



Week One 2nd December 2023

Week One

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

Monday

Morning

Crumpets with
Apricot Jam

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

Tuesday

Banana, Apple &
Pineapple Muffin

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Wednesday

Vegemite & Cream Cheese
Wholemeal Sandwiches

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

Thursday

Wholemeal
Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY, SULPHITES

Fresh Fruit & Raw Vegetables

Friday

Cheddar Cheese &
Water Crackers

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables



French

Chicken &
Lentil Ragout
with Cous Cous

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN



Spanish

Chicken &
Sausage Paella
with Yellow Rice

Carrots & Peas

CONTAINS: NONE



Italian

Beef & Tomato
Lasagne with Cheese
Bechamel Sauce

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK



Indian

Vegetarian Paneer
& Chickpea Curry
with Rice

Mixed Fresh Vegetables

CONTAINS: MILK



Australian

Mini Chicken
Spinach Burgers
with Tomato Relish

Lettuce & Cucumber

CONTAINS: WHEAT, GLUTEN, BARLEY

Lunch

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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 9th December 2024

Week Two

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Coconut, Cardamon & Chia Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Cheddar Cheese & Corn Thins

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Cheese Pastizzi

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Full Cream Fruit Yoghurt

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Cornflake, Coconut & Sunflower Muesli Rounds

CONTAINS: WHEAT, GLUTEN, BARLEY, OATS SULPHITES

Fresh Fruit & Raw Vegetables



Moroccan



Italian



Mexican



Italian



American

Lunch

Moroccan Beef & Lamb Tagine with Couscous

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

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

Sweet Potato, Apricot & Ginger Muffin

CONTAINS: WHEAT, GLUTEN, SULPHITES

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 16th December 2024

Week Three

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Morning

Honey & Oat Muesli Rounds

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Tuesday

Cheese, Spinach & Pumpkin Pinwheels

CONTAINS: WHEAT, GLUTEN, MILK, SOY

Fresh Fruit & Raw Vegetables

Wednesday

Wholemeal Turkish Toast with Cheese

CONTAINS: WHEAT, GLUTEN, SOY, SESAME, MILK

Fresh Fruit & Raw Vegetables

Thursday

Pear & Apple Rice Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Friday

Wholemeal Bread Cheese Sandwich

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables



Australian

Chicken, Apricot & Sweet Potato Stew with Rice

Mixed Fresh Vegetables

CONTAINS: NONE



Australian

Beef, Mushroom & Eggplant Pasta Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK



Indian

Butter Chicken with Natural Yoghurt & Rice

Mixed Fresh Vegetables

CONTAINS: MILK



Italian

Beef Meatballs with Pasta

Vegetable Ratatouille

CONTAINS: WHEAT, GLUTEN, OATS



Chinese

Honey Soy Chicken Hokkien Noodles

Peas, Corn, Green Beans, Broccoli & Edamame

CONTAINS: WHEAT, GLUTEN, SOY

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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

Banana, Bran & Oat Loaf

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Cheese & Vegemite Scrolls

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

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Week Four 23rd December 2024

Week Four

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Morning

Wholemeal Raisin Bread

CONTAINS: WHEAT, GLUTEN, SOY, SULPHITES

Fresh Fruit & Raw Vegetables

Tuesday

Apricot, Oat & Pepita Bars

CONTAINS: WHEAT, GLUTEN, OATS, SULPHITES

Fresh Fruit & Raw Vegetables

Wednesday

Christmas Day

Public Holiday
25th Dec

Thursday

Boxing Day

Public Holiday
26th Dec

Friday

Orange & Chia Wholemeal Squares

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables



American



Chinese



Greek

Lunch

Chicken & Corn Rissole with Macaroni Cheese Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

Beef & Black Bean with Rice

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, SOY

Vegetarian Pasta Bake with Sweet Potato, Eggplant & Whitebeans

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

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Afternoon

Cheese & Spinach Pastizzi

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Margarita Pizza Sticks

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Cheddar Cheese & Water Crackers

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

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Week Five 30th December 2024

