



WEEK 1 - MAIN MENU

12 months to 5 years (1)

Weekly Menu Summary

- ✓ 2 Serves White Meat - Chicken or Fish (3 serves per fortnight*)
- ✓ 2 Serves Red Meat - (2 serves per week*)
- ✓ 1 Serve Vegetarian - (1 serve per week*) High in Vitamin C & Iron
- ✓ 6 Serves Dairy Provided- (it is recommended that additional milk or dairy is offered at morning & or afternoon tea if required to make up 2 serves per day*)

Monday

Water Crackers with Cheddar Cheese

Dairy

Fresh Fruit & Raw Vegetables



Tuna Mornay Bake with Smooth Ricotta & Spiral Pasta, Cheesy Bread Crust

Mixed Fresh Vegetables

Spelt & Oat Anzac Biscuits

Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

Tuesday

Wholemeal Raisin Bread

Wholemeal

Fresh Fruit & Raw Vegetables

Beef, Quinoa & Tomato Meat Balls with Creamy Potato Bake

Mixed Fresh Vegetables

Banana, Bran & Milo Bread

Wholemeal, fruit based, high in iron

Fresh Fruit & Raw Vegetables

Wednesday

English Muffins with Cheese

Dairy

Fresh Fruit & Raw Vegetables

Lamb, Beef & Lentil Dhal with Spiced Cous Cous

Mixed Fresh Vegetables

Pear & Ginger Pillows with Coconut Sugar

Wholemeal, fruit based

Fresh Fruit & Raw Vegetables

Thursday

Mango, Coconut & Tapioca Bubbles

Fruit based, gluten free

Fresh Fruit & Raw Vegetables

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

Lettuce, Tomato & Cucumber Salad

Gluten Free Crackers, Chickpea & Herb Cream Cheese Dip

Dairy, high protein

Fresh Fruit & Raw Vegetables

Friday

Cheese, Spinach, Pumpkin & Paprika Snails

Dairy, vegetable based

Fresh Fruit & Raw Vegetables

Chicken & Sausage Paella, Yellow Rice & Green Peas



Wholemeal Coconut Shortbread

Wholemeal

Fresh Fruit & Raw Vegetables

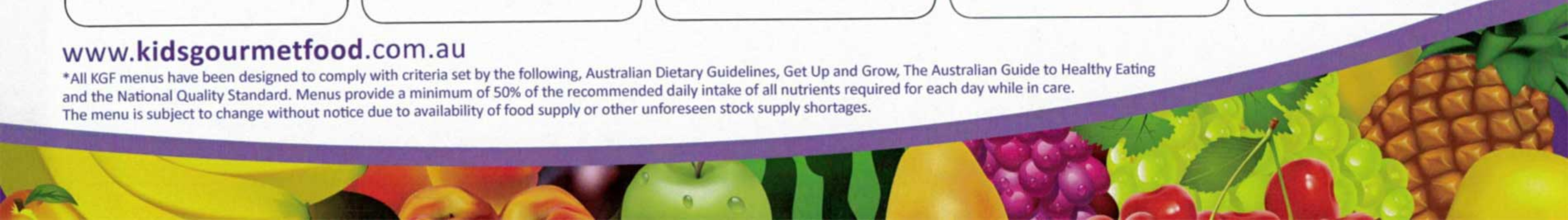
Morning

Lunch

Afternoon

www.kidsgourmetfood.com.au

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WEEK 2 - MAIN MENU

12 months to 5 years (1)

Weekly Menu Summary

- ✓ 2 Serves White Meat - Chicken or Fish (3 serves per fortnight*)
- ✓ 2 Serves Red Meat - (2 serves per week*)
- ✓ 1 Serve Vegetarian - (1 serve per week*) High in Vitamin C & Iron
- ✓ 5 Serves Dairy Provided- (it is recommended that additional milk or dairy is offered at morning & or afternoon tea if required to make up 2 serves per day*)

Monday

Assorted Rice & Corn Thins, Sliced Cheddar Cheese

Dairy, wholegrain

Fresh Fruit & Raw Vegetables

Tsukume Japanese Chicken Balls, Edamame, Miso Broth & Brown Rice

White Bean & Beetroot Dip with Tortilla Flat Bread

Dairy, high protein & vegetable content

Fresh Fruit & Raw Vegetables

Tuesday

Wheat Free Breaky Bar with Apricots & Pepitas

Wholegrains, high fibre

Fresh Fruit & Raw Vegetables

Beef & Tomato Bolognese with Wholemeal Pasta

Mixed Fresh Vegetables

Herb & Garlic Wholemeal Baguette

Wholemeal

Fresh Fruit & Raw Vegetables

Wednesday

Wholemeal Bread Cheese Sandwich

Wholemeal, dairy

Fresh Fruit & Raw Vegetables

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

Mixed Fresh Vegetables

Corn Flake, Coconut & Sunflower Seed Muesli Rounds

Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

Thursday

Fruit & Spice English Muffin

Fruit based

Fresh Fruit & Raw Vegetables

Chicken Sandwich with Mayonnaise & Creamed Corn

Lettuce, Tomato & Cucumber Salad

Flourless Polenta, Ricotta & Lemon Slice

Dairy, wheat free

Fresh Fruit & Raw Vegetables

Friday

Cheese & Vegemite Snails

Dairy

Fresh Fruit & Raw Vegetables

Beef Cottage Pie with Mashed Potato

Mixed Fresh Vegetables

Apple, Apricot & Ricotta Slice with Linseed Crumble

Wholemeal, wholegrain, dairy, fruit based

Fresh Fruit & Raw Vegetables

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WEEK 3 - MAIN MENU

12 months to 5 years (1)

