

# Winter Menu Week 1



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
<b>Morning Tea</b> Kai ō te ata	Rice cakes with light cream cheese, bananas and mandarins	Wholemeal muffin splits with cheese, apples and bananas	Porridge with stewed berries and banana	Yoghurt with fruit salad	Custard with stewed apples and bananas
<b>Lunch</b> Kai ō te tina	Pumpkin soup with split peas, kumara, carrots and cheesy garlic bread	Vegetable spaghetti bolognese with courgette, green beans and carrots	Tuna Potato Bake with white sauce, topped with cheese, broccoli, lima beans and peas	Chicken sandwiches with cheese, cucumber and blanched carrot sticks	One pot beef/chicken mince pasta with peas, carrots, corn and cheese
<b>Allergy Option</b> <small>(Dairy, gluten, egg, wheat, soy free)</small>	Pumpkin soup with split peas, kumara, carrots and GF DF garlic bread	GF Vegetable spaghetti bolognese with courgette, green beans and carrots	GF Tuna potato bake with DF white sauce, broccoli, lima beans and peas	GF Chicken sandwiches with lettuce, cucumber and blanched carrot sticks	One pot beef/chicken mince GF pasta with peas, carrots and corn
<b>Vegetarian Option</b>	Pumpkin soup with split peas, kumara, carrots and garlic bread	Vegetable spaghetti bolognese with courgette, green beans and carrots	Potato bake with white sauce, lima beans, broccoli and peas, topped with cheese	Baked bean sandwiches with cheese, lettuce, cucumber and blanched carrot sticks	One pot vegan mince or Tofu pasta with peas, carrots, corn and cheese
<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> Kai ō te ahiahi	Cheese scroll with apple and kiwifruit	Blueberry muffins with oranges and bananas	Jam scones with bananas and oranges	Oat slice with bananas	Sandwiches with cheese and marmite with kiwifruit and pineapple

**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**

# Winter Menu Week 2



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
<b>Morning Tea</b> Kai ō te ata	Cornflakes, apples and bananas served with warm milk	Wholemeal toast with cheese, mandarins and kiwifruit	Wholemeal muffin splits with cheese and jam, pears and bananas	Yoghurt with peaches and bananas	Cheese crackers with pears and bananas
<b>Lunch</b> Kai ō te tina	Sweetcorn Chowder with potatoes and garlic bread	Butter paneer (coconut milk) with brown rice, peas and corn	Fish cake with rice peas, corn and carrots	Beef wraps with lettuce, tomato and cucumber	Chicken pasta bake with cheesy sauce, cauliflower, peas, carrots and butter beans
<b>Allergy Option</b> <small>(Dairy, gluten, egg, wheat, soy free)</small>	Sweetcorn soup with potatoes and garlic bread	DF Tofu (made with coconut milk) with brown rice, peas and corn	DF Potato top fish (mackerel) pie with, peas, corn and carrots	GF Beef/chicken wraps with lettuce, tomato and cucumber	Chicken GF pasta bake with DF white sauce, cauliflower, peas, carrots and butter beans
<b>Vegetarian Option</b>	Sweetcorn soup with Potatoes and GF garlic bread	Butter paneer (coconut milk) with brown rice, peas and corn	Potato Gratin with Cheese served with cannellini beans, peas, corn and carrots	Baked beans and cheese wraps with lettuce, tomato and cucumber	Paneer pasta bake with cheesy sauce, cauliflower, peas, carrots and butter beans
<b>Infant Pureé Option</b>	Sweetcorn with carrots and potatoes	Paneer with kumara and carrots	Fish cake with broccoli and potato	Beef/chicken with pumpkin and carrots	Chicken with cauliflower, Carrots and kumara
<b>Afternoon Tea</b> Kai ō te ahiahi	Banana or mango smoothie with milk DF Smoothie	Cheese scones with blanched carrots and cucumber	Pikelets with pears and mandarins	Homemade fruit muffins with mandarins and apples	Homemade oat slice with kiwifruit and pineapple slices

