



KIDS GOURMET FOOD

Specialist Catering for Child Care Centres

Kids Gourmet Food “KGF”, established in 2002, is exclusively devoted to providing quality prepared meals to children aged 4 months to 6 years.

Using premium quality fresh ingredients from the markets, and prepared by our team of qualified chefs, we have designed a menu that is focused on nutrition, variety, child friendly flavours and quality. Our menus focus on healthy home style cooking providing varied Australian and multicultural food styles. KGF is passionate about food education in the early years of a child's development and the importance for children to have exposure to different ingredients and food styles.

Our menus operate on a 6 week rotation and have been designed around the use of whole grains, vegetables, fruit, fish, poultry, red meat, legumes and full cream dairy products. Sugar, salt and saturated fat are kept to an absolute minimum.

KGF menus have been certified by a renowned Childhood Nutritionist and Pediatric Dietician with the additional guidance of Nutrition Australia. Our menus comply with the Australian Dietary Guidelines, Get Up and Grow, Australian Guide to Healthy Eating and the National Quality Standard. All of these guidelines are vital to our menu development process, and our menus are continuously reviewed to ensure they meet criteria set by ACECQA to assist your centre meet National Quality Framework Assessment and Rating requirements.

Food hygiene and correct food handling techniques are also of peak importance. Our production kitchen follows a comprehensive HACCP based food safety program. Food Safety Management Solutions regularly assess our processes and procedures ensuring effective management of food safety risks.

A few of KGF's many features

- Exclusively devoted to the child care industry.
- Freshly cooked meals, snap chilled to preserve quality and freshness. Not frozen.
- Child friendly food, with age appropriate menus provided.
- Daily delivery of food in a refrigerated van.
- No nuts, nut products or egg products. Reducing allergy concerns for all children while in care.
- Allergy, intolerance or cultural preference meal alternatives are provided.
- We do not use ingredients containing msg, artificial colours or flavourings.
- Your centre has a comprehensive listing of ingredients used by KGF.





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WEEK 1 - MAIN MENU

12 months to 5 years

Weekly Menu Summary
 ✓ 2 Serves White Meat - Chicken or Fish (3 serves per fortnight*)
 ✓ 2 Serves Red Meat - (2 serves per week*)
 ✓ 1 Serve Vegetarian - (1 serve per week*) High in Vitamin C & Iron
 ✓ 6 Serves Dairy Provided. (It is recommended that additional milk or dairy is offered at morning & or afternoon tea if required to make up 2 serves per day*)

Morning
Lunch
Afternoon

Monday

Apple & Cinnamon Snails
Low sugar, high fruit content

Choice of Fresh Fruit & Raw Vegetables

Tuna Mornay Bake with Smooth Ricotta, Spiral Pasta & Cheesy Bread Crust

Mixed Fresh Vegetables

Anzac Biscuits
High wholemeal flour & wholegrain content

Choice of Fresh Fruit & Raw Vegetables

Tuesday

English Muffins with Cheese
High calcium content

Choice of Fresh Fruit & Raw Vegetables

Beef, Oat & Rice Meat Balls with Brown Rice Gravy

Mixed Fresh Vegetables

Date & Pear Slice
High wholemeal flour & low sugar content, fruit based

Choice of Fresh Fruit & Raw Vegetables

Wednesday

Gluten Free Crackers, Sultanas & Cheese
High calcium & wholegrain content

Choice of Fresh Fruit & Raw Vegetables

Lamb, Beef & Lentil Dhal with Spiced Cous Cous

Mixed Fresh Vegetables

Vegemite & Cheese Tiger Sandwiches
High wholemeal flour & calcium content

Choice of Fresh Fruit & Raw Vegetables

Thursday

Banana, Apple & Pineapple Muffins
High wholemeal flour & low sugar content, fruit based

Choice of Fresh Fruit & Raw Vegetables

Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Cheese

Iceberg Lettuce, Tomato & Cucumber Salad

White Bean & Beetroot Dip with Wholemeal Pita Bread
High wholemeal flour & protein content

Choice of Fresh Fruit & Raw Vegetables

Friday

Cheese, Pumpkin & Wholemeal Scones
High calcium content

Choice of Fresh Fruit & Raw Vegetables

Chicken, Apricot & Sweet Potato Stew with Jasmine Rice

Mixed Fresh Vegetables

Corn Flake, Coconut & Sunflower Seed Muesli
High wholemeal flour & wholegrain content

Choice of Fresh Fruit & Raw Vegetables

www.kidsgourmetfood.com.au

*All KGF menus have been designed to comply with criteria set by the following, Australian Dietary Guidelines, Get Up and Grow, The Australian Guide to Healthy Eating and the National Quality Standard. 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.



WEEK 1 - PUREE MENU

6 months to 12 months

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Morning
Lunch
Afternoon

Monday

Apple & Apricot Puree with Iron Fortified Rice Cereal



Chicken, Red Lentils & Carrot Mashed

Broccoli, Cauliflower & Potato

Mango & Ricotta Risotto Puree

Tuesday

Apple & Pear Porridge Puree



Beef, Pearl Barley & Vegetable Casserole Mashed

Pumpkin & Sweet Potato Puree

Apple, Orange, Pear & Prune Puree with Iron Fortified Rice Cereal

Wednesday

Peach Rice Pudding with Cinnamon Puree



Pasta, Zucchini, Broccoli, White Beans & Green Peas Mashed

Carrot & Corn Puree

Apple & Pear Puree with Iron Fortified Rice Cereal

Thursday

Apple, Blueberry & Pear Puree with Iron Fortified Rice Cereal



Chicken, Corn, Cauliflower, Pearl Barley & Rice Mashed

Pumpkin Puree

Apple & Pear Semolina Puree

Friday

Tapioca & Pear Puree



Beef & Roast Vegetable Stew with Cous Cous Mashed

Zucchini & Potato Puree

Mango & Pear Puree with Iron Fortified Rice Cereal