Weekly Menu Summary

- ✓ 3 Serves White Meat - Chicken or Fish (3 serves per fortnight*)
- ✓ 2 Serves Red Meat - (2 serves per week*)
- ✓ 0 Serve Vegetarian - (1 serve per week*) High in Vitamin C & Iron
- ✓ 6 Serves Dairy Provided- (it is recommended that additional milk or dairy is offered at morning & or afternoon tea if required to make up 2 serves per day*)

Monday

Full Cream Fruit Yoghurt
Dairy

Fresh Fruit & Raw Vegetables

Chicken & Corn Rissole, Macaroni & Cheese Bake with Bread & Herb Crust

Mixed Fresh Vegetables

Orange Wholemeal Squares with Black Chia Seeds
Wholemeal

Fresh Fruit & Raw Vegetables

Tuesday

Date, Oatmeal & Quinoa Muffins
Wholegrain, wholemeal

Fresh Fruit & Raw Vegetables

Lean Beef Sausages with Curry Sauce & Pasta

Mixed Fresh Vegetables

Gluten Free Crackers, Sultanas & Cheddar Cheese
Dairy, wholegrain

Fresh Fruit & Raw Vegetables

Wednesday

Apple, Quinoa, Flax Meal & Yoghurt Mighty Bar
Wholemeal, wholegrain, dairy

Fresh Fruit & Raw Vegetables

Butter Chicken with Natural Yoghurt & Basmati Rice

Mixed Fresh Vegetables

Pumpkin, Chickpea & Fetta Cheese Pockets
Dairy, protein, Vegetable based

Fresh Fruit & Raw Vegetables

Thursday

Pear & Nutmeg Rice Custard
Dairy

Fresh Fruit & Raw Vegetables

Chicken BBQ Pizza with Sweet Potato, Capsicum, Pineapple & Cheese

Lettuce, Cucumber & Tomato Salad

Banana, Bran & Milo Bread
Wholemeal, fruit based, high in iron

Fresh Fruit & Raw Vegetables

Friday

Mini Mozzarella & Tomato Pizzettas
Dairy

Fresh Fruit & Raw Vegetables

Beef Stroganoff with Mushrooms & Jasmine Rice

Mixed Fresh Vegetables

Focaccia Bread with Spiced Corn, Tomato & Chickpea Dip
Protein, high vegetable

Fresh Fruit & Raw Vegetables

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WEEK 4 - MAIN MENU

12 months to 5 years (1)

Weekly Menu Summary

- ✓ 2 Serves White Meat - Chicken or Fish (3 serves per fortnight*)
- ✓ 2 Serves Red Meat - (2 serves per week*)
- ✓ 1 Serve Vegetarian - (1 serve per week*) High in Vitamin C & Iron
- ✓ 8 Serves Dairy Provided- (it is recommended that additional milk or dairy is offered at morning & or afternoon tea if required to make up 2 serves per day*)

Monday

Full Cream Fruit Yoghurt

Dairy

Fresh Fruit & Raw Vegetables

Cheesy Tomato Sauce with Pasta

Mixed Fresh Vegetables

Sweet Potato Dip with Tortilla Flat Bread

Protein, dairy

Fresh Fruit & Raw Vegetables

Tuesday

Apple, Blueberry, Flax Meal Wholemeal Muffins

Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

Hungarian Beef Goulash with Sweet Potato Dice & Jasmine Rice

Mixed Fresh Vegetables

Margarita Pizza Sticks

Dairy

Fresh Fruit & Raw Vegetables

Wednesday

Water Crackers with Cheddar Cheese

Dairy

Fresh Fruit & Raw Vegetables

Chicken, Tomato & Zucchini Pasta Bake with Cheese Sauce

Mixed Fresh Vegetables

Spelt & Oat Anzac Biscuits

Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

Thursday

Cheese Sandwiches on Wholemeal Bread

Wholemeal, dairy

Fresh Fruit & Raw Vegetables

Beef, Lamb & Chickpea Patties, Natural Yoghurt Tzatziki, Lettuce & Pita Bread Pockets

