

Winter menu sample A



| | Monday Rāhina | Tuesday Rātu | Wednesday Rāapa | Thursday Rāpare | Friday Rāmere |
|--|---|--|---|---|---|
| Morning tea Kai ō te ata | <u>Porridge</u> with milk Fruit | <u>Vegetable frittatas</u> Fruit | Corn thin crackers Edam cheese Fruit | Fruit kebabs Plain yoghurt | <u>Falafels</u> With salad Fruit |
| Drinks Ngā Inu | Water | Milk | Water | Water | Milk |
| Lunch Kai ō te tina | <u>Spaghetti Bolognese</u> With carrot and peas | Split pea and pumpkin dhal with brown rice | <u>Fish pie</u> Steamed broccoli | <u>Cottage pie</u> with baked beans and mixed veggies | <u>Mexican chicken roll ups</u> with cheese, mushroom and tomato |
| Drinks Ngā Inu | Water | Water | Water | Water | Water |
| Afternoon tea Kai ō te ahiahi | <u>Baked kumara wedges with tomato salsa</u> Fruit | <u>Fruit pikelets</u> | Custard Tinned peaches (in natural juice) | <u>Hummus</u> , vegetable sticks, toasted wholemeal pita bread | Sago and banana pudding |
| Drinks Ngā Inu | Milk | Milk | Water | Milk | Water |