vegetables

(B) Allergy Alternative - Basics







# WEEK 6 - ALTERNATE MENU

12 months to 5 years (1)

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Monday

Tuesday

Wednesday

Thursday

Friday

Pumpkin, Potato &  
White Bean Soup with  
Focaccia Squares

Sweet Potato & Apricot  
Stew with Jasmine Rice

Spinach, Potato &  
Eggplant Korma with  
Basmati Rice

Falafel Mini Burgers  
with Salad & Cheese

Greek Style Vegetable  
Lasagne with Cheese  
Béchamel Sauce

Mixed Fresh  
Vegetables

Mixed Fresh  
Vegetables

Mixed Fresh  
Vegetables

Mixed Fresh  
Vegetables

(V) Vegetarian Alternative Menu

Pumpkin, Potato, White  
Bean & Coconut Soup  
with Gluten Free Bread

Chicken, Apricot &  
Sweet Potato Stew with  
Jasmine Rice

Beef Meatballs with  
Coconut Curry &  
Basmati Rice

A1 - Mini Beef Burgers  
with Salad – No Cheese  
A2 - Beef & Quinoa  
Burger, Gluten Free  
Bread & Salad

Beef & Tomato  
Bolognese with  
Rice Noodles

Mixed Fresh  
Vegetables

Mixed Fresh  
Vegetables

Mixed Fresh  
Vegetables

(A) Allergy Alternative - Wheat, Dairy, Soy Free

Pumpkin, Potato,  
White Bean &  
Onion Soup

Chicken, Jasmine Rice  
& Vegetables

Beef, Basmati Rice  
& Vegetables

Beef, Brown Rice  
& Vegetables

Beef, Pasta  
& Vegetables

Mixed Fresh  
Vegetables

Mixed Fresh  
Vegetables

Mixed Fresh  
Vegetables

Mixed Fresh  
Vegetables

(B) Allergy Alternative - Basics

