

Sample Goodstart menu



Morning

Monday

**Fruit & Spice
English Bread**

Fresh Fruit & Raw Vegetables

Tuesday

**Crumpets with
Apricot Jam**

Fresh Fruit & Raw Vegetables

Wednesday

**Apricot, Oat
& Pepita Bar**

Fresh Fruit & Raw Vegetables

Thursday

**Banana, Bran
& Oat Loaf**

Fresh Fruit & Raw Vegetables

Friday

**Wholemeal
Raisin Bread**

Fresh Fruit & Raw Vegetables

Lunch

**Chicken & Corn
Rissole, Macaroni
Cheese Pasta Bake**



AMERICAN

Mixed Fresh Vegetables

**Moroccan Spiced
Lamb & Beef Tagine
with Cous Cous**



MOROCCAN

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

Mixed Fresh Vegetables

Afternoon

**Kidney Bean & Cocoa
Brownie**

Fresh Fruit & Raw Vegetables



**Smokey Pumpkin &
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



Goodstart partners with Kids Gourmet Food to deliver delicious, nutritious food to our children. This menu is intended as an indicative guide only, and actual menus will vary between centres.

**Book a centre tour
at Goodstart today!**



1800 222 543



goodstart



visit a centre