



WEEK 2 - MAIN MENU

12 months to 5 years (2)

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

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Morning

Lunch

Afternoon



www.kidsgourmetfood.com.au

*All KGF menus have been designed to comply with criteria set by the following, Australian Dietary Guidelines, Get Up and Grow, The Australian Guide to Healthy Eating 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.

