



WEEK 1 2020-2021

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

MORNING

monday

BANANA, OAT &
BRAN LOAF

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

CURRIED CHICKPEA, SWEET CORN
& CHEESE PINWHEELS

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



VEGETABLE PASTA BAKE WITH
SWEET POTATO, EGGPLANT
& WHITE BEANS

Greek

MIXED FRESH VEGETABLES



HUNGARIAN SMOKY PAPRIKA
BEEF WITH SWEET POTATO
DICE & RICE

Hungarian

MIXED FRESH VEGETABLES



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

Lebanese

LETTUCE & CUCUMBER



CHICKEN & CHEESY
SPINACH SAUCE
WITH PASTA

Italian

MIXED FRESH VEGETABLES

AFTERNOON

MARGARITA
PIZZA STICKS

FRESH FRUIT & RAW VEGETABLES

BLUEBERRY & ACAI
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.

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MORNING

monday

APPLE, BLUEBERRY, FLAX MEAL & WHOLEMEAL MUFFINS

FRESH FRUIT & RAW VEGETABLES

tuesday

DATE, OATMEAL & QUINOA LOAF

FRESH FRUIT & RAW VEGETABLES

wednesday

FULL CREAM FRUIT YOGHURT

FRESH FRUIT & RAW VEGETABLES

thursday

CHEESE & VEGEMITE SCROLLS

FRESH FRUIT & RAW VEGETABLES

friday

WHOLEMEAL BREAD CHEESE SANDWICH

FRESH FRUIT & RAW VEGETABLES

LUNCH



PUMPKIN, SWEET POTATO & WHITE BEAN SOUP WITH WHOLEMEAL ROLL

Australian



BEEF, MUSHROOM & EGGPLANT PASTA BAKE

Australian

MIXED FRESH VEGETABLES



HOMEMADE FISH CAKES, CREAMY POTATO & SWEET POTATO BAKE

English

MIXED FRESH VEGETABLES



KOREAN BEEF & CABBAGE BULGOGI WITH RICE

Korean

MIXED FRESH VEGETABLES



ITALIAN BEEF MEATBALLS IN CREAMY TOMATO SAUCE WITH PASTA

Italian

MIXED FRESH VEGETABLES

AFTERNOON

GLUTEN FREE CRACKERS, SULTANAS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

