



Week One 2024 - 2025

Week One

MAIN MENU 12 MONTHS TO 5 YEARS (1)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Morning

**Crumpets with
Apricot Jam**

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

**Banana, Apple &
Pineapple Muffin**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

**Vegemite & Cream Cheese
Wholemeal Sandwiches**

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

**Wholemeal
Raisin Bread**

CONTAINS: WHEAT, GLUTEN, SOY, SULPHITES

Fresh Fruit & Raw Vegetables

**Cheddar Cheese &
Water Crackers**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables



French



Spanish



Italian



Indian



Australian

Lunch

**Chicken &
Lentil Ragout
with Cous Cous**

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

**Chicken &
Sausage Paella
with Yellow Rice**

Carrots & Peas

CONTAINS: NONE

**Beef & Tomato
Lasagne with Cheese
Bechamel Sauce**

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

**Vegetarian Paneer
& Chickpea Curry
with Rice**

Mixed Fresh Vegetables

CONTAINS: MILK

**Mini Chicken
Spinach Burgers
with Tomato Relish**

Lettuce & Cucumber

CONTAINS: WHEAT, GLUTEN, BARLEY

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Afternoon

**Margarita
Pizza Sticks**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

**Smokey Sweet Potato
& Pumpkin Dip with
Hi Fibre Flat Bread**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

**Apple & Spice
Pastizzi**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

**Wholemeal Coconut
Shortbread**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

**Three Seed Weetbix
Crumble Loaf**

CONTAINS: WHEAT, GLUTEN, MILK, OATS

Fresh Fruit & Raw Vegetables

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Week Two 2024 - 2025

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Monday

Morning

Sweet Potato, Apricot
& Ginger Muffin

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

Tuesday

Cheddar Cheese
& Corn Thins

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Wednesday

Cheese
Pastizzi

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Thursday

Full Cream
Fruit Yoghurt

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Friday

Cornflake, Coconut &
Sunflower Muesli Rounds

CONTAINS: WHEAT, GLUTEN, BARLEY,
OATS SULPHITES

Fresh Fruit & Raw Vegetables



Indian



Italian



Mexican



Italian



American

Lunch

Beef
Korma
with Rice

Mixed Fresh Vegetables

CONTAINS: NONE

Chicken & Zucchini
Meatballs with Tomato
Sauce & Pasta

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

Vegetarian
Mexican Bean Stew
with Rice

Corn Chips

CONTAINS: NONE

Chicken & Cheesy
Spinach Sauce
with Pasta

Mixed Fresh Vegetables

CONTAINS: MILK, WHEAT, GLUTEN

Sloppy Joe Beef Pizza
with Sweet Potato,
Capsicum & Corn

Lettuce, Cucumber & Tomato

CONTAINS: WHEAT, GLUTEN, BARLEY, MILK

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Afternoon

Mango
Pudding

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Kidney Bean &
Cocoa Brownie

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Herb & Garlic
Baguette

CONTAINS: WHEAT, GLUTEN, BARLEY

Fresh Fruit & Raw Vegetables

Pear & Polenta Loaf
with Crumble

CONTAINS: WHEAT, GLUTEN, OATS, MILK

Fresh Fruit & Raw Vegetables

Apricot & Coconut
Buckwheat Muffins

CONTAINS: WHEAT, GLUTEN, MILK, SULPHITES

Fresh Fruit & Raw Vegetables

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Week Three

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Monday

Morning

**Honey & Oat
Muesli Rounds**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables



Australian

Tuesday

**Cheese, Spinach &
Pumpkin Pinwheels**

CONTAINS: WHEAT, GLUTEN, MILK, SOY

Fresh Fruit & Raw Vegetables



Australian

Wednesday

**Wholemeal Turkish Toast
with Cheese**

CONTAINS: WHEAT, GLUTEN, SOY, SESAME, MILK

Fresh Fruit & Raw Vegetables



Indian

Thursday

**Banana, Bran &
Oat Loaf**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables



Italian

Friday

**Wholemeal Bread
Cheese Sandwich**

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables



Chinese

Lunch

**Pumpkin,
Sweet Potato &
Whitebean Soup**

Wholemeal Bread Rolls

CONTAINS: WHEAT, GLUTEN, BARLEY, MILK

**Beef, Mushroom
& Eggplant
Pasta Bake**

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

**Butter Chicken
with Natural Yoghurt
& Rice**

Mixed Fresh Vegetables

CONTAINS: MILK

**Beef
Meatballs
with Pasta**

Vegetable Ratatouille

CONTAINS: WHEAT, GLUTEN, OATS

**Honey Soy
Chicken Hokkien
Noodles**

Peas, Corn, Green Beans,
Broccoli & Edamame

CONTAINS: WHEAT, GLUTEN, SOY

Afternoon

**Cheese, Sultanas &
Gluten Free Crackers**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

**Whitebean & Beetroot Dip
with Hi Fibre Flat Bread**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

**Chewy Oat &
Wattleseed Biscuits**

CONTAINS: WHEAT, GLUTEN, MILK, OATS

Fresh Fruit & Raw Vegetables

**Cocoa
Pudding**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

**Cheese & Vegemite
Scrolls**

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

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Week Four 2024 - 2025

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Monday

