



WEEK 6 - MAIN MENU

12 months to 5 years (2)

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

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

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.

