



# WEEK ONE 2017-2018

## MAIN MENU 12 MONTHS TO 5 YEARS (2)

### WEEKLY MENU SUMMARY

- ✓ 2 Serves White Meat - Chicken or Fish
- ✓ 2 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

### MONDAY

Fresh Fruit & Raw Vegetables

### TUESDAY

Fresh Fruit & Raw Vegetables

### WEDNESDAY

Fresh Fruit & Raw Vegetables

### THURSDAY

Fresh Fruit & Raw Vegetables

### FRIDAY

Fresh Fruit & Raw Vegetables

LUNCH



**Hunan Orange & Ginger Beef with Rice & Vegetables**

Chinese

Mixed Fresh Vegetables



**Chicken & Corn Rissole, Macaroni & Cheese Bake with Bread & Herb Crust**

American

Mixed Fresh Vegetables



**Chicken, Apricot & Sweet Potato Stew with Rice**

Modern Australian

Mixed Fresh Vegetables



**Cheesy Tomato & White Bean Sauce with Pasta**

French

Mixed Fresh Vegetables



**Lamb, Beef & Chickpea Patties, Yoghurt Tzatziki & Pita Pockets**

Greek

Iceberg Lettuce

AFTERNOON

**Wholemeal Coconut Shortbread**

Wholemeal

Fresh Fruit & Raw Vegetables

**GF Crackers, Sultanas & Cheddar Cheese**

Dairy, wholegrain

Fresh Fruit & Raw Vegetables

**Banana & Bran Bread**

Wholemeal, fruit based, high iron

Fresh Fruit & Raw Vegetables

**Pear & Ginger Wholemeal Pillows**

Wholemeal, fruit based

Fresh Fruit & Raw Vegetables

**GF Crackers with Chickpea & Herb Cream Cheese**

Dairy, protein

Fresh Fruit & Raw Vegetables

[www.kidsgourmetfood.com.au](http://www.kidsgourmetfood.com.au)

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# WEEK TWO 2017-2018

## MAIN MENU 12 MONTHS TO 5 YEARS (2)

### WEEKLY MENU SUMMARY

- ✓ 3 Serves White Meat - Chicken or Fish
- ✓ 2 Serves Red Meat
- ✓ 6 Serves Dairy Provided

