



Information for Parents



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benefits of KGF

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 homestyle 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 MENUS

KGF Week 1 2021 - 2022
 MAIN MENU 12 MONTHS TO 5 YEARS (1)
 www.kidsgourmetfood.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING	Crumpets with Apricot Jam Fresh Fruit & Raw Vegetables	Apricot, Oat & Pepita Bar Fresh Fruit & Raw Vegetables	Banana, Bran & Oat Loaf Fresh Fruit & Raw Vegetables	Wholemeal Raisin Bread Fresh Fruit & Raw Vegetables	Pear, Apple & Date Rice Custard Fresh Fruit & Raw Vegetables
LUNCH	Chicken & Corn Rissole, Macaroni Cheese Pasta Bake Mixed Fresh Vegetables	Moroccan Spiced Lamb & Beef Tagine with Cous Cous Mixed Fresh Vegetables	Red Lentil & Split Pea Tomato Dhal with Rice Indian Mixed Fresh Vegetables	Beef & Tomato Lasagne with Cheese Béchamel Sauce Italian Mixed Fresh Vegetables	BBQ Chicken, Sweet Potato, Pineapple, Capsicum & Cheese Pizza Italian Lettuce, Cucumber & Tomato
AFTERNOON	Kidney Bean & Cocoa Brownie Fresh Fruit & Raw Vegetables	Smokey Pumpkin and Sweet Potato Dip with High Fibre Flat Bread Fresh Fruit & Raw Vegetables	Gluten Free Crackers, Sultanas & Cheddar Cheese Fresh Fruit & Raw Vegetables	Cheese & Spinach Pastizzi Fresh Fruit & Raw Vegetables	Orange & Chia Wholemeal Squares Fresh Fruit & Raw Vegetables

KGF RECOMMENDS SERVING FRUIT & VEGETABLES FROM 12 MONTHS TO 5 YEARS TO INCREASE CITRUS FRUIT FOR INCREASED ABSORPTION OF IRON.

*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 iron requirements recommended by the Australian Dietary Guidelines and the National Quality Framework. Menu is subject to change without notice due to availability.

KGF Week 1 2021 - 2022
 ALTERNATE MENU 12 MONTHS TO 5 YEARS (1/2)
 www.kidsgourmetfood.com.au

	Monday	Tuesday	Wednesday	Thursday	Friday
V1	Falafel Balls, Macaroni Cheese Bake Mixed Fresh Vegetables	Moroccan Chickpea & Vegetable Tagine with Cous Cous Mixed Fresh Vegetables	-	Vegetable Lasagne with Cheese Béchamel Sauce Mixed Fresh Vegetables	Vegetarian Pizza with Sweet Potato, Capsicum, Corn & Cheese Salad
V2	Falafel Balls, Wheat Pasta with Carrot & Tarragon Sauce Mixed Fresh Vegetables	-	-	Roasted Vegetable & Tomato Sauce with Wheat Pasta, Non-Dairy Cheese Mixed Fresh Vegetables	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn, Non-Dairy Cheese Salad
A1	Chicken & Corn Risssoles, Wheat Pasta with Carrot & Tarragon Sauce Mixed Fresh Vegetables	Moroccan Spiced Lamb & Beef Tagine with Jasmine Rice Mixed Fresh Vegetables	Chicken and Jasmine Rice with Green Pea & Zucchini Sauce Mixed Fresh Vegetables	Beef & Tomato Bolognaise with Wheat Pasta Mixed Fresh Vegetables	BBQ Chicken Pizza with Sweet Potato, Capsicum, Pineapple, Non-Dairy Cheese Salad
A2	Chicken & Chia Risssoles, Rice & Corn Pasta with Carrot & Tarragon Sauce Mixed Fresh Vegetables	Beef Meatballs with Roasted Eggplant Sauce & Jasmine Rice Mixed Fresh Vegetables	-	Beef & Tomato Bolognaise with Rice Noodles Mixed Fresh Vegetables	Gluten Free Chicken Pizza with Sweet Potato, Capsicum, Pineapple, Non-Dairy Cheese Salad
A3	-	-	-	-	BBQ Chicken with Sweet Potato, Capsicum, Corn & Brown Rice Salad

Please be aware that while all due care is taken, we cannot guarantee that meals are 100% free of allergens that we serve.

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KGF Week 1 2021 - 2022
 PUREE MENU 6 MONTHS TO 12 MONTHS (1)
 www.kidsgourmetfood.com.au

	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	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
AFTERNOON	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 iron requirements recommended by the Australian Dietary Guidelines and the National Quality Framework. Menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages.