

MORNING

LUNCH

AFTERNOON

monday

tuesday

wednesday

thursday

friday

PEAR PUREE WITH IRON FORTIFIED RICE CEREAL



APPLE & APRICOT PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE & PEAR PORRIDGE PUREE

PEACH RICE PUDDING WITH CINNAMON PUREE



APPLE, BLUEBERRY & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

BEEF, RED LENTIL, POTATO & CARROT MASHED

CHICKEN, RED LENTILS & CARROT MASHED

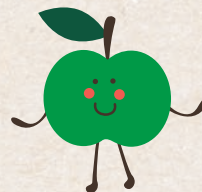
VEAL, POTATO, TOMATO & CHEESE MASHED

PASTA, ZUCCHINI, BROCCOLI, WHITE BEANS & GREEN PEAS MASHED

CHICKEN, CORN, CAULIFLOWER, PEARL BARLEY & RICE MASHED

CAULIFLOWER, SWEET POTATO & PUMPKIN PUREE

BROCCOLI, CAULIFLOWER & POTATO PUREE



SWEET POTATO PUREE

CARROT & CORN PUREE

PUMPKIN & SWEET POTATO PUREE



PEACH & APPLE SEMOLINA PUREE

CREAMY MANGO RISOTTO PUREE

APPLE, ORANGE, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL



PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE & PEAR SEMOLINA PUREE

\*The KGF menu is designed around children having an additional cup of milk and high iron breakfast cereal or wholemeal toast to fulfill the daily serve requirements recommended by the Australian Dietary Guidelines and the National Quality Framework. Menus provide a minimum of 50% of the recommended daily intake of all nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages.



