



Menu: Week One

	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai ō Te Ata	Wholemeal cheese muffins With a selection of fresh fruit	Garlic Cheese Twists With a selection of fresh fruit	Wholemeal French toast with a selection of fresh fruit	Wholemeal spaghetti cups With a selection of fresh fruit	Piklets with Jam 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	Macaroni Cheese with Quinoa, Peas, corn, and carrots	Butter Chicken / Butter Vegetables and chickpeas with Cauliflower and Carrots on Brown Rice	Vegetarian Egg Fried Rice with brown rice and peas, corn, Broccoli, and carrot	Lamb Lasagne / vegetarian lasagne with lentils, Capsicum, carrots, and Broccoli	Fish Cakes or Lentil Koftas with Roast Potatoes and steamed beans, carrots, and corn on the cob
	Water	Water	Water	Water	Water
Afternoon Tea Kai ō Te Ahiahi	Jam and Vegemite Sandwiches with a selection of fresh fruit	Antipasto platter with Carrot, cucumber, celery, cheese and Hummus	Yoghurt with tinned fruit and a selection of Fresh Fruit	Wholemeal Banana Muffins with a selection of fresh fruits	Oat cookies with a selection of fresh fruit
	Milk and Water	Milk and Water	Water	Milk and Water	Milk and Water