Morning

Wholemeal Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY, SULPHITES

Fresh Fruit & Raw Vegetables



American

Lunch

**Chicken & Corn
Rissole with Macaroni
Cheese Bake**

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

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Afternoon

**Cheese & Spinach
Pastizzi**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Tuesday

**Crumpets with
Apricot Jam**

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables



Chinese

**Beef &
Black Bean
with Rice**

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, SOY

**Margarita Pizza
Sticks**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Wednesday

**Apricot, Oat &
Pepita Bars**

CONTAINS: WHEAT, GLUTEN, OATS, SULPHITES

Fresh Fruit & Raw Vegetables



Greek

**Vegetarian Pasta Bake
with Sweet Potato,
Eggplant & Whitebeans**

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

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**Carrot & Orange
Wholemeal Muffins**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Thursday

**Apple, Blueberry &
Flaxmeal Muffins**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables



Russian

**Beef Stroganoff
with Mushrooms
& Rice**

Mixed Fresh Vegetables

CONTAINS: MILK

**Pineapple &
Passionfruit Pudding**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Friday

**Orange & Chia
Wholemeal Squares**

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables



Brazilian

**Brazilian Chicken &
Black Bean Stew with
Flat Bread & Rice**

CONTAINS: WHEAT, GLUTEN

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**Cheddar Cheese &
Water Crackers**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

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Week Five 2024 - 2025

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Monday

King's Birthday
Public Holiday
9th June

Tuesday

Vegemite & Cream Cheese
Wholemeal Sandwiches

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

Wednesday

Full Cream
Fruit Yoghurt

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Thursday

Cranberry & Orange
Cookies

CONTAINS: WHEAT, GLUTEN, SULPHITES, OATS

Fresh Fruit & Raw Vegetables

Friday

Cheddar Cheese
& Corn Thins

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Morning

Lunch



Italian

Italian Beef
Meatballs in Creamy
Tomato Sauce with Pasta

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, OATS, MILK



Mexican

Mexican Beef with
Bean & Corn Salsa
& Rice

Corn Chips

CONTAINS: NONE



Chinese

Sweet & Sour
Chicken & Vegetable
Fried Rice

Peas, Corn, Green Beans,
Broccoli & Edamame

CONTAINS: WHEAT, GLUTEN, SOY



American

Tuna, Tomato
& Spinach
Pasta Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK, FISH

Afternoon

Spelt & Oat
Anzac Biscuits

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Spiced Pumpkin
& Apple loaf

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Avocado & Cream Cheese
Dip with Hi Fibre Flat Bread

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Apple, Cocoa & Banana
Wholemeal Loaf

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

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Week Six 2024 - 2025

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Monday

Morning

Beetroot, Cocoa & Coconut Muffins

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables



Australian

Lunch

Beef & Tomato Meatballs with Creamy Potato Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

Afternoon

Mixed Berry Pudding

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Tuesday

Wholemeal Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY, SULPHITES

Fresh Fruit & Raw Vegetables



French

Cheesy Tomato & Whitebean Sauce with Pasta

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

KGF recommends serving fruit & vegetables high in Vitamin C today: tomatoes, capsicum, citrus fruit or rockmelon to increase the absorption of iron.

Date, Oatmeal & Quinoa Loaf

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Wednesday

Wholemeal Bread Cheese Sandwich

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables



Thai

Massaman Chicken & Sweet Potato Curry with Rice

Mixed Fresh Vegetables

CONTAINS: NONE

KGF recommends serving fruit & vegetables high in Vitamin C today: tomatoes, capsicum, citrus fruit or rockmelon to increase the absorption of iron.

Spelt, Cocoa & Cinnamon Cookies

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Thursday

Orange & Coconut Biscuits

CONTAINS: NONE

Fresh Fruit & Raw Vegetables



Italian

Beef & Tomato Bolognese with Pasta

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

Cheese, Sultanas & Gluten Free Crackers

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Friday

Cheese & Vegemite Scrolls

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables



Japanese

Japanese Chicken Balls with Brown Rice

Green Vegetables & Katsu Sauce

CONTAINS: WHEAT, GLUTEN, SOY

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Carrot & Cinnamon Wholemeal Loaf

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

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