Week Five

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Morning

Crumpets with
Apricot Jam

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables



Italian

Beef & Tomato
Bolognese
with Pasta

Lunch

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

Afternoon

Spelt & Oat
Anzac Biscuits

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Tuesday

Full Cream
Fruit Yoghurt

CONTAINS: MILK

Fresh Fruit & Raw Vegetables



Thai

Massaman Chicken &
Sweet Potato Curry
with Rice

Mixed Fresh Vegetables

CONTAINS: NONE

Wednesday

New Years Day

Public Holiday

1st Jan



Thursday

Cheddar Cheese
& Corn Thins

CONTAINS: MILK

Fresh Fruit & Raw Vegetables



Italian

Cheesy Tomato &
Whitebean Sauce
with Pasta

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

Friday

Tropical Chia
Coconut Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables



Mexican

Mexican Beef with
Bean & Corn Salsa
& Rice

Corn Chips

CONTAINS: NONE

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Week One 6th January 2025

Week One

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Crumpets with
Apricot Jam

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

Apple, Blueberry &
Flaxmeal Muffins

CONTAINS: WHEAT, GLUTEN

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



Indian



French



Italian



Spanish



Australian

Lunch

Vegetarian Paneer
& Chickpea Curry
with Rice

Mixed Fresh Vegetables

CONTAINS: MILK

Chicken &
Lentil Ragout with
Cous Cous

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

Beef & Tomato
Lasagne with Cheese
Bechamel Sauce

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

Chicken &
Sausage Paella
with Yellow Rice

Carrots & Peas

CONTAINS: NONE

Mini Chicken
Spinach Burgers
with Tomato Relish

Lettuce & Cucumber

CONTAINS: WHEAT, GLUTEN, BARLEY

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Afternoon

Apple, Cocoa & Banana
Wholemeal Loaf

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Beetroot & Whitebean 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 13th January 2025

Week Two

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Coconut, Cardamon & Chia Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Cheddar Cheese & Corn Thins

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Cheese Pastizzi

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Full Cream Fruit Yoghurt

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Cornflake, Coconut & Sunflower Muesli Rounds

CONTAINS: WHEAT, GLUTEN, BARLEY, OATS SULPHITES

Fresh Fruit & Raw Vegetables



Moroccan



Italian



Mexican



Italian



American

Lunch

Moroccan Beef & Lamb Tagine with Couscous

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

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

Sweet Potato, Apricot & Ginger Muffin

CONTAINS: WHEAT, GLUTEN, SULPHITES

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 20th January 2025

Week Three

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

Monday

Morning

Honey & Oat Muesli Rounds

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Tuesday

Cheese, Spinach & Pumpkin Pinwheels

CONTAINS: WHEAT, GLUTEN, MILK, SOY

Fresh Fruit & Raw Vegetables

Wednesday

Wholemeal Turkish Toast with Cheese

CONTAINS: WHEAT, GLUTEN, SOY, SESAME, MILK

Fresh Fruit & Raw Vegetables

Thursday

Pear & Apple Rice Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Friday

Wholemeal Bread Cheese Sandwich

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables



Australian

Chicken, Apricot & Sweet Potato Stew with Rice

Mixed Fresh Vegetables

CONTAINS: NONE



Australian

Beef, Mushroom & Eggplant Pasta Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK



Indian

Butter Chicken with Natural Yoghurt & Rice

Mixed Fresh Vegetables

CONTAINS: MILK



Italian

Beef Meatballs with Pasta

Vegetable Ratatouille

CONTAINS: WHEAT, GLUTEN, OATS



Chinese

Honey Soy Chicken Hokkien Noodles

Peas, Corn, Green Beans, Broccoli & Edamame

CONTAINS: WHEAT, GLUTEN, SOY

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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

Banana, Bran & Oat Loaf

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Cheese & Vegemite Scrolls

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables

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Week Four 27th January 2025

Week Four

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Morning

Australia Day

Public Holiday
27th Jan

Tuesday

Crumpets with
Apricot Jam

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

Wednesday

Tropical Chia
Coconut Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Thursday

Apricot, Oat
& Pepita Bars

CONTAINS: WHEAT, GLUTEN, OATS, SULPHITES

Fresh Fruit & Raw Vegetables

Friday

Orange & Chia
Wholemeal Squares

CONTAINS: WHEAT, GLUTEN, SULPHITES

Fresh Fruit & Raw Vegetables

Lunch



American

Chicken & Corn
Rissole with Macaroni
Cheese Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK



Chinese

Beef &
Black Bean
with Rice

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, SOY



Greek

Vegetarian Pasta Bake
with Sweet Potato,
Eggplant & Whitebeans

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK



Russian

Beef Stroganoff
with Mushrooms
& Rice

Mixed Fresh Vegetables

CONTAINS: MILK

Afternoon

Margarita Pizza
Sticks

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Carrot & Orange
Wholemeal Muffins

