



Week One 2018/19

MAIN MENU 12 MONTHS TO 5 YEARS (2)

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?

MORNING

Monday

WHOLEMEAL RAISIN BREAD

Wholemeal

FRESH FRUIT & RAW VEGETABLES

Tuesday

CHEESE, SPINACH, PUMPKIN & PAPRIKA PINWHEELS

Dairy, vegetable based

FRESH FRUIT & RAW VEGETABLES

Wednesday

TURKISH TOAST

Contains Sesame

FRESH FRUIT & RAW VEGETABLES

Thursday

ENGLISH MUFFINS & CHEESE

Dairy

FRESH FRUIT & RAW VEGETABLES

Friday

VANILLA COCONUT CUSTARD

Dairy

FRESH FRUIT & RAW VEGETABLES

LUNCH

CHICKEN, APRICOT & SWEET POTATO STEW WITH RICE

Modern Australian

MIXED FRESH VEGETABLES



CHICKEN & CORN RISSOLE, MACARONI CHEESE PASTA BAKE

American

MIXED FRESH VEGETABLES



HUNAN ORANGE & GINGER BEEF WITH RICE & VEGETABLES

Chinese

MIXED FRESH VEGETABLES



CHEESY TOMATO & WHITE BEAN SAUCE WITH PASTA

French

MIXED FRESH VEGETABLES



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

Greek

ICEBERG LETTUCE



AFTERNOON

SWEET POTATO DIP WITH TORTILLA FLAT BREAD

High protein, dairy

FRESH FRUIT & RAW VEGETABLES

BANANA & BRAN BREAD

Wholemeal, fruit based

FRESH FRUIT & RAW VEGETABLES

CORN THINS & CHEDDAR CHEESE

Dairy, wholegrain

FRESH FRUIT & RAW VEGETABLES

BEETROOT, COCOA & COCONUT MUFFIN

Wholemeal, vegetable based

FRESH FRUIT & RAW VEGETABLES

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