



Week One 2024 - 2025

Week One

ALTERNATIVE MENU 12 MONTHS TO 5 YEARS (1/2)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Vegetarian
Meal #1

**Vegetable Chickpea
Ragout with
Couscous**

CONTAINS: WHEAT, GLUTEN

**Legume &
Sweet Potato Paella
with Yellow Rice**

CONTAINS: NONE

**Vegetable Lasagne
with Cheese
Bechamel Sauce**

CONTAINS: WHEAT, GLUTEN, MILK

**Vegetarian Paneer
& Chickpea Curry
with Rice**

CONTAINS: MILK

**Mini Falafel
Burgers with
Tomato Relish**

CONTAINS: WHEAT, GLUTEN

Vegetarian
Meal #2

**Vegetable Chickpea
Ragout with
Couscous**

CONTAINS: WHEAT, GLUTEN

**Legume &
Sweet Potato Paella
with Yellow Rice**

CONTAINS: NONE

**Roast Vegetables,
Tomato Sauce,
Wheat Pasta,
Non Dairy Cheese**

CONTAINS: WHEAT, GLUTEN

**Vegetarian Paneer
& Chickpea Curry
with Rice**

CONTAINS: MILK

**Mini Falafel
Burgers with
Tomato Relish**

CONTAINS: WHEAT, GLUTEN

Alternative
Meal #1

**Chicken & Lentil
Ragout with Rice**

CONTAINS: NONE

**Chicken Paella
(No Sausage) with
Yellow Rice**

CONTAINS: NONE

**Beef & Tomato
Bolognese with
Wheat Pasta**

CONTAINS: WHEAT, GLUTEN

**Bean & Zucchini
Curry with
Rice**

CONTAINS: NONE

**Chicken Chia Rissole,
Gluten Free Bread,
Capsicum Relish**

CONTAINS: NONE

Alternative
Meal #2

**Chicken & Rice
with Carrot
Tarragon Sauce**

CONTAINS: NONE

**Chicken, Green Pea
& Zucchini Sauce
with Rice**

CONTAINS: NONE

**Beef & Tomato
Bolognese with
Rice Noodles**

CONTAINS: NONE

**Bean & Zucchini
Curry with
Rice**

CONTAINS: NONE

**Chicken Chia Rissole,
Gluten Free Bread,
Capsicum Relish**

CONTAINS: NONE

Vegetarian alternative meal #1 is available on every day where the main meal is not vegetarian. Vegetarian alternative meal #2 removes dairy (milk) from vegetarian meals. Alternative meals #1 and #2 are offered to be as similar as possible to the main lunch menu with the removal of wheat (gluten), dairy (milk) and or soy from meals. Children that do not fit into these standard meal alternate options will have a more individualised meal provided. All meals served with mixed fresh vegetables.



Week Two 2024 - 2025

Week Two

ALTERNATIVE MENU 12 MONTHS TO 5 YEARS (1/2)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Vegetarian
Meal #1

