



MENU

Week One



Created with **Karla Gilbert**,
Dietician approved

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Apple Oat Muffins + Yoghurt	Apricot Muesli Parfait	Seedy Wholegrain Loaf + Whole Fruit	Cheese and Tomato Bruschetta + Whole Fruit	Banana Wholegrain Rollups
Lunch	Vegetarian Asian Stirfry w Tofu and Noodles	Minty Lamb Koftas (lamb, lettuce, tomato, pita)	Kool Kids Roast Chicken Dinner (Chicken, potato, peas, carrots, cauliflower)	Mexican Beef and Bean Burritos (beef, cheese, wholegrain wrap) + Lettuce and Tomato Side Salad	Tuna and Veg Macaroni Cheese (tuna, pasta, corn, peas, cheese)
Afternoon Tea	DIY Fruit Salad Cones + Glass of Milk	Rainbow Veggie Cups + Chickpea Hummus + Cheese Platter	Banana Cocoa Smoothie	Frozen Banana Nice Cream	Rainbow Veggies + Cheese Platter + Chickpea Hummus

Our focus is on providing children with simple, nutrient-rich, unprocessed and seasonal whole foods. There is a focus on balancing the types of foods eaten throughout the week, promoting healthy eating through novel ways of presentation and colours. Our menus meet nutritional guidelines and are high-quality and nutrient-dense. Our early learning centres provide many opportunities for children to experience a range of healthy foods, including DIY menu options.

For the full Kool Kids philosophy go to koolkids.com.au/meals