monday

tuesday

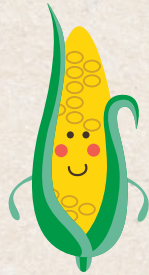
wednesday

thursday

friday

MORNING

TAPIOCA  
& PEAR  
PUREE



APRICOT &  
APPLE PORRIDGE  
PUREE

PEACH SEMOLINA  
WITH MILK  
PUREE



PEAR & APPLE PUREE  
WITH IRON FORTIFIED  
RICE CEREAL

APPLE  
SEMOLINA  
PUREE



LUNCH

BEEF & ROASTED  
VEGETABLE STEW WITH  
COUS COUS MASHED

BEEF, PEARL BARLEY  
& VEGETABLE CASSEROLE  
MASHED

WHITE BEANS, OATS,  
PUMPKIN & CARROT  
MASHED

CHICKEN,  
POTATO, CORN &  
WHITE BEANS MASHED

BEEF, BROWN RICE,  
PUMPKIN & POTATO  
MASHED

AFTERNOON

ZUCCHINI &  
POTATO  
PUREE

CAULIFLOWER,  
CORN & POTATO  
PUREE

ZUCCHINI, POTATO  
& CAULIFLOWER  
PUREE

CARROT &  
PUMPKIN  
PUREE

BROCCOLI, GREEN PEAS,  
ZUCCHINI & POTATO  
PUREE

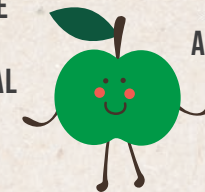


APPLE PUREE WITH  
IRON FORTIFIED  
RICE CEREAL

MANGO & PEAR PUREE  
WITH IRON FORTIFIED  
RICE CEREAL

APPLE, APRICOT &  
PRUNE PUREE WITH  
IRON FORTIFIED RICE CEREAL

PEACH, PEAR & APPLE  
PUREE, WITH IRON  
FORTIFIED RICE CEREAL



TAPIOCA,  
APPLE & RHUBARB  
PUREE

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monday

tuesday

wednesday

thursday

friday

MORNING

APPLE, APRICOT,  
PEAR & PRUNE PUREE WITH  
IRON FORTIFIED RICE CEREAL

PEAR  
SEMOLINA  
PUREE

PEAR, APPLE &  
APRICOT PUREE WITH  
IRON FORTIFIED RICE CEREAL

PEACH,  
PEAR & TAPIOCA  
PUREE

APRICOT  
PORRIDGE PUREE  
WITH MILK

LUNCH

CHICKEN, RICOTTA,  
PASTA & CORN  
MASHED

CHICKEN, RED LENTIL,  
SWEET POTATO  
& RICE MASHED

BEEF BOLOGNAISE  
SAUCE WITH PASTA &  
VEGETABLES MASHED

PASTA,  
PUMPKIN & CHEESE  
MASHED

CHICKEN,  
SWEET POTATO &  
WHITE BEANS MASHED

AFTERNOON

SWEET  
POTATO  
PUREE

PUMPKIN &  
CARROT  
PUREE

POTATO &  
PUMPKIN  
PUREE

POTATO,  
GREEN PEA &  
BROCCOLI PUREE

CARROT,  
CAULIFLOWER &  
POTATO PUREE

APPLE &  
PEAR  
PUREE

APPLE & RHUBARB  
PUREE WITH IRON FORTIFIED  
RICE CEREAL

APPLE,  
PEACH &  
PRUNE PUREE

APPLE, PEAR &  
PRUNE PUREE WITH  
IRON FORTIFIED RICE CEREAL

APPLE PUREE  
WITH IRON FORTIFIED  
RICE CEREAL



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tuesday

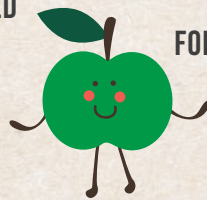
wednesday

thursday

friday

MORNING

PEAR PUREE WITH IRON FORTIFIED RICE CEREAL



APPLE & APRICOT PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE & PEAR PORRIDGE PUREE

PEACH RICE PUDDING WITH CINNAMON PUREE



APPLE, BLUEBERRY & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

LUNCH

BEEF, RED LENTIL, POTATO & CARROT MASHED

CHICKEN, RED LENTILS & CARROT MASHED

VEAL, POTATO, TOMATO & CHEESE MASHED

PASTA, ZUCCHINI, BROCCOLI, WHITE BEANS & GREEN PEAS MASHED

CHICKEN, CORN, CAULIFLOWER, PEARL BARLEY & RICE MASHED

CAULIFLOWER, SWEET POTATO & PUMPKIN PUREE

BROCCOLI, CAULIFLOWER & POTATO PUREE



SWEET POTATO PUREE

CARROT & CORN PUREE

PUMPKIN & SWEET POTATO PUREE



AFTERNOON

PEACH & APPLE SEMOLINA PUREE

CREAMY MANGO RISOTTO PUREE

APPLE, ORANGE, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL



PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE & PEAR SEMOLINA PUREE

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tuesday

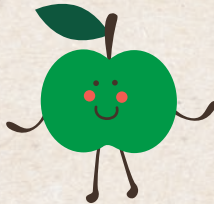
wednesday

thursday

friday

MORNING

TAPIOCA & PEAR PUREE



APRICOT & APPLE PORRIDGE PUREE

PEACH SEMOLINA WITH MILK PUREE

PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE SEMOLINA PUREE



LUNCH

BEEF & ROASTED VEGETABLE STEW WITH COUS COUS MASHED

BEEF, PEARL BARLEY & VEGETABLE CASSEROLE MASHED

WHITE BEANS, OATS, PUMPKIN & CARROT MASHED



CHICKEN, POTATO, CORN & WHITE BEANS MASHED

BEEF, BROWN RICE, PUMPKIN & POTATO MASHED

AFTERNOON

ZUCCHINI & POTATO PUREE

CAULIFLOWER, CORN & POTATO PUREE



ZUCCHINI, POTATO & CAULIFLOWER PUREE

CARROT & PUMPKIN PUREE



BROCCOLI, GREEN PEAS, ZUCCHINI & POTATO PUREE

APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

MANGO & PEAR PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE, APRICOT & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

PEACH, PEAR & APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

TAPIOCA, APPLE & RHUBARB PUREE

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MORNING

APPLE, APRICOT, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL



PEAR SEMOLINA PUREE

PEAR, APPLE & APRICOT PUREE WITH IRON FORTIFIED RICE CEREAL

PEACH, PEAR & TAPIOCA PUREE

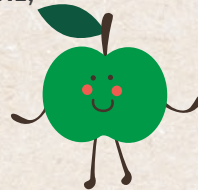


APRICOT PORRIDGE PUREE WITH MILK

LUNCH

CHICKEN, RICOTTA, PASTA & CORN MASHED

CHICKEN, RED LENTIL, SWEET POTATO & RICE MASHED



BEEF BOLOGNAISE SAUCE WITH PASTA & VEGETABLES MASHED

PASTA, PUMPKIN & CHEESE MASHED

CHICKEN, SWEET POTATO & WHITE BEANS MASHED

SWEET POTATO PUREE

PUMPKIN & CARROT PUREE

POTATO & PUMPKIN PUREE



POTATO, GREEN PEA & BROCCOLI PUREE

CARROT, CAULIFLOWER & POTATO PUREE

AFTERNOON

APPLE & PEAR PUREE



APPLE & RHUBARB PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE, PEACH & PRUNE PUREE

APPLE, PEAR & PRUNE PUREE WITH IRON FORTIFIED RICE CEREAL

APPLE PUREE WITH IRON FORTIFIED RICE CEREAL

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