



Menu: Week Three

	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai ō Te Ata	Banana Sushi With a selection of fresh fruit	Chicken and corn Savouries With a selection of fresh fruit	Nut free Crackle swiss balls with a selection of fresh fruit	Jam scrolls With a selection of fresh fruit	Crumpets With a selection of fresh fruit
	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water
Lunch Kai ō Te Tina	Chicken / Vegetarian fried rice with Quinoa, Peas, corn, and carrots	Roasted Vegetable pizza with Carrot, chickpeas, Cucumber and Capsicum sticks	Lamb and Spinach / Vegetarian curry with brown rice and peas, corn, Lentils, Broccoli, and carrot	Wholemeal Penne pasta with Broccoli, peas and corn with pasta sauce	Fish / lentil nuggets and chips with carrot, capsicum and cucumber sticks
	Water	Water	Water	Water	Water
Afternoon Tea Kai ō Te Ahiahi	Apricot balls with a selection of fresh fruit	Egg and Mayo Sandwiches with a selection of fruit	Vanilla cake with a selection of Fresh Fruit	Traditional Anzac biscuits with a selection of fresh fruits	Banana Muffins with a selection of fresh fruit
	Milk and Water	Milk and Water	Water	Milk and Water	Milk and Water