

Autumn Menu Week 1



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai o teata	Wholemeal crackers with marmite, peaches and oranges	Crumpets with cheese, bananas and oranges	Weetbix with milk, banana and stewed apple	Homemade custard with fruit salad	Porridge with milk, banana and stewed apple
Lunch Kai o tetina	Lentil soup with mixed vegetables	Savoury Chicken mince, mixed vegetables, with peas on rice	Tuna pasta bake with cheese, steamed carrots, corn and broccoli	Beef wraps with shredded lettuce, carrots and cheese	Green thai chicken curry, carrots, spinach and cabbage with rice
Allergy Option <small>(Dairy, gluten, egg, wheat, soy free)</small>	Lentil soup with mixed vegetables	Savoury Chicken mince and vegetables with peas on rice	GF Tuna pasta bake with DF cheese, steamed carrots, corn and broccoli	GF Beef wraps with shredded lettuce, carrots and DF cheese	Green thai chicken curry (made with Coconut milk), carrots, spinach and cabbage with rice
Vegetarian Option	Lentil soup with mixed vegetables	Savoury vegetable mince with peas on rice	Vegetable pasta bake with cheese, steamed carrots, corn and broccoli	Vegetarian wraps with shredded lettuce, carrots and cheese	Green thai vegetarian curry, carrots, spinach and cabbage with rice
Infant Pureé Option	Baked beans with potatoes, lentils and carrots	Chicken mince with green beans and kumara	Tuna with carrots and broccoli	Beef mince with potatoes and carrots	Chicken with split peas, kumara & spinach
Afternoon Tea Kai o teahihi	Wholemeal cheese sandwiches with oranges and pears	Cheese scones with kiwi fruit and apples	Wholemeal crackers with hummus, pear and rockmelon	Pikelets with bananas and peaches	Cheese muffins with oranges and kiwifruit

Notes: All bread, pasta, wraps and flour used in recipes are wholemeal - rice cakes are whole grain.

Menu meets the gold (flourishing) healthy heart award Pā-Harakeke

Water/inu is available at all times during the day and at meal times

Autumn Menu Week 2



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai o teata	Rice wheels with cream cheese, oranges and bananas	Toasted English muffins with jam, bananas and apples	Cornflakes with milk, bananas and stewed apple	Yoghurt and berries	Pikelets with milk, bananas and pears
Lunch Kai o tetina	Vegetable fried rice	Chicken, potato and sweetcorn soup with carrots and peas	Beef macaroni with cheese and mixed vegetables	Cheese Toasties, cucumber slices and carrot sticks	Tuna pasta salad with cheese, capsicum and grated carrots
Allergy Option <small>(Dairy, gluten, egg, wheat, soy free)</small>	DF GF Vegetable fried rice	Chicken, potato and sweetcorn soup with carrots and peas	GF Beef macaroni with DF cheese and mixed vegetables	GF Baked Bean Toasties, cucumber slices and carrot sticks	GF Tuna pasta salad with DF cheese, capsicum and grated carrots
Vegetarian Option	Vegetable fried rice	Potato and sweetcorn soup with carrots and peas	Macaroni with cheese and mixed vegetables	GF Baked Bean Toasties, cucumber slices and carrot sticks	Pasta salad with cheese, capsicum and grated carrots
Infant Pureé Option	Pumpkin with split peas, kumara, carrots	Chicken with potatoes, carrots and peas	Beef mince with broccoli and kumara	Pumpkin and kumara	Tuna with carrots and broccoli
Afternoon Tea Kai o te ahiahi	Homemade biscuits with milk, pears and kiwifruit	Wholemeal crackers with cheese slices, cucumber and softened carrot sticks	Carrot muffins with kiwifruit	Wholemeal crackers with hummus, pineapple and oranges	Homemade cinnamon scrolls with apples and kiwifruit

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AUTUMN MENU WEEK 3



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai ō te ata	Wholemeal crackers with hummus, rockmelon and bananas	Custard with jam, bananas and apples	Weetbix with milk, banana and stewed apple	Yoghurt and fruit salad	Toasted crumpets with cheese, bananas and pears
Lunch Kai ō tetina	Pumpkin soup with garlic bread	Curry chicken mince with potatoes, carrots and capsicums on rice	Fish cakes with peas, blanched carrots and cucumber	Chicken sandwiches with cheese, shredded lettuce and cucumber	Mexican beef chilli con carne with beans, cheese, tortillas, corn and carrots
Allergy Option <small>(Dairy, gluten, egg, wheat, soy free)</small>	Pumpkin soup with GF/DF garlic bread	Curry chicken mince with potatoes, carrots and capsicums on rice	GF Fish cakes with peas, blanched carrots and cucumber	Chicken GF sandwiches with DF cheese, shredded lettuce and cucumber	Mexican beef chilli con carne with beans, GF tortillas, corn and carrots
Vegetarian Option	Pumpkin soup with garlic bread	Vegetable curry on rice	Potato cakes with peas, blanched carrots and cucumber	Baked bean sandwiches with cheese, shredded lettuce and cucumber	Mexican vegetarian con carne with cheese, beans, tortillas, corn and carrots
Infant Puree option	Pumpkin, potatoes and spinach	Chicken mince, carrots and kumara	Potatoes, pumpkin and kumara	Baked beans and chicken	Beef mince with corn and carrots
Afternoon Tea Kai ō te ahiahi	Strawberry muffins with apples and oranges	Toast with jam, peaches and pears	Cheese sandwiches with oranges and pears	Wholemeal crackers with cream cheese, banana and pineapple	Cheese Scones with mango and apples

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AUTUMN MENU WEEK 4



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai ō teata	Porridge with milk and bananas	Custard with banana and stewed apple	Rice bubbles with milk, bananas and kiwifruit	Yoghurt and berries	Crackers with cheese, bananas and pears
Lunch Kai ō tetina	Corn and potato chowder with garlic bread	Creamy chicken and mushroom pasta with cheese and spinach	Fish pie with mashed potato, cheese and peas on the side	Spaghetti cheese toasties with cucumber sticks and blanched carrot sticks	Beef lentil and rice casserole with celery and capsicum
Allergy Option <small>(Dairy, gluten, egg, wheat, soy free)</small>	Corn and potato chowder with GF/DF garlic bread	DF/GF chicken and mushroom pasta with DF cheese and spinach	Fish pie with mashed potato, DF cheese and peas on the side	Spaghetti DF cheese GF toasties, cucumber sticks and blanched carrot sticks	Beef lentil and rice casserole with celery and capsicum
Vegetarian Option	Corn and potato chowder with garlic bread	Creamy mushroom pasta with cheese and spinach	Vegetable pie with mashed potato, cheese and peas on the side	Spaghetti cheese toasties with cucumber sticks and blanched carrot sticks	Lentil rice casserole with celery and capsicum
Infant Pureé Option	Potato with pumpkin and carrots	Chicken with potatoes and spinach	Tuna, potato and carrots	Cauliflower, carrots and kumara	Beef mince with broccoli and cauliflower
Afternoon Tea Kai ō teahihi	Wholemeal crackers with cheese slices, apples and oranges	Jam sandwiches with oranges and pears	Cheese scones with grapes and apples	Rice wheels with cream cheese, pineapple and oranges	Pikelets, apples and mangoes

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