

Healthy Fact

Did you know that our meals are full of healthy minerals which are great for promoting healthy skin and strong bones and teeth in your children?

Monday MORNING WHOLEMEAL **RAISIN BREAD** Wholemeal FRESH FRUIT & RAW VEGETABLES



SWEET POTATO DIP WITH

TORTILLA FLAT BREAD

High protein, dairy

FRESH FRUIT & RAW VEGETABLES

CHICKEN & CORN RISSOLE. **MACARONI CHEESE**

Tuesday

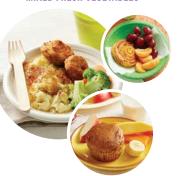
CHEESE, SPINACH, PUMPKIN

& PAPRIKA PINWHEELS

Dairy, vegetable based

FRESH FRUIT & RAW VEGETABLES

PASTA BAKE American MIXED FRESH VEGETABLES



BANANA & BRAN BREAD Wholemeal, fruit based FRESH FRUIT & RAW VEGETABLES

HUNAN ORANGE & **GINGER BEEF WITH RICE & VEGETABLES** Chinese MIXED FRESH VEGETABLES

Wednesday

TURKISH

TOAST

Contains Sesame

FRESH FRUIT & RAW VEGETABLES



CORN THINS & **CHEDDAR CHEESE** Dairy, wholegrain FRESH FRUIT & RAW VEGETABLES Thursday

ENGLISH MUFFINS & CHEESE Dairy FRESH FRUIT & RAW VEGETABLES

CHEESY TOMATO & WHITE BEAN SAUCE WITH PASTA French

MIXED FRESH VEGETABLES



BEETROOT. COCOA & COCONUT MUFFIN Wholemeal, vegetable based FRESH FRUIT & RAW VEGETABLES

Friday

VANILLA COCONUT CUSTARD Dairy

FRESH FRUIT & RAW VEGETABLES

LAMB, BEEF & CHICKPEA PATTIES, NATURAL YOGHURT TZATZIKI, **LETTUCE & PITA BREAD** Greek

ICEBERG LETTUCE



POWER BAR WITH APRICOT. PEPITAS, QUINOA Wholegrains, high fibre FRESH FRUIT & RAW VEGETABLES

The early years in a child's life are instrumental in developing positive, long-term eating habits, Exposing children to a nutritious, wholesome and balanced diet, by providing diverse ingredients not only gives them the best start in life, it helps secure their future health, development and wellbeing as they grow. KGF uses high-quality, fresh ingredients, creating meals with a broad range of flavours and textures, multicultural influence & diverse meal presentation, encouraging curiosity and interest in their food while in care. If you would like to know more about the service KGF provides, please go to www.kidsgourmetfood.com.au

LUNCH

AFTERNOON