**Spinach, Potato &
Eggplant Korma**

CONTAINS: NONE

**Vegetable Balls,
Wheat Pasta, Tomato
Capsicum Sauce**

CONTAINS: WHEAT, GLUTEN

**Vegetarian
Mexican Bean
Stew with Rice**

CONTAINS: NONE

**Cheesy Tomato,
Pumpkin, Spinach
Sauce with Pasta**

CONTAINS: WHEAT, GLUTEN, MILK

**Vegetarian Pizza
with Sweet Potato,
Capsicum & Corn**

CONTAINS: WHEAT, GLUTEN, MILK

Vegetarian
Meal #2

**Spinach, Potato &
Eggplant Korma**

CONTAINS: NONE

**Vegetable Balls,
Wheat Pasta, Tomato
Capsicum Sauce**

CONTAINS: WHEAT, GLUTEN

**Vegetarian
Mexican Bean
Stew with Rice**

CONTAINS: NONE

**Pumpkin, Spinach,
Tomato Sauce, Wheat
Pasta, Non Dairy Cheese**

CONTAINS: WHEAT, GLUTEN

**Vegetarian Pizza with
Sweet Potato, Capsicum,
Corn & Non Dairy Cheese**

CONTAINS: WHEAT, GLUTEN

Alternative
Meal #1

**Beef Rissolle with
Pumpkin Lentil
Sauce**

CONTAINS: NONE

**Chicken Chia Rissoles,
Gluten Free Pasta,
Tomato Capsicum Sauce**

CONTAINS: NONE

**Lentil, Pumpkin
& Coconut Stew
with Rice**

CONTAINS: NONE

**Chicken, Tomato
& Spinach Sauce,
Wheat Pasta**

CONTAINS: WHEAT, GLUTEN

**Smoky Beef Pizza with
Sweet Potato, Capsicum
& Non Dairy Cheese**

CONTAINS: WHEAT, GLUTEN

Alternative
Meal #2

**Beef Rissolle with
Pumpkin Lentil
Sauce**

CONTAINS: NONE

**Chicken Chia Rissolle,
Rice Noodles,
Pea & Zucchini Sauce**

CONTAINS: NONE

**Lentil, Pumpkin
& Coconut Stew
with Rice**

CONTAINS: NONE

**Chicken, Tomato,
Spinach Sauce,
Gluten Free Pasta**

CONTAINS: NONE

**Gluten Free
Smoky Beef Pizza,
Sweet Potato, Capsicum
& Non Dairy Cheese**

CONTAINS: SOY

Vegetarian alternative meal #1 is available on every day where the main meal is not vegetarian. Vegetarian alternative meal #2 removes dairy (milk) from vegetarian meals. Alternative meals #1 and #2 are offered to be as similar as possible to the main lunch menu with the removal of wheat (gluten), dairy (milk) and or soy from meals. Children that do not fit into these standard meal alternate options will have a more individualised meal provided. All meals served with mixed fresh vegetables.



Week Three 2024 - 2025

Week Three
ALTERNATIVE MENU 12 MONTHS TO 5 YEARS (1/2)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Vegetarian Meal #1

Pumpkin, Sweet Potato & Whitebean Soup with Wholemeal Roll

CONTAINS: WHEAT, GLUTEN, MILK, BARLEY

Pumpkin, Mushroom & Chickpea Pasta Bake

CONTAINS: WHEAT, GLUTEN, MILK

Roast Vegetable Coconut Curry with Rice

CONTAINS: MILK

Vegetable Balls, Wheat Pasta & Ratatouille

CONTAINS: WHEAT, GLUTEN, OATS

Honey Soy Tofu Vegetable Noodles

CONTAINS: SOY, WHEAT, GLUTEN

Vegetarian Meal #2

Pumpkin, Sweet Potato & Whitebean Soup with Wholemeal Roll

CONTAINS: WHEAT, GLUTEN, MILK, BARLEY

Pumpkin, Mushroom & Chickpea Sauce with Pasta

CONTAINS: WHEAT, GLUTEN

Whitebean, Vegetable Coconut Curry with Rice

CONTAINS: NONE

Vegetable Balls, Wheat Pasta & Ratatouille

CONTAINS: WHEAT, GLUTEN, OATS

Honey Soy Tofu Vegetable Noodles

CONTAINS: SOY, WHEAT, GLUTEN

Alternative Meal #1

Pumpkin Coconut Soup with Wholemeal Roll

CONTAINS: WHEAT, GLUTEN, BARLEY

Beef, Mushroom & Pumpkin Sauce with Wheat Pasta

CONTAINS: WHEAT, GLUTEN

Chicken Coconut Curry with Rice

CONTAINS: NONE

Beef Quinoa Rissole, Gluten Free Pasta & Ratatouille

CONTAINS: NONE

Chicken & Rice Noodle Stir Fry

CONTAINS: NONE

Alternative Meal #2

Pumpkin Coconut Soup with Gluten Free Bread

CONTAINS: NONE

Beef, Mushroom & Pumpkin Sauce with Rice Noodles

CONTAINS: NONE

Chicken & Rice with Carrot Tarragon Sauce

CONTAINS: NONE

Beef, Roast Eggplant Sauce with Rice Noodles

CONTAINS: NONE

Chicken & Rice Noodle Stir Fry

CONTAINS: NONE

Vegetarian alternative meal #1 is available on every day where the main meal is not vegetarian. Vegetarian alternative meal #2 removes dairy (milk) from vegetarian meals. Alternative meals #1 and #2 are offered to be as similar as possible to the main lunch menu with the removal of wheat (gluten), dairy (milk) and or soy from meals. Children that do not fit into these standard meal alternate options will have a more individualised meal provided. All meals served with mixed fresh vegetables.



