



Week One 2026 - 2027

MAIN MENU 12 MONTHS TO 6 YEARS

Monday

Morning Tea
Smoky Sweet Potato & Pumpkin Dip with Flat Bread
CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Lunch

Italian
Chicken Cheesy Spinach & Tomato Sauce with Pasta
Mixed Vegetables
CONTAINS: WHEAT, GLUTEN, MILK



Afternoon Tea
Sweet Potato Apricot & Ginger Muffins
CONTAINS: WHEAT, GLUTEN, SULPHITES
Fresh Fruit & Raw Vegetables

Tuesday

Cheddar Cheese & Water Crackers
CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Spanish
Chicken & Sausage Paella with Yellow Rice
Mixed Vegetables
CONTAINS: SULPHITES



Margherita Pizza Sticks
CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Wednesday

Turkish Toast with Vegemite
CONTAINS: WHEAT, GLUTEN, SOY, BARLEY
Fresh Fruit & Raw Vegetables

Italian
Beef & Tomato Lasagne with Cheese Bechamel Sauce
Mixed Vegetables
CONTAINS: WHEAT, GLUTEN, MILK



Wholemeal Coconut Shortbread
CONTAINS: WHEAT, GLUTEN
Fresh Fruit & Raw Vegetables

Thursday

Raisin Bread
CONTAINS: WHEAT, GLUTEN, SOY
Fresh Fruit & Raw Vegetables

Indian
Paneer & Chickpea Curry with Rice
Mixed Vegetables
CONTAINS: MILK



Corn & Cheddar Loaf
CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Friday

Cheese & Spinach Pastizzi
CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Australian
Mini Chicken Spinach Burgers with Tomato Relish
Lettuce & Cucumber
CONTAINS: WHEAT, GLUTEN, BARLEY, OATS



Vegemite & Cream Cheese Wholemeal Sandwiches
CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY
Fresh Fruit & Raw Vegetables

