



WEEK ONE 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (2P)

MORNING

MONDAY

DATE, APPLE & CHEESE SCROLLS
FRESH FRUIT & RAW VEGETABLES

TUESDAY

CRUMPETS WITH APRICOT JAM
FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

TURKISH TOAST
Contains Sesame
FRESH FRUIT & RAW VEGETABLES

THURSDAY

ENGLISH MUFFINS & CHEESE
FRESH FRUIT & RAW VEGETABLES

FRIDAY

VANILLA COCONUT CUSTARD
FRESH FRUIT & RAW VEGETABLES

LUNCH

CRUMBED FISH PIECES, ROASTED POTATOES, TOMATO & WHITE BEAN DIPPING SAUCE
Modern Australian
MIXED FRESH VEGETABLES



BEEF STROGANOFF WITH MUSHROOMS & RICE
Russian
MIXED FRESH VEGETABLES



VEGETABLE PASTA BAKE WITH SWEET POTATO, EGGPLANT & WHITE BEANS
Greek
MIXED FRESH VEGETABLES



CHICKEN & CHEESY SPINACH SAUCE WITH PASTA
Italian
MIXED FRESH VEGETABLES



LAMB, BEEF & CHICKPEA PATTIES, NATURAL YOGHURT TZATZIKI, LETTUCE & PITA BREAD
Greek
ICEBERG LETTUCE



AFTERNOON

BANANA & BRAN BREAD
FRESH FRUIT & RAW VEGETABLES

WHITE BEAN & BEETROOT DIP WITH TORTILLA FLAT BREAD
FRESH FRUIT & RAW VEGETABLES

CORN THINS & CHEDDAR CHEESE
FRESH FRUIT & RAW VEGETABLES

CHEESE PASTIZZI
FRESH FRUIT & RAW VEGETABLES

BEETROOT, COCOA & COCONUT MUFFIN
FRESH FRUIT & RAW VEGETABLES

www.kidsgourmetfood.com.au

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WEEK TWO 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (2P)

MORNING

MONDAY

WATER CRACKERS & CHEDDAR CHEESE
FRESH FRUIT & RAW VEGETABLES

TUESDAY

FULL CREAM FRUIT YOGHURT
FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

CHEESE & VEGEMITE SCROLLS
FRESH FRUIT & RAW VEGETABLES

THURSDAY

CARROT, PUMPKIN & RICOTTA SLICE
FRESH FRUIT & RAW VEGETABLES

FRIDAY

WHOLEMEAL BREAD CHEESE SANDWICH
FRESH FRUIT & RAW VEGETABLES

LUNCH

CHICKEN & CORN RISSOLE, MACARONI CHEESE PASTA BAKE
American
MIXED FRESH VEGETABLES



BEEF & VEGETABLE PASTA BAKE
Modern Australian
MIXED FRESH VEGETABLES



MOROCCAN SPICED LAMB & BEEF WITH COUS COUS
Moroccan
MIXED FRESH VEGETABLES



CHICKEN KORMA WITH POTATO, EGGPLANT & RICE
Indian
MIXED FRESH VEGETABLES



VEGETARIAN PIZZA WITH SWEET POTATO, CAPSICUM, ZUCCHINI, CORN & CHEESE
Australian
LETTUCE, CUCUMBER & TOMATOES



AFTERNOON

CITRUS POLENTA & RICOTTA SLICE
FRESH FRUIT & RAW VEGETABLES

HERB & GARLIC WHOLEMEAL BAGUETTE
FRESH FRUIT & RAW VEGETABLES

GLUTEN FREE CRACKERS WITH CHICKPEA & HERB CREAM CHEESE
FRESH FRUIT & RAW VEGETABLES

CORN FLAKE, COCONUT & SUNFLOWER SEED MUESLI ROUNDS
FRESH FRUIT & RAW VEGETABLES

APPLE & SPICE PASTIZZI
FRESH FRUIT & RAW VEGETABLES

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WEEK THREE 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (2P)

