

















KingKids
Winter Menu
 Week 1

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>(served from 6:30am – 7:30am in our family grouping environment)</i>	Cereal offered includes: Weetbix, corn flakes, rice bubbles and/or porridge Toast served with condiments Milk and/or Water				
Morning Tea <i>(Served progressively between 9:30am – 10:30am)</i>	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 
Lunch <i>(Served from 11:30am – 12:30pm)</i>	Creamy Pumpkin Soup served with Bread and Nuttlex 	Tomato and Beef Balls served with Creamy Mashed Potato 	Violet's Butter Chicken served on Saffron Rice 	Elijah's Fish Pie served with Golden Mash Potato 	Chicken San Choy Bow with Lettuce, Carrot and Rice 
Afternoon Tea <i>(Served from 2:30pm – 3:30pm)</i>	Vegemite and Cheese Pinwheels 	Harper's Fruit Salad Yummy Yummy 	Fruit Toast served with Nuttlex 	Ghizal's Homemade Healthy Fruit Muffins 	Homemade Muesli and Yoghurt 
Late Snack <i>(Served from 5:30pm)</i>	Fresh Fruit Biscuit and Dip				

Please note at KingKids we support children with both allergies and dietary requirements and therefore our menu is varied and offers lactose free and vegetarian options



Winter Menu Week 2














Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>(served from 6:30am – 7:30am in our family grouping environment)</i>	Cereal offered includes: Weetbix, corn flakes, rice bubbles and/or porridge Toast served with condiments Milk and/or Water				
Morning Tea <i>(Served progressively between 9:30am – 10:30am)</i>	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 
Lunch <i>(Served from 11:30am – 12:30pm)</i>	Zachary's Tuna Mornay with Peas, Carrot and Corn 	Chicken and Vegetable Pasta Bake 	Sweet and Spicy Sausage Curry served with Moroccan Cous Cous 	Anne's Indonesian Inspired Fried Rice 	Teriyaki Beef served with Golden Noodles 
Afternoon Tea <i>(Served from 2:30pm – 3:30pm)</i>	Delaney's Yoghurt and Berry Coulis 	Multigrain Crackers and Tomato Relish 	Doreen's Healthy Pancakes served with Jam 	Healthy Homemade Banana Bread 	Ham and Pineapple Pinwheels 
Late Snack <i>(Served from 5:30pm)</i>	Fresh Fruit Biscuit and Dip				

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Winter Menu
















Week 3

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>(served from 6:30am – 7:30am in our family grouping environment)</i>	Cereal offered includes: Weetbix, corn flakes, rice bubbles and/or porridge Toast served with condiments Milk and/or Water				
Morning Tea <i>(Served progressively between 9:30am – 10:30am)</i>	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 
Lunch <i>(Served from 11:30am – 12:30pm)</i>	Sureka's Kottu Roti Chicken and Vegetable Dish 	Beef and Vegetable (Hidden 7 Favourites) Spaghetti Bolognese 	Crumbed Fish served with Golden Potato Gems and Green Beans 	Cassi's Healthy Homemade Beef Nasi Goreng 	Vegetarian Lasagne served with Nuttlex Bread 
Afternoon Tea <i>(Served from 2:30pm – 3:30pm)</i>	Harper's Fruit Salad Yummy Yummy 	Fruit Toast served with Nuttlex 	Homemade Muesli and Yoghurt 	Vegemite and Cheese Pinwheels 	Ghizal's Homemade Healthy Fruit Muffins 
Late Snack <i>(Served from 5:30pm)</i>	Fresh Fruit Biscuit and Dip				

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KingKids
Winter Menu
 Week 4

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>(served from 6:30am – 7:30am in our family grouping environment)</i>	Cereal offered includes: Weetbix, corn flakes, rice bubbles and/or porridge Toast served with condiments Milk and/or Water				
Morning Tea <i>(Served progressively between 9:30am – 10:30am)</i>	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 	Fresh Fruit served with Milk and/or Water 
Lunch <i>(Served from 11:30am – 12:30pm)</i>	Tomato and Bacon Napolitana Ravioli 	Anne's Inspired Sayur Campur served with Chicken, Potato, Carrot, Peas served with Vermicelli Noodles 	Indian Inspired Fish Curry served with White Rice and Roti Bread 	Chicken Strips served with Mashed Potato and Hidden Peas and Corn 	Delicious Beef Paella with Green Beans, Capsicum, Carrot and Corn 
Afternoon Tea <i>(Served from 2:30pm – 3:30pm)</i>	Healthy Homemade Banana Bread 	Delaney's Yoghurt and Berry Coulis 	Doreen's Healthy Pancakes served with Jam 	Ham and Pineapple Pinwheels 	Multigrain Crackers and Tomato Relish 
Late Snack <i>(Served from 5:30pm)</i>	Fresh Fruit Biscuit and Dip				

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