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Monday

**Cheddar Cheese
& Corn Thins**

CONTAINS: MILK

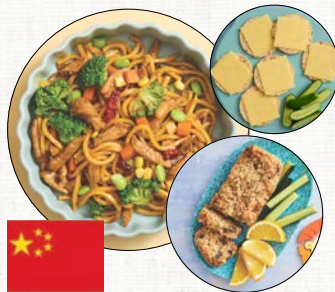
Fresh Fruit & Raw Vegetables

Chinese

**Honey Soy
Chicken Hokkien
Noodles**

Mixed Vegetables

CONTAINS: WHEAT, GLUTEN, SOY



Tuesday

**Herb & Garlic
Wholemeal Baguette**

CONTAINS: WHEAT, GLUTEN, BARLEY

Fresh Fruit & Raw Vegetables

Italian

**Italian Beef Meatballs
with Creamy Tomato
Sauce & Pasta**

Mixed Vegetables

CONTAINS: WHEAT, GLUTEN, MILK,
OATS



Wednesday

**Cornflake Coconut &
Sunflower Muesli Rounds**

CONTAINS: WHEAT, GLUTEN, BARLEY,
OATS, SULPHITES

Fresh Fruit & Raw Vegetables

Mexican

**Vegetarian
Mexican Bean
Stew with Rice**

Corn Chips

NO KNOWN ALLERGENS



Thursday

**Honey & Oat
Museli Rounds**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Italian

**Chicken &
Nut Free Pesto
Pasta Bake**

Mixed Vegetables

CONTAINS: WHEAT, GLUTEN, MILK,
SOY



Friday

**Pumpkin &
Parmesan Dampers**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

American

**Beef
Sweet Potato
Capsicum & Corn Pizza**

Lettuce, Cucumber, Tomato

CONTAINS: WHEAT, GLUTEN, MILK



Morning
Tea

Lunch

Afternoon
Tea

**Three Seed Weetbix
Crumble Loaf**

CONTAINS: WHEAT, GLUTEN, MILK,
OATS, BARLEY, SOY

Fresh Fruit & Raw Vegetables

**Spiced Pumpkin
& Apple Loaf**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

**Crumpets with
Vegemite**

CONTAINS: WHEAT, GLUTEN, BARLEY

Fresh Fruit & Raw Vegetables

**Carrot Hummus &
Flat Bread**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

**Cocoa
Pudding**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

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Week Three 2026 - 2027

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Monday

Morning
Tea

**Cheddar Cheese Sultanas
& Gluten Free Crackers**
CONTAINS: MILK
Fresh Fruit & Raw Vegetables

Australian

Lunch

**Pumpkin
Sweet Potato
& White Bean Soup**
Wholemeal Roll
CONTAINS: WHEAT, GLUTEN, MILK,
BARLEY



Afternoon
Tea

**Margherita
Pizza Sticks**
CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Tuesday

**Cheese Spinach &
Pumpkin Pinwheels**
CONTAINS: WHEAT, GLUTEN, MILK,
SOY
Fresh Fruit & Raw Vegetables

Italian

**Beef Meatballs
with Ratatouille
& Pasta**
Ratatouille
CONTAINS: WHEAT, GLUTEN, OATS



Wednesday

**White Bean & Beetroot
Dip with Flat Bread**
CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Indian

**Butter Chicken
with Natural
Yoghurt & Rice**
Mixed Vegetables
CONTAINS: MILK



Thursday

**Lemon &
Poppyseed Cookies**
CONTAINS: WHEAT, GLUTEN, OATS
Fresh Fruit & Raw Vegetables

Greek

**Sweet Potato
Eggplant & White
Bean Pasta Bake**
Mixed Vegetables
CONTAINS: WHEAT, GLUTEN, MILK



Friday

**Wholemeal Zucchini &
Apple Muffins**
CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Indian

**Beef
Korma with
Rice**
Mixed Vegetables
NO KNOWN ALLERGENS



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Week Four 2026 - 2027

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Monday

Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY
Fresh Fruit & Raw Vegetables

Thai

Thai Chicken
Yellow Curry with
Red Lentils & Rice

Mixed Vegetables
NO KNOWN ALLERGENS



Tuesday

Apple Blueberry & Flaxmeal Muffins

CONTAINS: WHEAT, GLUTEN
Fresh Fruit & Raw Vegetables

Italian

Chicken & Corn
Rissoles with
Macaroni Cheese

Mixed Vegetables
CONTAINS: WHEAT, GLUTEN, MILK



Wednesday

Cheddar Cheese & Water Crackers

CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Russian

Beef Stroganoff
with Mushrooms
& Rice

Mixed Vegetables
CONTAINS: MILK



Thursday

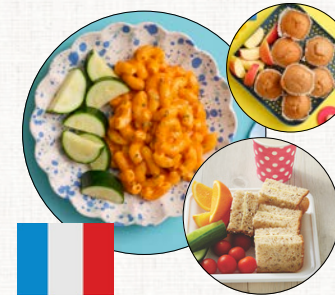
Banana Apple & Pineapple Muffins

CONTAINS: WHEAT, GLUTEN, OATS
Fresh Fruit & Raw Vegetables

French

Cheesy Tomato &
White Bean Sauce
with Pasta

Mixed Vegetables
CONTAINS: WHEAT, GLUTEN, MILK



Friday

Fruit & Spice English Muffins

CONTAINS: WHEAT, GLUTEN, OATS, SOY
Fresh Fruit & Raw Vegetables

Mexican

Chicken & Black
Bean Fajitas
with Rice

Flat Bread
CONTAINS: WHEAT, GLUTEN



Morning
Tea

Lunch

Afternoon
Tea

Cheese & Vegemite Scrolls

CONTAINS: WHEAT, GLUTEN, MILK, SOY, BARLEY
Fresh Fruit & Raw Vegetables

Herb & Garlic Wholemeal Baguette

CONTAINS: WHEAT, GLUTEN, BARLEY
Fresh Fruit & Raw Vegetables

Carrot Cranberry & Orange Cookies

CONTAINS: WHEAT, GLUTEN, OATS
Fresh Fruit & Raw Vegetables

Wholemeal Cheese Sandwiches

CONTAINS: WHEAT, GLUTEN, MILK, SOY
Fresh Fruit & Raw Vegetables

Kidney Bean & Cocoa Brownies

CONTAINS: WHEAT, GLUTEN
Fresh Fruit & Raw Vegetables

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Week Five

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Monday

Morning
Tea

Avocado & Cream
Cheese Dip with Flat Bread
CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Tuesday