HERB & GARLIC WHOLEMEAL BAGUETTE

FRESH FRUIT & RAW VEGETABLES

PUMPKIN, SPLIT PEA & GARLIC DIP WITH HIGH FIBRE FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

HONEY & OAT MUESLI ROUNDS

FRESH FRUIT & RAW VEGETABLES

BANANA, APPLE & PINEAPPLE MUFFINS

FRESH FRUIT & RAW VEGETABLES

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MORNING

monday

**FRUIT & SPICE
ENGLISH BREAD**

FRESH FRUIT & RAW VEGETABLES

tuesday

**CRUMPETS WITH
APRICOT JAM**

FRESH FRUIT & RAW VEGETABLES

wednesday

**APRICOT, OAT
& PEPITA BAR**

FRESH FRUIT & RAW VEGETABLES

thursday

**BANANA, BRAN
& OAT LOAF**

FRESH FRUIT & RAW VEGETABLES

friday

**WHOLEMEAL
RAISIN BREAD**

FRESH FRUIT & RAW VEGETABLES

LUNCH



**CHICKEN & CORN RISSOLE,
MACARONI CHEESE
PASTA BAKE**

American

MIXED FRESH VEGETABLES



**MOROCCAN SPICED
LAMB & BEEF TAGINE
WITH COUS COUS**

Moroccan

MIXED FRESH VEGETABLES



**THAI TAMARIND
BEEF WITH
JASMINE RICE**

Thai

MIXED FRESH VEGETABLES



**BEEF & TOMATO
LASAGNE WITH CHEESE
BÉCHAMEL SAUCE**

Italian

MIXED FRESH VEGETABLES



**BBQ CHICKEN PIZZA,
SWEET POTATO, PINEAPPLE,
CAPSICUM & CHEESE**

Italian

LETTUCE, CUCUMBER & TOMATOES

AFTERNOON

**KIDNEY BEAN &
COCOA BROWNIE**

FRESH FRUIT & RAW VEGETABLES

**SMOKEY SWEET POTATO & CHICKPEA
DIP WITH HIGH FIBRE FLAT BREAD**

FRESH FRUIT & RAW VEGETABLES

**GLUTEN FREE CRACKERS,
SULTANAS & CHEDDAR CHEESE**

FRESH FRUIT & RAW VEGETABLES

**ORANGE & CHIA
WHOLEMEAL SQUARES**

FRESH FRUIT & RAW VEGETABLES

**CHEESE & SPINACH
PASTIZZI**

FRESH FRUIT & RAW VEGETABLES

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MORNING

monday

PEAR, APPLE & DATE
RICE CUSTARD

FRESH FRUIT & RAW VEGETABLES

tuesday

FULL CREAM
FRUIT YOGHURT

FRESH FRUIT & RAW VEGETABLES

wednesday

CARROT, PUMPKIN &
RICOTTA SLICE

FRESH FRUIT & RAW VEGETABLES

thursday

WHOLEMEAL TURKISH TOAST
WITH CHEDDAR CHEESE

Contains Sesame

FRESH FRUIT & RAW VEGETABLES

friday

VEGEMITE & CREAM CHEESE
WHOLEMEAL SANDWICHES

FRESH FRUIT & RAW VEGETABLES

LUNCH



JAPANESE CHICKEN BALLS,
GREEN VEGETABLES, BROWN RICE
PILAF & KATSU SAUCE

Japanese

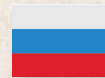
MIXED FRESH VEGETABLES



TUNA, TOMATO
& SPINACH
PASTA BAKE

American

MIXED FRESH VEGETABLES



BEEF STROGANOFF
WITH MUSHROOMS
& RICE

Russian

MIXED FRESH VEGETABLES



BEEF, MUSHROOM
& EGGPLANT
PASTA BAKE

Australian

MIXED FRESH VEGETABLES



BEEF &
BLACK BEAN
WITH RICE

Chinese

MIXED FRESH VEGETABLES

AFTERNOON

APPLE, APRICOT & RICOTTA SLICE
WITH FLAXSEED CRUMBLE

FRESH FRUIT & RAW VEGETABLES

HERB & GARLIC
WHOLEMEAL BAGUETTE

FRESH FRUIT & RAW VEGETABLES

AVOCADO & CREAM CHEESE DIP
WITH BROWN RICE CRACKERS

FRESH FRUIT & RAW VEGETABLES

SPELT & OAT
ANZAC BISCUITS

FRESH FRUIT & RAW VEGETABLES

APPLE & SPICE
PASTIZZI POCKETS

FRESH FRUIT & RAW VEGETABLES

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MORNING

monday

WATER CRACKERS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

tuesday

CHEESE, SPINACH & PUMPKIN PINWHEELS

FRESH FRUIT & RAW VEGETABLES

wednesday

PEAR, RICOTTA & SPINACH WHOLEMEAL SCONES

FRESH FRUIT & RAW VEGETABLES

thursday

CORN THINS & CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

friday

APPLE, DATE & CINNAMON RICE CUSTARD

FRESH FRUIT & RAW VEGETABLES

LUNCH



CHICKEN & BEEF SAUSAGE PAELLA, YELLOW RICE & GREEN PEAS

Spanish

MIXED FRESH VEGETABLES



BEEF & TOMATO MEATBALLS WITH CREAMY POTATO BAKE

Australian

MIXED FRESH VEGETABLES



LAMB, BEEF & SPLIT PEA CURRY WITH COUS COUS

Indian

MIXED FRESH VEGETABLES



CHEESY TOMATO & WHITE BEAN SAUCE WITH PASTA

French

MIXED FRESH VEGETABLES



MINI BEEF BURGERS WITH TOMATO RELISH, LETTUCE & SLICED CHEESE

Australian

LETTUCE

AFTERNOON

MARGARITA PIZZA STICKS

FRESH FRUIT & RAW VEGETABLES

SWEET POTATO & CORN DIP WITH HIGH FIBRE FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

BETROOT, COCOA & COCONUT MUFFIN

FRESH FRUIT & RAW VEGETABLES

WHOLEMEAL COCONUT SHORTBREAD

FRESH FRUIT & RAW VEGETABLES

CITRUS POLENTA SLICE

FRESH FRUIT & RAW VEGETABLES

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MORNING

monday

ENGLISH MUFFINS
WITH APRICOT JAM

FRESH FRUIT & RAW VEGETABLES

tuesday

WHOLEMEAL
RAISIN BREAD

FRESH FRUIT & RAW VEGETABLES

wednesday

COCONUT, CARDAMON
& CHIA CUSTARD

FRESH FRUIT & RAW VEGETABLES

thursday

PUMPKIN, CHEESE &
SPINACH WHOLEMEAL SCONE

FRESH FRUIT & RAW VEGETABLES

friday

WHOLEMEAL BREAD
CHEESE SANDWICH

FRESH FRUIT & RAW VEGETABLES

LUNCH



BUTTER CHICKEN WITH
NATURAL YOGHURT
& RICE

Indian

MIXED FRESH VEGETABLES



BEEF MEATBALLS,
VEGETABLE RATATOUILLE
WITH PASTA

Italian



RED LENTIL & SPLIT PEA
TOMATO DHAL
WITH RICE

Indian

MIXED FRESH VEGETABLES



BEEF & TOMATO
BOLOGNAISE
WITH PASTA

Italian

MIXED FRESH VEGETABLES



SLOPPY JOE BEEF PIZZA
WITH SWEET POTATO,
CAPSICUM & CORN

American

LETTUCE, CUCUMBER & TOMATO

AFTERNOON

SWEET POTATO, APRICOT
& GINGER MUFFIN

FRESH FRUIT & RAW VEGETABLES

SPELT, COCOA &
CINNAMON COOKIES

FRESH FRUIT & RAW VEGETABLES

WHITE BEAN & BEETROOT DIP
WITH HIGH FIBRE FLAT BREAD

FRESH FRUIT & RAW VEGETABLES

PEAR & GINGER
WHOLEMEAL PILLOWS

FRESH FRUIT & RAW VEGETABLES

WATER CRACKERS &
CHEDDAR CHEESE

FRESH FRUIT & RAW VEGETABLES

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