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# Winter Menu Week 3



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
<b>Morning Tea</b> Kai ō te ata	Rice cakes with jam, cheese and bananas	Cheese sandwiches with apples and bananas	Warm custard with stewed apples and bananas	Yoghurt with stewed berries	Weetbix with warm milk, stewed berries and bananas
<b>Lunch</b> Kai ō te tina	Pumpkin soup with garlic bread	Chicken Fried Rice with peas, corn and carrots	Beef/lamb mince & lentil tomato pasta bake with cheese, peas and carrots	Cheesy tuna & mayo sandwiches with lettuce, tomato and cucumber	Cheesy beef/chicken mince lasagne with white sauce, carrots, capsicum and broccoli
<b>Allergy Option</b> <small>(Dairy, gluten, egg, wheat, soy free)</small>	Pumpkin, kumara and Chickpea soup with GF garlic bread	Chicken fried rice with peas, corn and carrots	Beef/lamb mince & lentil tomato GF pasta bake with peas and carrots	Tuna & mayo GF sandwiches with lettuce, tomato & cucumber	Beef GF lasagne with DF white sauce, carrots, capsicum and broccoli
<b>Vegetarian Option</b>	Pumpkin, kumara and chickpea soup with garlic bread	Lentil tomato pasta bake with peas and carrots	Tofu fried rice with mixed peas, corn and carrots	Cheesy butter bean and baked bean sandwiches with lettuce, tomato & cucumber	Pumpkin spinach lasagne with cheese
<b>Infant Pureé Option</b>	Pumpkin with chickpeas, and kumara soup	Beef mince with carrots and kumara	Chicken with broccoli, carrots and kumara	Tuna with potatoes and carrots	Beef mince with carrots and kumara
<b>Afternoon Tea</b> Kai ō te ahiahi	Bran Muffins with banana, apples and warm milk/dairy free soy milk	Tortilla triangles (made from wholemeal wraps) with humus, banana and pears	Scones with banana or warm milk / dairy free soy milk	Muffins with bananas and kiwifruit	Banana bread with apples & oranges

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# Winter Menu Week 4



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
<b>Morning Tea</b> Kai ō te ata	Crackers with bananas and mandarins	Creamy Oats with stewed apples and bananas	Cheese sandwiches or Cream cheese and cucumber sandwiches with apples	Yoghurt with stewed berries	Weetbix with warm milk, and bananas
<b>Lunch</b> Kai ō te tina	Chicken noodle soup with carrots and cabbage	Cheesy Bolognese with mixed vegetables & pasta sauce	Tuna potato cakes with peas and carrots	Baked beans with cheese subway rolls, with , cucumber and lettuce	Fish fingers and potato mash with cucumber and carrot slices
<b>Allergy Option</b> <small>(Dairy, gluten, egg, wheat, soy free)</small>	Chicken GF noodle soup with carrots and cabbage	GF Spaghetti with mixed vegetables	Tuna potato cakes with peas and carrots	GF Baked beans with cheese subway rolls, with cucumber and lettuce	GF Fish fingers and potato mash with cucumber & carrot slices
<b>Vegetarian Option</b>	Lentil and vegetable noodle soup with carrots and cabbage	Cheesy vegetarian Bolognese with mixed vegetables & Tofu	Vegetarian potato cakes with tofu, peas and carrots	Bake beans with cheese subway rolls, with cucumber and lettuce	Falafel cakes with potato mash with cucumber & carrot slices
<b>Infant Pureé Option</b>	Pumpkin with lentil, kumara, carrots	Spinach with carrots and kumara	Tuna with broccoli and kumara	Baked beans with potatoes and carrots	Beef mince with carrots and kumara
<b>Afternoon Tea</b> Kai ō te ahiahi	Cheese scones with pears and peaches	Pineapple muffins with mandarins and cucumber	Wholemeal muffin splits with grilled cheese, bananas & apples	Homemade oat cookies with mashed bananas served with Pears	Cruskits with cream cheese, mangoes and mandarins

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