



WEEK 1 2020-2021 TEMPORARY MENU 4TH - 8TH JAN

MAIN MENU 12 MONTHS TO 5 YEARS (2QLD)
WWW.KIDSGOURMETFOOD.COM.AU

MORNING

monday

GLUTEN FREE CRACKERS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

tuesday

CORN FLAKE, COCONUT & SUNFLOWER SEED MUESLI ROUNDS

FRESH FRUIT & RAW VEGETABLES

wednesday

CORN THINS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

thursday

FULL CREAM FRUIT YOGHURT

FRESH FRUIT & RAW VEGETABLES

friday

LIME, COCONUT & TURMERIC TAPIOCA

FRESH FRUIT & RAW VEGETABLES

LUNCH



MEXICAN BEEF, BEAN & CORN SALSA, RICE WITH CORN CHIP CRUMBLE

Mexican

BEAN & CORN SALSA



TUNA, TOMATO & SPINACH PASTA BAKE

American

MIXED FRESH VEGETABLES



HUNGARIAN SMOKY PAPRIKA BEEF WITH SWEET POTATO DICE & RICE

Hungarian

MIXED FRESH VEGETABLES



BEEF & TOMATO BOLOGNAISE WITH PASTA

Italian

MIXED FRESH VEGETABLES



LAMB, BEEF & CHICKPEA KOFTA BALLS, MINT YOGHURT, SALAD & PITA

Lebanese

LETTUCE & CUCUMBER

AFTERNOON

MARGARITA PIZZA STICKS

FRESH FRUIT & RAW VEGETABLES

PEAR, RICOTTA & SPINACH WHOLEMEAL SCONES

FRESH FRUIT & RAW VEGETABLES

THREE SEED WEETBIX CRUMBLE

FRESH FRUIT & RAW VEGETABLES

CHEESE PASTIZZI

FRESH FRUIT & RAW VEGETABLES

CARROT, RED LENTIL & MISO DIP WITH HIGH FIBRE FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

KGF RECOMMENDS SERVING FRUIT & VEGETABLES HIGH IN VITAMIN C TODAY: TOMATOES, CAPSICUM, CITRUS FRUIT OR ROCKMELON TO INCREASE THE ABSORPTION OF IRON.

*The KGF menu is designed around children having an additional cup of milk and high iron breakfast cereal or wholemeal toast to fulfill the daily serve requirements recommended by the Australian Dietary Guidelines and the National Quality Framework. 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.