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Apple, Blueberry &
Flaxmeal Muffins

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Cheddar Cheese &
Water Crackers

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

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Week Five 3rd February 2025

Week Five

MAIN MENU 12 MONTHS TO 5 YEARS (1)
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Monday

Morning

**Vegemite & Cream Cheese
Wholemeal Sandwiches**

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables



Italian

Lunch

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

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, OATS, MILK

Afternoon

**Spelt & Oat
Anzac Biscuits**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Tuesday

**Full Cream
Fruit Yoghurt**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables



Mexican

**Mexican Beef with
Bean & Corn Salsa
& Rice**

Corn Chips

CONTAINS: NONE

**Spiced Pumpkin
& Apple loaf**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Wednesday

**Cranberry & Orange
Cookies**

CONTAINS: WHEAT, GLUTEN, SULPHITES, OATS

Fresh Fruit & Raw Vegetables



Chinese

**Sweet & Sour
Chicken & Vegetable
Fried Rice**

Peas, Corn, Green Beans,
Broccoli & Edamame

CONTAINS: WHEAT, GLUTEN, SOY

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

**Avocado & Cream Cheese
Dip with Hi Fibre Flat Bread**

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

Thursday

**Cheddar Cheese
& Corn Thins**

CONTAINS: MILK

Fresh Fruit & Raw Vegetables



American

**Tuna, Tomato
& Spinach
Pasta Bake**

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK, FISH

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

**Apple, Cocoa & Banana
Wholemeal Loaf**

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Friday

**Pear & Ginger
Wholemeal Pillows**

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables



Australian

**BBQ Chicken,
Sweet Potato, Pineapple
& Cheese Pizza**

Lettuce, Cucumber & Tomato

CONTAINS: WHEAT, GLUTEN, BARLEY, MILK

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

**Herb & Garlic
Baguette**

CONTAINS: WHEAT, GLUTEN, BARLEY

Fresh Fruit & Raw Vegetables

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Week Six 10th February 2025

Week Six

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Monday

Tuesday

Wednesday

Thursday

Friday

Morning

Apple Cinnamon
Rice Custard

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Wholemeal Fruit Spice
English Muffins

CONTAINS: WHEAT, GLUTEN, SOY, SULPHITES

Fresh Fruit & Raw Vegetables

Wholemeal Bread
Cheese Sandwich

CONTAINS: WHEAT, GLUTEN, SOY, MILK

Fresh Fruit & Raw Vegetables

Orange & Coconut
Biscuits

CONTAINS: NONE

Fresh Fruit & Raw Vegetables

Cheese & Vegemite
Scrolls

CONTAINS: WHEAT, GLUTEN, SOY, MILK, BARLEY

Fresh Fruit & Raw Vegetables



Australian



French



Thai



Italian



Japanese

Lunch

Beef & Tomato
Meatballs with
Creamy Potato Bake

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

Cheesy Tomato &
Whitebean Sauce
with Pasta

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN, MILK

Massaman Chicken &
Sweet Potato Curry
with Rice

Mixed Fresh Vegetables

CONTAINS: NONE

Beef & Tomato
Bolognese
with Pasta

Mixed Fresh Vegetables

CONTAINS: WHEAT, GLUTEN

Japanese
Chicken Balls
with Brown Rice

Green Vegetables & Katsu Sauce

CONTAINS: WHEAT, GLUTEN, SOY

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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Afternoon

Beetroot, Cocoa &
Coconut Muffins

CONTAINS: WHEAT, GLUTEN

Fresh Fruit & Raw Vegetables

Date, Oatmeal
& Quinoa Loaf

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Spelt, Cocoa &
Cinnamon Cookies

CONTAINS: WHEAT, GLUTEN, OATS

Fresh Fruit & Raw Vegetables

Cheese, Sultanas &
Gluten Free Crackers

CONTAINS: MILK

Fresh Fruit & Raw Vegetables

Carrot & Cinnamon
Wholemeal Loaf

CONTAINS: WHEAT, GLUTEN, MILK

Fresh Fruit & Raw Vegetables

*The KGF menu is designed around children having an additional cup of milk and high iron breakfast cereal or wholemeal toast to fulfill the daily serve requirements recommended by the Australian Dietary Guidelines and the National Quality Framework. Menus provide a minimum of 50% of the recommended daily intake of all nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages. Changes may affect contained allergens so please ensure you cross check your daily packsheets for the most up to date information.