



# WEEK 4 - 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
- ✓ 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

**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**

### Tuesday

**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**

### Wednesday

**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**

### Thursday

**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**

### Friday

**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**

Morning

Lunch

Afternoon



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