MORNING

MONDAY

**WHOLEMEAL
RAISIN BREAD**
FRESH FRUIT & RAW VEGETABLES

TUESDAY

**CORN THINS &
CHEDDAR CHEESE**
FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

**DATE, OATMEAL &
QUINOA MUFFINS**
FRESH FRUIT & RAW VEGETABLES

THURSDAY

**CRUMPETS WITH
APRICOT JAM**
FRESH FRUIT & RAW VEGETABLES

FRIDAY

**APPLE, DATE & CINNAMON
RICE CUSTARD**
FRESH FRUIT & RAW VEGETABLES

LUNCH

**HUNGARIAN BEEF GOULASH
WITH SWEET POTATO DICE
& RICE**
Hungarian
MIXED FRESH VEGETABLES



**BEEF & TOMATO
MEATBALLS WITH
CREAMY POTATO BAKE**
Australian
MIXED FRESH VEGETABLES



**CHEESY TOMATO &
WHITE BEAN SAUCE
WITH PASTA**
French
MIXED FRESH VEGETABLES



**JAPANESE CHICKEN BALLS,
GREEN VEGETABLES,
BROWN RICE & KATSU SAUCE**
Japanese
MIXED FRESH VEGETABLES



**BEEF & TOMATO
BOLOGNAISE
WITH PASTA**
Italian
MIXED FRESH VEGETABLES



AFTERNOON

**BEAN & COCOA
BROWNIE**
FRESH FRUIT & RAW VEGETABLES

**SPELT & OAT
ANZAC BISCUITS**
FRESH FRUIT & RAW VEGETABLES

**APPLE, APRICOT & RICOTTA SLICE
WITH FLAXSEED CRUMBLE**
FRESH FRUIT & RAW VEGETABLES

**GLUTEN FREE CRACKERS,
SULTANAS & CHEDDAR CHEESE**
FRESH FRUIT & RAW VEGETABLES

**MARGARITA
PIZZA STICKS**
FRESH FRUIT & RAW VEGETABLES

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WEEK FOUR 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (2P)

MORNING

MONDAY

CHEESE, SPINACH, PUMPKIN & PAPRIKA PINWHEELS
FRESH FRUIT & RAW VEGETABLES

TUESDAY

FULL CREAM FRUIT YOGHURT
FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

APPLE, BLUEBERRY, FLAX MEAL & WHOLEMEAL MUFFINS
FRESH FRUIT & RAW VEGETABLES

THURSDAY

WATER CRACKERS & CHEDDAR CHEESE
FRESH FRUIT & RAW VEGETABLES

FRIDAY

VEGEMITE & CREAM CHEESE TIGER SANDWICHES
FRESH FRUIT & RAW VEGETABLES

LUNCH

BUTTER CHICKEN WITH NATURAL YOGHURT & RICE
Indian
MIXED FRESH VEGETABLES



BEEF & TOMATO MEATBALLS, TOMATO GRAVY WITH BROWN RICE PILAF
Australian
MIXED FRESH VEGETABLES



RED LENTIL & SPLIT PEA TOMATO DHAL WITH RICE
Indian
MIXED FRESH VEGETABLES



BEEF & TOMATO LASAGNE WITH CHEESE BÉCHAMEL SAUCE
Italian
MIXED FRESH VEGETABLES



MINI BEEF BURGERS WITH SALAD & SLICED CHEESE
Australian
LETTUCE & TOMATOES



AFTERNOON

SWEET POTATO DIP WITH TORTILLA FLAT BREAD
FRESH FRUIT & RAW VEGETABLES

HERB & GARLIC WHOLEMEAL BAGUETTE
FRESH FRUIT & RAW VEGETABLES

WHOLEMEAL COCONUT SHORTBREAD
FRESH FRUIT & RAW VEGETABLES

PEAR & GINGER WHOLEMEAL PILLOWS
FRESH FRUIT & RAW VEGETABLES

BANANA & BRAN BREAD
FRESH FRUIT & RAW VEGETABLES

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WEEK FIVE 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (2P)