Spelt & Oat
Anzac Biscuits
CONTAINS: WHEAT, GLUTEN, OATS
Fresh Fruit & Raw Vegetables

Wednesday

Cheddar Cheese
& Corn Thins
CONTAINS: MILK
Fresh Fruit & Raw Vegetables

Thursday

Full Cream
Yoghurt
CONTAINS: MILK
Fresh Fruit & Raw Vegetables

Friday

Herb & Garlic
Wholemeal Baguette
CONTAINS: WHEAT, GLUTEN, BARLEY
Fresh Fruit & Raw Vegetables

Lunch

Indian
Seven
Vegetable &
Coconut Curry
with Rice
NO KNOWN ALLERGENS



American
Beef Mushroom
& Eggplant
Pasta Bake
Mixed Vegetables
CONTAINS: WHEAT, GLUTEN, MILK



Chinese
Sweet & Sour
Chicken & Vegetable
Fried Rice
Mixed Vegetables
CONTAINS: WHEAT, GLUTEN, SOY, SULPHITES



Mexican
Mexican Beef
with Bean & Corn
Salsa & Rice
Corn Chips
NO KNOWN ALLERGENS



Australian
BBQ Chicken
Sweet Potato &
Pineapple Pizza
Lettuce, Cucumber & Tomato
CONTAINS: WHEAT, GLUTEN, MILK, BARLEY



Afternoon
Tea

Apple Cocoa
& Banana Loaf
CONTAINS: WHEAT, GLUTEN, OATS
Fresh Fruit & Raw Vegetables

Turkish Toast
with Cheese
CONTAINS: WHEAT, GLUTEN, SOY, MILK
Fresh Fruit & Raw Vegetables

Peach &
Buttermilk Slice
CONTAINS: WHEAT, GLUTEN, MILK, OATS
Fresh Fruit & Raw Vegetables

Cheese
Pastizzi
CONTAINS: WHEAT, GLUTEN, MILK
Fresh Fruit & Raw Vegetables

Pineapple &
Passionfruit Pudding
CONTAINS: MILK
Fresh Fruit & Raw Vegetables

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Week Six

2026 - 2027

MAIN MENU 12 MONTHS TO 6 YEARS

Monday

Morning
Tea

**Cheddar Cheese Sultanas
& Gluten Free Crackers**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Italian

Lunch

**Chicken & Zucchini
Meatballs with Tomato
Capsicum Sauce & Pasta**

Mixed Vegetables

CONTAINS: WHEAT, GLUTEN



Afternoon
Tea

**Date Oatmeal
& Quinoa Loaf**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Tuesday

**Spelt Cocoa &
Cinnamon Cookies**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Thai

**Massaman Chicken
& Sweet Potato
Curry with Rice**

Mixed Vegetables

NO KNOWN ALLERGENS



**Hummingbird
Loaf**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Wednesday

**Apple & Spice
Pastizzi**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Italian

**Beef
Bolognaise
with Pasta**

Mixed Vegetables

CONTAINS: WHEAT, GLUTEN



**Mini Corn Cobs with
Garlic & Paprika Butter**

NO KNOWN ALLERGENS

Fresh Fruit & Raw Vegetables

Thursday

**Cheese &
Vegemite Scrolls**

CONTAINS: WHEAT, GLUTEN, MILK,
SOY, BARLEY

Fresh Fruit & Raw Vegetables

American

**Tuna Tomato
& Spinach
Pasta Bake**

Mixed Vegetables

CONTAINS: WHEAT, GLUTEN, MILK,
BARLEY, FISH



**Carrot & Cinnamon
Wholemeal Loaf**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Friday

**Beetroot Cocoa &
Coconut Muffins**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Japanese

**Japanese Chicken
Balls with Katsu
Sauce & Rice**

Green Vegetables

CONTAINS: WHEAT, GLUTEN, SOY



**Wholemeal Cheese
Sandwiches**

CONTAINS: WHEAT, GLUTEN, MILK,
SOY

Fresh Fruit & Raw Vegetables

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