MORNING

### MONDAY

Fresh Fruit & Raw Vegetables

### TUESDAY

Fresh Fruit & Raw Vegetables

### WEDNESDAY

Fresh Fruit & Raw Vegetables

### THURSDAY

Fresh Fruit & Raw Vegetables

### FRIDAY

Fresh Fruit & Raw Vegetables

LUNCH



**Moroccan Spiced Lamb & Beef with Cous Cous**

Moroccan

Mixed Fresh Vegetables



**Chicken, Tomato & Zucchini Pasta Bake with Cheese Sauce**

Italian

Mixed Fresh Vegetables



**Butter Chicken with Natural Yoghurt & Rice**

Indian

Mixed Fresh Vegetables



**Mini Beef Burgers with Cheese**

Australian

Lettuce & Tomato



**Tuna Mornay Bake with Cheesy Bread Crust**

American

Mixed Fresh Vegetables

AFTERNOON

**Bean & Cocoa Brownie**

High protein, vegetable based

Fresh Fruit & Raw Vegetables

**Sweet Potato Dip with Tortilla Flat Bread**

High protein, dairy

Fresh Fruit & Raw Vegetables

**Herb & Garlic Wholemeal Baguette**

Wholemeal

Fresh Fruit & Raw Vegetables

**Corn Flake, Coconut & Sunflower Seed Muesli Rounds**

Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

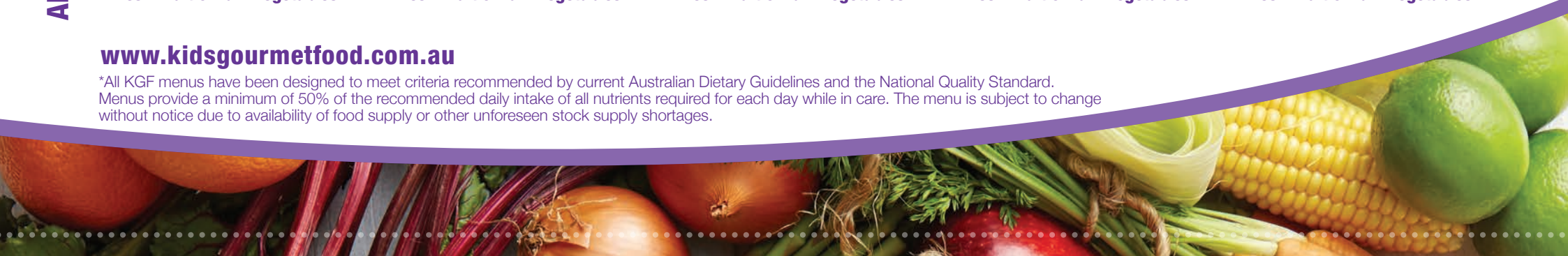
**Citrus Polenta & Ricotta Slice**

Wholemeal, dairy

Fresh Fruit & Raw Vegetables

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# WEEK THREE 2017-2018

## MAIN MENU 12 MONTHS TO 5 YEARS (2)

### WEEKLY MENU SUMMARY

- ✓ 1 Serves White Meat - Chicken or Fish
- ✓ 3 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

### MONDAY

Fresh Fruit & Raw Vegetables

### TUESDAY

Fresh Fruit & Raw Vegetables

### WEDNESDAY

Fresh Fruit & Raw Vegetables

### THURSDAY

Fresh Fruit & Raw Vegetables

### FRIDAY

Fresh Fruit & Raw Vegetables

LUNCH



**Beef, Quinoa & Tomato Meatballs with Creamy Potato Bake**

Australian

Mixed Fresh Vegetables



**Beef & Tomato Bolognese with Pasta**

Italian

Mixed Fresh Vegetables



**Red Lentil & Split Pea Tomato Dhal with Rice**

Indian

Mixed Fresh Vegetables



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

Australian

Lettuce, Tomato & Cucumber Salad



**Lean Beef Sausages with Curry Sauce & Pasta**

English

Mixed Fresh Vegetables

AFTERNOON

**Beetroot, Cocoa & Coconut Muffin**

Wholemeal, vegetable based

Fresh Fruit & Raw Vegetables

**Spelt & Oat Anzac Biscuits**

Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

**GF Crackers, Sultanas & Cheddar Cheese**

Dairy, wholegrain

Fresh Fruit & Raw Vegetables

**Spiced Roasted Vegetable, Chickpea & Cheese Pockets**

Dairy, vegetable based

Fresh Fruit & Raw Vegetables

**Avocado & Cream Cheese Dip with Brown Rice Wafers**

Dairy, wholemeal

Fresh Fruit & Raw Vegetables

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# WEEK FOUR 2017-2018

## MAIN MENU 12 MONTHS TO 5 YEARS (2)

### WEEKLY MENU SUMMARY

- ✓ 1 Serves White Meat - Chicken or Fish
- ✓ 3 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