MORNING

MONDAY

WHOLEMEAL RAISIN BREAD
FRESH FRUIT & RAW VEGETABLES

TUESDAY

APRICOT, PEPITA & OAT BAR
FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

PUMPKIN, CHEESE, SPINACH & LINSEED SCONES
FRESH FRUIT & RAW VEGETABLES

THURSDAY

BANANA, APPLE & PINEAPPLE MUFFINS
FRESH FRUIT & RAW VEGETABLES

FRIDAY

WHOLEMEAL BREAD CHEESE SANDWICH
FRESH FRUIT & RAW VEGETABLES

LUNCH

TUNA & WHITE BEAN MORNAY PASTA BAKE
American
MIXED FRESH VEGETABLES



LAMB, BEEF & LENTIL DHAL WITH COUS COUS
Indian
MIXED FRESH VEGETABLES



CHICKEN, APRICOT & SWEET POTATO STEW WITH RICE
Modern Australian
MIXED FRESH VEGETABLES



CHICKEN & SAUSAGE PAELLA, YELLOW RICE & GREEN PEAS
Spanish
MIXED FRESH VEGETABLES



PULLED BEEF & TOMATO PIZZA
Italian
LETTUCE, CUCUMBER & TOMATOES



AFTERNOON

GLUTEN FREE CRACKERS, SULTANAS & CHEDDAR CHEESE
FRESH FRUIT & RAW VEGETABLES

WHITE BEAN & BEETROOT DIP WITH TORTILLA FLAT BREAD
FRESH FRUIT & RAW VEGETABLES

HONEY & OAT MUESLI ROUNDS
FRESH FRUIT & RAW VEGETABLES

CHEESE & SPINACH PASTIZZI
FRESH FRUIT & RAW VEGETABLES

ORANGE WHOLEMEAL SQUARES WITH BLACK CHIA SEEDS
FRESH FRUIT & RAW VEGETABLES

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WEEK SIX 2019-2020

MAIN MENU 12 MONTHS TO 5 YEARS (2P)

MORNING

MONDAY

WATER CRACKERS & CHEDDAR CHEESE
FRESH FRUIT & RAW VEGETABLES

TUESDAY

SPICED CHICKPEA, SWEET CORN & CHEESE PINWHEELS
FRESH FRUIT & RAW VEGETABLES

WEDNESDAY

FULL CREAM FRUIT YOGHURT
FRESH FRUIT & RAW VEGETABLES

THURSDAY

FRUIT & SPICE ENGLISH BREAD
FRESH FRUIT & RAW VEGETABLES

FRIDAY

PEAR & APPLE RICE CUSTARD
FRESH FRUIT & RAW VEGETABLES

LUNCH

PUMPKIN, POTATO & WHITE BEAN SOUP WITH WHOLEMEAL DINNER ROLL
Australian



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



HUNAN ORANGE & GINGER BEEF WITH RICE & VEGETABLES
Chinese
MIXED FRESH VEGETABLES



CHICKEN, TOMATO, ZUCCHINI & CHEESE PASTA BAKE
Italian
LETTUCE & CUCUMBER



ITALIAN BEEF MEATBALLS IN CREAMY TOMATO SAUCE WITH PASTA
Italian
MIXED FRESH VEGETABLES



AFTERNOON

BEETROOT, COCOA & COCONUT MUFFIN
FRESH FRUIT & RAW VEGETABLES

WEETBIX & LINSEED CRUMBLE
FRESH FRUIT & RAW VEGETABLES

AVOCADO & CREAM CHEESE DIP WITH BROWN RICE CRACKERS
FRESH FRUIT & RAW VEGETABLES

SPELT & OAT ANZAC BISCUITS
FRESH FRUIT & RAW VEGETABLES

MARGARITA PIZZA STICKS
FRESH FRUIT & RAW VEGETABLES

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