Bean & Cocoa Brownie

High protein & vegetable content

Fresh Fruit & Raw Vegetables

Friday

Mango, Coconut & Tapioca Bubbles

Fruit based, gluten free

Fresh Fruit & Raw Vegetables

Tuna, Cheese & Asparagus Sauce with Pasta

Mixed Fresh Vegetables

Apple, Apricot & Ricotta Slice with Linseed Crumble

Wholemeal, wholegrain, dairy, fruit based

Fresh Fruit & Raw Vegetables

Morning

Lunch

Afternoon

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WEEK 5 - MAIN MENU

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Weekly Menu Summary

- ✓ 2 Serves White Meat - Chicken or Fish (3 serves per fortnight*)
- ✓ 2 Serves Red Meat - (2 serves per week*)
- ✓ 1 Serve Vegetarian - (1 serve per week*) High in Vitamin C & Iron
- ✓ 6 Serves Dairy Provided- (it is recommended that additional milk or dairy is offered at morning & or afternoon tea if required to make up 2 serves per day*)

Monday

Wholemeal Raisin Bread
Wholemeal

Fresh Fruit & Raw Vegetables

Red Lentil & Split Pea Tomato Dhal with Basmati Rice

Mixed Fresh Vegetables

Honey & Oat Muesli Rounds
Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

Tuesday

Buttered Crumpets with Apricot Jam

Fresh Fruit & Raw Vegetables

Crumbed Fish Pieces, Potato Bake with Lemon Thyme & Garlic

Mixed Fresh Vegetables

Gluten Free Crackers, Sultanas & Cheddar Cheese
Dairy, wholegrain

Fresh Fruit & Raw Vegetables

Wednesday

Banana, Apple & Pineapple Muffins
Wholemeal, fruit based

Fresh Fruit & Raw Vegetables

Chicken & Cheesy Spinach Sauce with Spiral Pasta

Mixed Fresh Vegetables

Vegemite & Cream Cheese Tiger Sandwiches
Dairy, wholemeal

Fresh Fruit & Raw Vegetables

Thursday

Spiced Chickpea, Sweet Corn & Cheese Snails
Dairy, high protein

Fresh Fruit & Raw Vegetables

Pulled Beef Sandwich with Tomato & Apple Chutney, Cheddar Cheese

Lettuce, Tomato & Cucumber Salad

Beetroot, Cocoa & Coconut Muffin
Wholemeal, vegetable based

Fresh Fruit & Raw Vegetables

Friday

Cheese Pastizzi
Dairy

Fresh Fruit & Raw Vegetables

Beef, Quinoa & Tomato Meat Balls, with Tomato Gravy & Brown Rice Pilaf

Mixed Fresh Vegetables

Herb & Garlic Wholemeal Baguette
Wholemeal

Fresh Fruit & Raw Vegetables

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WEEK 6 - MAIN MENU

12 months to 5 years (1)

Weekly Menu Summary

- ✓ 1 Serves White Meat - Chicken or Fish (3 serves per fortnight*)
- ✓ 3 Serves Red Meat - (2 serves per week*)
- ✓ 1 Serve Vegetarian - (1 serve per week*) High in Vitamin C & Iron
- ✓ 6 Serves Dairy Provided- (it is recommended that additional milk or dairy is offered at morning & or afternoon tea if required to make up 2 serves per day*)

Monday

**Wheat Free
Breaky Bar with
Apricots & Pepitas**
Wholegrains & high fibre

**Fresh Fruit &
Raw Vegetables**

**Pumpkin, Potato &
White Bean Soup with
Focaccia Squares**

**Weetbix, Milo &
Linseed Crumble**
Wholemeal, wholegrains

**Fresh Fruit &
Raw Vegetables**

Tuesday

**Assorted Rice &
Corn Thins, Sliced
Cheddar Cheese**
Dairy, wholegrains

**Fresh Fruit &
Raw Vegetables**

**Chicken, Apricot &
Sweet Potato Stew
with Jasmine**

**Mixed Fresh
Vegetables**

**Apple, Quinoa,
Flax Meal & Yoghurt
Mighty Bar**
Wholemeal, wholegrains, dairy

**Fresh Fruit &
Raw Vegetables**

Wednesday

**Date, Apple &
Cheese Snails**
Dairy, fruit based

**Fresh Fruit &
Raw Vegetables**

**Beef & Lamb Korma
with Potato, Eggplant
& Basmati Rice**

**Mixed Fresh
Vegetables**

**Pumpkin, Baked
Bean, Cous Cous
& Cheese Bake**
Dairy, vegetable based

**Fresh Fruit &
Raw Vegetables**

Thursday

**Pear & Nutmeg
Rice Custard**
Dairy, fruit content

**Fresh Fruit &
Raw Vegetables**

**Mini Beef Burgers
with Salad &
Sliced Cheese**

**Lettuce &
Tomato Salad**

**Sweet Potato, Chickpea
& Cheese Scones**
Dairy, high protein &
vegetable content

**Fresh Fruit &
Raw Vegetables**

Friday

Turkish Toast
Wheat
Contains sesame seeds

**Fresh Fruit &
Raw Vegetables**

**Beef & Tomato Greek
Style Lasagne with
Cheese Béchamel Sauce**

**Mixed Fresh
Vegetables**

**Apple & Spice
Pastizzi**
Fruit based

**Fresh Fruit &
Raw Vegetables**

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