



KIDS GOURMET FOOD
Specialist Catering for Child Care Centres



information for parents



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

KGF's qualified chefs use premium quality, fresh, whole ingredients. We supply a menu that is nutritionally balanced and designed using home style cooking techniques to create appropriate child friendly, healthy meals.

KGF is passionate about food education in the early years of a child's development. The importance for children to be exposed to diverse ingredients used in our Australian and multicultural food cooking styles is reflected throughout the 6-week menu. Daily menus have been designed around the use of wholegrains, vegetables, fruit, fish, poultry, red meat, legumes and dairy products.

KGF menus are designed to comply with the Australian Dietary Guidelines. These guidelines are vital to our annual menu development process reviewed to ensure they meet ACECQA criteria.

Our production kitchen follows a comprehensive HACCP based food safety program, with Australian Food Microbiology regularly assessing 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.
- 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.
- KGF provides your centre with the Daily Ingredients and Heating Guide which is a comprehensive list of all ingredients within each menu item.





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SAMPLE - MAIN MENU

12 months to 5 years (2)

Weekly Menu Summary
 ✓ 2 Serves White Meat - Chicken or Fish
 ✓ 2 Serves Red Meat
 ✓ 1 Serve Vegetarian
 ✓ 6 Serves Dairy Provided

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Fruit & Spice English Muffin Fruit based	Full Cream Fruit Yoghurt Dairy	Date, Oatmeal & Quinoa Muffins Wholegrain, wholemeal	Turkish Toast Contains sesame seeds	Pear & Nutmeg Rice Custard Dairy
Lunch	Fresh Fruit & Raw Vegetables	Fresh Fruit & Raw Vegetables	Fresh Fruit & Raw Vegetables	Fresh Fruit & Raw Vegetables	Fresh Fruit & Raw Vegetables
Afternoon	Beef Stroganoff with Mushrooms & Rice Russian	Chicken & Corn Rissolle, Macaroni & Cheese Bake with Bread & Herb Crust American	Lean Beef Sausages with Curry Sauce & Pasta	Butter Chicken with Natural Yoghurt & Rice Indian	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Cheese
	Mixed Fresh Vegetables	Mixed Fresh Vegetables	Mixed Fresh Vegetables	Mixed Fresh Vegetables	Lettuce, Cucumber & Tomato Salad
	Apple, Apricot & Ricotta Slice with Linseed Crumble Wholemeal, wholegrain, dairy, fruit based	Orange Wholemeal Squares with Black Chia Seeds Wholemeal	Gluten Free Crackers, Sultanas & Cheddar Cheese Dairy, wholegrain	Pumpkin, Chickpea & Fetta Cheese Pockets Dairy, protein, vegetable based	Avocado & Cream Cheese Dip with Brown Rice Wafers High vegetable content
	Fresh Fruit & Raw Vegetables	Fresh Fruit & Raw Vegetables	Fresh Fruit & Raw Vegetables	Fresh Fruit & Raw Vegetables	Fresh Fruit & Raw Vegetables

www.kidsgourmetfood.com.au

*All KGF menus have been designed to meet criteria recommended by current The Australian Dietary Guidelines. Menus provide a minimum of 50% of the recommended daily intake of all nutrients required for each day. Change without notice due to availability of food supply or other unforeseen stock supply shortages.



SAMPLE - ALTERNATE MENU

12 months to 5 years (2)

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	Monday	Tuesday	Wednesday	Thursday	Friday
Vegetarian	Chickpea & Potato Stroganoff with Rice	Falafel Balls, Macaroni Cheese Bake	Coconut & Bean Curry with Pasta	Roasted Root Vegetables in Mild Tomato, Coconut Curry, with Rice	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Cheese
	Mixed Fresh Vegetables	Mixed Fresh Vegetables	Mixed Fresh Vegetables	Lettuce, Tomato, Cucumber	Lettuce, Tomato, Cucumber
(V) Vegetarian Alternative Menu	Beef, Mushroom & Tomato Stew with Rice	Chicken & Chia Meatballs, Rice & Corn Pasta Salad	Beef Meatballs with Coconut Curry & Rice Noodles	Butter Chicken with Coconut (No Dairy) & Rice	A1 - Gluten Free Vegetarian Pizza
Alternative A	Mixed Fresh Vegetables	Mixed Fresh Vegetables	Mixed Fresh Vegetables	Mixed Fresh Vegetables	A2 - Sweet Potato, Capsicum & Corn Fried Rice
(A) Allergy Alternative - Wheat, Dairy, Soy Free	Beef, Rice & Vegetables	Chicken, Pasta & Vegetables	Beef, Pasta & Vegetables	Chicken, Rice & Vegetables	Chicken, Rice & Vegetables
Alternative B	Mixed Fresh Vegetables	Mixed Fresh Vegetables	Mixed Fresh Vegetables	Mixed Fresh Vegetables	Mixed Fresh Vegetables



SAMPLE - PUREE MENU

6 months to 12 months (1)

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	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	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	Tapioca & Pear Puree
Lunch	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	Beef & Roast Vegetable Stew with Cous Cous Mashed
Afternoon	Broccoli, Cauliflower & Potato Puree	Sweet Potato Puree	Carrot & Corn Puree	Pumpkin & Sweet Potato Puree	Zucchini & Potato Puree
	Mango & Ricotta Risotto Pureed	Apple, Orange, Pear & Prune Puree with Iron Fortified Rice Cereal	Apple & Pear Puree with Iron Fortified Rice Cereal	Apple & Pear Semolina Puree	Mango & Pear Puree with Iron Fortified Rice Cereal