Week Four 2024 - 2025

Week Four

ALTERNATIVE MENU 12 MONTHS TO 5 YEARS (1/2)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Vegetarian Meal #1

Falafel Balls with Macaroni Cheese Bake

CONTAINS: WHEAT, GLUTEN, MILK

Chinese Black Bean Tofu Sauce with Rice

CONTAINS: SOY

Vegetarian Pasta Bake with Sweet Potato, Eggplant & Whitebeans

CONTAINS: WHEAT, GLUTEN, MILK

Chickpea & Potato Stroganoff with Rice

CONTAINS: MILK

Brazilian Bean & Potato Stew with Rice & Flat Breads

CONTAINS: WHEAT, GLUTEN

Vegetarian Meal #2

Falafel Balls, Wheat Pasta & Carrot Tarragon Sauce

CONTAINS: WHEAT, GLUTEN

Chinese Black Bean Tofu Sauce with Rice

CONTAINS: SOY

Vegetarian Pasta Bake with Sweet Potato, Eggplant & Whitebeans

CONTAINS: WHEAT, GLUTEN, MILK

Chickpea, Potato, Mushroom Stew with Rice

CONTAINS: NONE

Brazilian Bean & Potato Stew with Rice & Flat Breads

CONTAINS: WHEAT, GLUTEN

Alternative Meal #1

Chicken & Corn Rissole, Pasta, Carrot Tarragon Sauce

CONTAINS: WHEAT, GLUTEN

Chinese Beef Stew with Rice

CONTAINS: NONE

Chunky Vegetable & Tomato Sauce with Wheat Pasta

CONTAINS: WHEAT, GLUTEN

Beef, Mushroom & Tomato Stew with Rice

CONTAINS: NONE

Brazilian Chicken & Black Bean Stew with Rice & Gluten Free Bread

CONTAINS: NONE

Alternative Meal #2

Chicken Chia Rissole, Gluten Free Pasta, Carrot Tarragon Sauce

CONTAINS: NONE

Beef Quinoa Rissole, Rice, Pumpkin Lentil Sauce

CONTAINS: NONE

Chunky Vegetable & Tomato Sauce with Rice & Corn Pasta

CONTAINS: NONE

Beef Meatballs, Rice, Roast Eggplant Sauce

CONTAINS: NONE

Chicken & Rice with Green Pea Zucchini Sauce

CONTAINS: NONE

Vegetarian alternative meal #1 is available on every day where the main meal is not vegetarian. Vegetarian alternative meal #2 removes dairy (milk) from vegetarian meals. Alternative meals #1 and #2 are offered to be as similar as possible to the main lunch menu with the removal of wheat (gluten), dairy (milk) and or soy from meals. Children that do not fit into these standard meal alternate options will have a more individualised meal provided. All meals served with mixed fresh vegetables.



Week Five 2024 - 2025

Week Five

ALTERNATIVE MENU 12 MONTHS TO 5 YEARS (1/2)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Vegetarian
Meal #1

Kings Birthday
Public Holiday

Italian Veggie Balls,
with Pasta & Cream
Tomato Sauce

CONTAINS: WHEAT, GLUTEN, OATS, MILK

Mexican Bean
Stew with Rice,
Corn Salsa

CONTAINS: NONE

Tofu Fried
Rice

CONTAINS: WHEAT, GLUTEN, SOY

Lentil, Tomato,
Spinach Pasta
Bake

CONTAINS: WHEAT, GLUTEN, MILK, BARLEY

Vegetarian
Meal #2

Italian Veggie Balls
with Pasta &
Tomato Sauce

CONTAINS: WHEAT, GLUTEN, OATS

Mexican Bean
Stew with Rice,
Corn Salsa

CONTAINS: NONE

Tofu Fried
Rice

CONTAINS: WHEAT, GLUTEN, SOY

Lentil, Tomato, Spinach
Sauce, Wheat Pasta,
Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN

