

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