### MONDAY

Fresh Fruit & Raw Vegetables

### TUESDAY

Fresh Fruit & Raw Vegetables

### WEDNESDAY

Fresh Fruit & Raw Vegetables

### THURSDAY

Fresh Fruit & Raw Vegetables

### FRIDAY

Fresh Fruit & Raw Vegetables

LUNCH



**Beef & Quinoa Meatballs, Tomato Gravy with Infused Brown Rice**

Australian

Mixed Fresh Vegetables



**Hungarian Beef Goulash with Sweet Potato Dice & Rice**

Hungarian

Mixed Fresh Vegetables



**Chicken & Cheesy Spinach Sauce with Pasta**

Italian

Mixed Fresh Vegetables



**Lamb & Beef Korma with Potato, Eggplant & Rice**

Indian

Mixed Fresh Vegetables

*Winter* Pumpkin, Potato & White Bean Soup with Focaccia Squares

*Summer* Chicken & Roasted Vegetable Pasta Salad with Creamy French Dressing

AFTERNOON

**Banana & Bran Bread**

Wholemeal, fruit based

Fresh Fruit & Raw Vegetables

**White Bean & Beetroot Dip with Tortilla Flat Bread**

Dairy, high protein, vegetable

Fresh Fruit & Raw Vegetables

**Margarita Pizza Sticks**

Dairy

Fresh Fruit & Raw Vegetables

**Pumpkin, Cheese & Linseed Scones**

Dairy, high protein, vegetable based

Fresh Fruit & Raw Vegetables

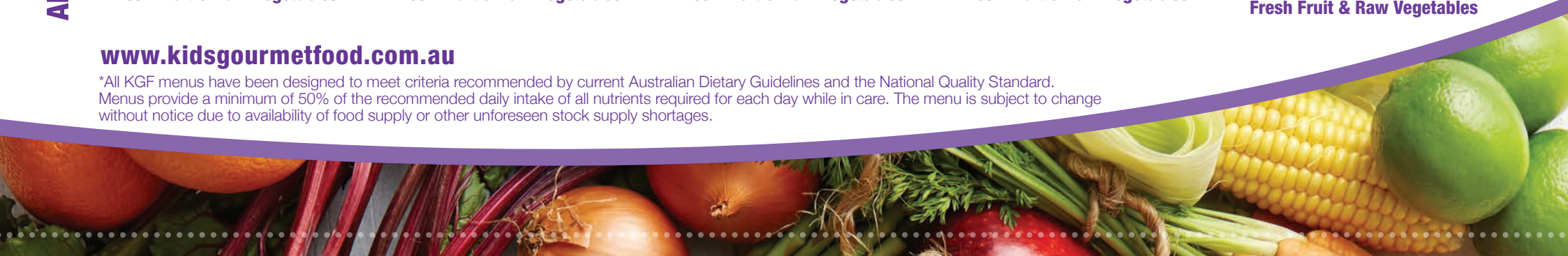
**Orange Wholemeal Squares with Black Chia Seeds**

Wholemeal

Fresh Fruit & Raw Vegetables

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# WEEK FIVE 2017-2018

## MAIN MENU 12 MONTHS TO 5 YEARS (2)

### WEEKLY MENU SUMMARY

- ✓ 1 Serves White Meat - Chicken or Fish
- ✓ 3 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

### MONDAY

Fresh Fruit & Raw Vegetables

### TUESDAY

Fresh Fruit & Raw Vegetables

### WEDNESDAY

Fresh Fruit & Raw Vegetables

### THURSDAY

Fresh Fruit & Raw Vegetables

### FRIDAY

Fresh Fruit & Raw Vegetables

LUNCH



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

Italian

Mixed Fresh Vegetables



**Tsukune Japanese Chicken Balls with Infused Brown Rice & Edamame**

Japanese

Mixed Fresh Vegetables



**Mexican Beef & Rice with Corn Chip Crumble**

Mexican

Bean & Corn Salsa



**Lamb, Beef & Lentil Dhal with Cous Cous**

Indian

Mixed Fresh Vegetables



**Vegetable Pasta Bake with Sweet Potato, Eggplant, White Beans & Cheese Sauce**

Greek

Mixed Fresh Vegetables

AFTERNOON

**Apple, Apricot & Ricotta Slice with Linseed Crumble**

Dairy, wholegrain, fruit based

Fresh Fruit & Raw Vegetables

**Honey & Oat Muesli Rounds**

Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

**Corn Thins with Cheddar Cheese**

Dairy, wholegrain

Fresh Fruit & Raw Vegetables

**Vegemite & Cream Cheese Tiger Sandwiches**

Dairy, wholemeal

Fresh Fruit & Raw Vegetables

**Beetroot, Cocoa & Coconut Muffin**

Wholemeal, vegetable based

Fresh Fruit & Raw Vegetables

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# WEEK SIX 2017-2018

## MAIN MENU 12 MONTHS TO 5 YEARS (2)

### WEEKLY MENU SUMMARY

- ✓ 2 Serves White Meat - Chicken or Fish
- ✓ 2 Serves Red Meat
- ✓ 1 Serve Vegetarian
- ✓ 6 Serves Dairy Provided

MORNING

### MONDAY

Fresh Fruit & Raw Vegetables

### TUESDAY

Fresh Fruit & Raw Vegetables

### WEDNESDAY

Fresh Fruit & Raw Vegetables

### THURSDAY

Fresh Fruit & Raw Vegetables

### FRIDAY

Fresh Fruit & Raw Vegetables

LUNCH



**Crumbed Fish Pieces, Roasted Potatoes, Tomato & White Bean Dipping Sauce**

Modern Australian

Mixed Fresh Vegetables



**Chicken & Sausage Paella with Yellow Rice**

Spanish

Mixed Fresh Vegetables



**Beef Stroganoff & Mushrooms with Rice**

Russian

Mixed Fresh Vegetables



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

Australian

Lettuce, Tomato & Cucumber Salad



**Swedish Meatballs with Pasta**

Swedish

Mixed Fresh Vegetables

AFTERNOON

**Weetbix & Linseed Crumble**

Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

**Herb & Garlic Wholemeal Baguette**

Wholemeal, fruit based, high iron

Fresh Fruit & Raw Vegetables

**Power Bar with Apricot, Pepitas, Quinoa & Yoghurt**

Wholemeal, high fibre

Fresh Fruit & Raw Vegetables

**Spelt & Oat Anzac Biscuits**

Wholemeal, wholegrain

Fresh Fruit & Raw Vegetables

**Apple & Spice Pastizzi**

Fruit based

Fresh Fruit & Raw Vegetables

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