Alternative
Meal #1

Italian Beef Meatballs
with Pasta &
Rich Tomato Sauce

CONTAINS: WHEAT, GLUTEN, OATS

Beef with Rice
& Roast Eggplant
Sauce

CONTAINS: NONE

Chicken Chia Rissole
with Rice & Pumpkin
Lentil Sauce

CONTAINS: NONE

Whitefish,
Wheat Pasta,
Pea & Zucchini Sauce

CONTAINS: WHEAT, GLUTEN, FISH

Alternative
Meal #2

Italian Beef Meatballs
with Pasta &
Rich Tomato Sauce

CONTAINS: WHEAT, GLUTEN, OATS

Beef with Rice
& Roast Eggplant
Sauce

CONTAINS: NONE

Chicken Chia Rissole
with Rice & Pumpkin
Lentil Sauce

CONTAINS: NONE

Whitefish with
Rice Noodles,
Pea & Zucchini Sauce

CONTAINS: FISH

Vegetarian alternative meal #1 is available on every day where the main meal is not vegetarian. Vegetarian alternative meal #2 removes dairy (milk) from vegetarian meals. Alternative meals #1 and #2 are offered to be as similar as possible to the main lunch menu with the removal of wheat (gluten), dairy (milk) and or soy from meals. Children that do not fit into these standard meal alternate options will have a more individualised meal provided. All meals served with mixed fresh vegetables.



Week Six 2024 - 2025

Week Six

ALTERNATIVE MENU 12 MONTHS TO 5 YEARS (1/2)
www.kidsgourmetfood.com.au

Monday

Tuesday

Wednesday

Thursday

Friday

Vegetarian Meal #1

Chickpea Patties with Creamy Potato Bake

CONTAINS: WHEAT, GLUTEN, MILK

Cheesy Tomato & Whitebean Sauce with Pasta

CONTAINS: WHEAT, GLUTEN, MILK

Vegetarian Massaman with Potato, Spinach, Lentils & Rice

CONTAINS: NONE

Spinach Ricotta Pasta, Rich Tomato Sauce & Cheese

CONTAINS: WHEAT, GLUTEN, MILK

Tofu Whitebean Balls, Brown Rice & Katsu Sauce

CONTAINS: SOY, WHEAT, GLUTEN

Vegetarian Meal #2

Chickpea Patties with Roast Potato & Gravy

CONTAINS: WHEAT, GLUTEN

Cheesy Tomato & Whitebean Sauce with Pasta

CONTAINS: WHEAT, GLUTEN, MILK

Vegetarian Massaman with Potato, Spinach, Lentils & Rice

CONTAINS: NONE

Spinach, Tomato & Lentil Sauce, Pasta, Non Dairy Cheese

CONTAINS: WHEAT, GLUTEN, MILK

Tofu Whitebean Balls, Brown Rice & Katsu Sauce

CONTAINS: SOY, WHEAT, GLUTEN

Alternative Meal #1

Beef Quinoa Rissole with Roast Potato & Gravy

CONTAINS: NONE

Chunky Vegetable Tomato Sauce, Wheat Pasta

CONTAINS: WHEAT, GLUTEN

Chicken & Rice with Carrot & Tarragon Sauce

CONTAINS: NONE

Beef Bolognaise with Gluten Free Pasta

CONTAINS: NONE

Chicken Chia Rissole with Brown Rice & Gravy

CONTAINS: NONE

Alternative Meal #2

Beef & Quinoa Rissole, Roast Potato, Carrot Tarragon Sauce

CONTAINS: NONE

Chunky Vegetable Tomato Sauce, Gluten Free Pasta

CONTAINS: NONE

Chicken & Rice with Carrot & Tarragon Sauce

CONTAINS: NONE

Beef Quinoa Rissole, Rice Noodles, Pumpkin Lentil Sauce

CONTAINS: NONE

Chicken Chia Rissole, Brown Rice, Turmeric Coconut Sauce

CONTAINS: NONE

Vegetarian alternative meal #1 is available on every day where the main meal is not vegetarian. Vegetarian alternative meal #2 removes dairy (milk) from vegetarian meals. Alternative meals #1 and #2 are offered to be as similar as possible to the main lunch menu with the removal of wheat (gluten), dairy (milk) and or soy from meals. Children that do not fit into these standard meal alternate options will have a more individualised meal provided. All meals served with mixed fresh vegetables.