



Menu: Week Two

	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai ō Te Ata	Plain Wholemeal Scones with Jam and a selection of fresh fruit	Cheese and Vegemite scrolls with a selection of fresh fruit	Wholemeal Egg and toast cup with a selection of fresh fruit	Custard Milk With a selection of fresh fruit	Cheese on Wholemeal toast 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 and Vegetable Quiche with Peas, corn and carrots	Vegetarian curry with Cauliflower, chickpeas, Capsicum, beans, and Carrots on Brown Rice	Chicken / Vegetable Kebabs with Brown Rice carrots and Capsicum Sticks	Vegetarian wraps with a potato Pattie grated carrot, capsicum, cheese and lettuce	Lamb / vegetarian Spaghetti Bolognese With grated courgette and carrot and corn
	Water	Water	Water	Water	Water
Afternoon Tea Kai ō Te Ahiahi	Cheese and crackers with a selection of fresh fruit	Sandwiches cheese, Egg and mayo Jam With a selection of fruit	Blueberry Muffin with a selection of Fresh Fruit	Pacific fruit cake with a selection of fresh fruits	Apricot and Oat slice with a selection of fresh fruit
	Milk and Water	Milk and Water	Water	Milk and Water	Milk and Water