KGF

Week One 2018/19
MAIN MENU 12 MONTHS TO 5 YEARS (2)

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	**WHOLEMEAL RAISIN BREAD** Wholemeal **FRESH FRUIT & RAW VEGETABLES**	**CHEESE, SPINACH, PUMPKIN & PAPRIKA PINWHEELS** Dairy, vegetable based **FRESH FRUIT & RAW VEGETABLES**	**TURKISH TOAST** Contains Sesame **FRESH FRUIT & RAW VEGETABLES**	**ENGLISH MUFFINS & CHEESE** Dairy **FRESH FRUIT & RAW VEGETABLES**	**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**