



WEEK TWO 2017-2018

MAIN MENU 12 MONTHS TO 5 YEARS (1)

HEALTHY FACT #2

Fibre helps little bodies digest food. At KGF we make sure that we include loads of delicious vegetables, whole grains and fruit, filling your little ones full of healthy fibre.

MORNING

MONDAY

Corn Thins with Sliced Cheddar Cheese
Fresh Fruit & Raw Vegetables

TUESDAY

Spiced Chickpea, Sweet Corn & Cheese Pinwheels
Fresh Fruit & Raw Vegetables

WEDNESDAY

Spinach & Ricotta Scones
Fresh Fruit & Raw Vegetables

THURSDAY

Wholemeal Bread Cheese Sandwich
Fresh Fruit & Raw Vegetables

FRIDAY

Fruit & Spice English Bread
Fresh Fruit & Raw Vegetables

LUNCH

Chicken, Tomato & Zucchini Pasta Bake with Cheese Sauce
Mixed Fresh Vegetables

Butter Chicken with Natural Yoghurt & Rice
Mixed Fresh Vegetables

Mini Beef Burgers with Cheese
Lettuce & Tomato

Tuna Mornay Bake with Cheesy Bread Crust
Mixed Fresh Vegetables

Beef, Quinoa & Tomato Meatballs with Creamy Potato Bake
Mixed Fresh Vegetables

AFTERNOON

Sweet Potato Dip with Tortilla Flat Bread
Fresh Fruit & Raw Vegetables

Herb & Garlic Wholemeal Baguette
Fresh Fruit & Raw Vegetables

Corn Flake, Coconut & Sunflower Seed Muesli Rounds
Fresh Fruit & Raw Vegetables

Citrus Polenta & Ricotta Slice
Fresh Fruit & Raw Vegetables

Beetroot, Cocoa & Coconut Muffin
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