

# SPRING MENU WEEK 1



	<b>Monday</b> <b>Rāhina</b>	<b>Tuesday</b> <b>Rātu</b>	<b>Wednesday</b> <b>Rāapa</b>	<b>Thursday</b> <b>Rāpare</b>	<b>Friday</b> <b>Rāmere</b>
<b>Morning Tea</b> <b>Kai ō te ata</b>	Custard with bananas and apples	Marmite meal mates with hummus, cheese sticks, carrot & cucumber slices	Oatmeal porridge with stewed apples	Yoghurt with mixed berries	Weetbix with banana slices and milk
<b>Lunch</b> <b>Kai ō te tina</b>	Vegetable and Lentil Dahl with Rice	Mince and cannellini bean and tomato pasta bake	Creamy coconut chicken and vegetable curry with rice	Chicken and salad sandwiches with vegetable sticks	Cheesy mince and lentil meatloaf with mashed potatoes
<b>Allergy Option</b> <small>(Dairy, gluten, egg, wheat, soy free)</small>	Vegetable and Lentil Dahl with Rice	GF DF Mince and cannellini bean and tomato pasta bake	DF GF Creamy coconut chicken and vegetable curry with rice	DF GF Chicken and salad sandwiches with veggie sticks	DF GF Cheesy mince and lentil meatloaf with mashed potatoes
<b>Vegetarian Option</b>	Vegetable and Lentil Dahl with Rice	Cannellini bean and tomato pasta Bake	Creamy coconut vegetable curry with rice	Cream cheese and salad sandwiches with veggie sticks	Cheesy veg and lentil meatloaf with mashed potatoes
<b>Infant Pureé Option</b>	Pumpkin with split peas, kumara, carrots	Broccoli, green beans, Carrots and kumara	Tuna with broccoli and kumara	Chicken with potatoes and carrots	Beef mince with carrots and kumara
<b>Afternoon Tea</b> <b>Kai ō te ahiahi</b>	Fruit bread slices with kiwifruit and oranges	Homemade cheese and savoury scones with apples and bananas	Banana bread with milk mandarins and pears	Homemade cinnamon scrolls with oranges and kiwifruit	Spinach and cheese mini muffins with apples 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**

# SPRING MENU WEEK 2



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
<b>Morning Tea</b> Kai ō te ata	Weetbix with banana slices, apples and milk	Homemade custard with peaches and bananas	Mini cheese and corn fritters with bananas and kiwifruit	Yoghurt with mixed berries	Cruskit crackers with hummus, cheese sticks and carrot slices
<b>Lunch</b> Kai ō te tina	Pumpkin and kumara soup with homemade bread	Cheesy mince and vegetable pasta bake	Sweet and sour chicken with vegetables and noodles	Chicken, cheese and salad wraps	Mince and vegetable with rice
<b>Allergy Option</b> <small>(Dairy, gluten, egg, wheat, soy free)</small>	DF GF Pumpkin and kumara soup with homemade bread	DF GF Cheesy mince and vegetable pasta bake	DF GF Sweet and sour chicken and vegetables with noodles	DF GF Chicken, cheese and salad wraps	DF GF Mince and vegetable with rice
<b>Vegetarian Option</b>	Pumpkin and kumara soup with homemade bread	Tofu Cheesy vegetable pasta bake	Tofu Sweet and sour vegetables with noodles	Vegetarian Cheese and salad wraps	Tofu Vegetable with rice
<b>Infant Pureé Option</b>	Pumpkin, kumara and carrots	Tofu with broccoli and kumara	Chicken with carrots and kumara	Chicken with potatoes and carrots	Mince with pumpkin, kumara and potatoes
<b>Afternoon Tea</b> Kai ō te ahiahi	Toasted fruit bread with oranges, kiwifruit, and milk	Homemade peach muffins with oranges and apples	Homemade savoury cheese scrolls with pineapple and mango	Banana Bread with oranges and pears and milk	Homemade butter and jam scones with bananas and kiwifruit

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# SPRING MENU WEEK 3



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
<b>Morning Tea</b> Kai ō te ata	Custard with apples and bananas	Oatmeal porridge with stewed pears	Homemade mini pikelets with bananas and strawberries	Yoghurt with mixed berries	Weetbix with banana and pear slices with milk
<b>Lunch</b> Kai ō te tina	Vegetable Fried Rice	Creamy coconut chicken and vegetable with rice	Beef/chicken and vegetable lasagne	Cheesy Mexican mince and salad tacos	Chicken and chickpea tikka masala curry with homemade mini roti
<b>Allergy Option</b> <small>(Dairy, gluten, egg, wheat, soy free)</small>	DF GF Vegetable Fried Rice	DF GF Creamy coconut chicken and vegetable with rice	DF GF Beef/chicken and vegetable lasagne	DF GF Cheesy Mexican mince and salad tacos	DF GF Chicken and chickpea tikka masala curry with homemade mini roti
<b>Vegetarian Option</b>	Vegetable Fried Rice	Creamy coconut vegetable with rice	Vegetable lasagne	Cheesy Mexican cannellini beans and salad tacos	Chickpea tikka masala curry with homemade mini roti
<b>Infant Pureé Option</b>	Tuna with potatoes and carrots	Chicken with broccoli, carrots and kumara	Beef mince with carrots and kumara	Cannellini beans with carrots and kumara	Pumpkin with chickpeas, and kumara
<b>Afternoon Tea</b> Kai ō te ahiahi	Homemade pikelets with oranges and pineapple	Mini banana muffins with banana and apples	Mini strawberry jam scones with oranges and kiwifruit	Wholemeal crackers and cheese with carrot and cucumber sticks	Homemade cacao coconut biscuits with mango and strawberries

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# SPRING MENU WEEK 4



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
<b>Morning Tea</b> Kai ō te ata	Creamy oats with sliced bananas	Marmite wholemeal crackers with warm milk, pears and bananas	Homemade mini pikelets with mango and apples	Fruit yoghurt with bananas and strawberries	Custard with mixed berries
<b>Lunch</b> Kai ō te tina	Vegetable fried rice	Mince and vegetable chow mein with vermicelli noodles	Creamy coconut chicken and vegetable pasta bake	Cheesy savoury tuna toasties with vege sticks and banana	One pot cheesy mince and vegetable macaroni
<b>Allergy Option</b> <small>(Dairy, gluten, egg, wheat, soy free)</small>	DF GF Chicken and vegetable fried rice	DF GF Mince and vegetable chow mein with vermicelli noodles	DF GF Creamy coconut chicken and vegetable pasta bake	DF GF Cheesy savoury tuna toasties with vege sticks and banana	DF GF One pot cheesy mince and vegetable macaroni
<b>Vegetarian Option</b>	Vegetable fried rice	Vegetable chow mein with vermicelli noodles	Creamy coconut vegetable pasta bake	Cheesy savoury tuna toasties with vege sticks and banana	Vegetarian one pot cheesy vegetable macaroni
<b>Infant Pureé Option</b>	Pumpkin with split peas, kumara, carrots	Beef mince with carrots and kumara	Chicken with potatoes and carrots	Tuna with broccoli and kumara	Beef mince with carrots and kumara
<b>Afternoon Tea</b> Kai ō te ahiahi	Cheese sandwiches with apples and oranges	Homemade cheese scrolls with kiwifruit and strawberries	Homemade berry muffins and milk with oranges and pears	Homemade Weetbix slice with milk, apples and kiwifruit	Homemade tropical fruit muffins with banana and oranges

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