



# WEEK 1 - ALTERNATE MENU

12 months to 5 years

[www.kidsgourmetfood.com.au](http://www.kidsgourmetfood.com.au)

Vegetarian

Monday

White Bean Mornay with Spiral Pasta Cheesy Bread Crust

Mixed Fresh Vegetables

Tuesday

Vegetable Minestrone with Potato Gnocchi

Mixed Fresh Vegetables



Wednesday

Brown Lentil & Vegetable Dhal with Spiced Cous Cous

Mixed Fresh Vegetables

Thursday

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

Lettuce, Cucumber & Tomato Salad



Friday

Sweet Potato & Apricot Stew with Basmati Rice

Mixed Fresh Vegetables

(V) Vegetarian Alternative Menu

Alternative A

White Fish Fillet with Parsley & Roasted Vegetables

Mixed Fresh Vegetables



Beef & Herb Rissole with Brown Rice & Gravy

Mixed Fresh Vegetables

Lamb, Beef & Lentil Dhal with Jasmine Rice

Mixed Fresh Vegetables



A1 - Gluten Free Vegetarian Pizza  
A2 - Sweet Potato, Corn & Pea Risotto

Lettuce, Cucumber & Tomato Salad

Chicken Apricot & Sweet Potato Stew with Basmati Rice

Mixed Fresh Vegetables

(A) Allergy Alternative - Wheat, Dairy, Soy Free

Alternative B

White Fish Fillet with Pasta & Vegetables

Mixed Fresh Vegetables

Beef Meat Balls, Brown Rice & Vegetables

Mixed Fresh Vegetables



Beef Meat Balls, Cous Cous & Vegetables

Mixed Fresh Vegetables

Chicken with Brown Rice & Vegetables

Lettuce, Cucumber & Tomato Salad



Roasted Chicken, Basmati Rice & Vegetables

Mixed Fresh Vegetables

(B) Allergy Alternative - Basics

