

Young Learners Menu 2022

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<u>MorningTea</u>	French toast	Spinach scone	Cheese twist	Cheese crackers	corn cracker + yogurt
	over2 + 3 greens	+ 3 greens	+ 3 greens	+ 3 greens	+ 3 greens
Under2	Weetbix	Oats	Weetbix	Oats	Weetbix
	with fruit mix	with fruits mix	with fruit mix	with fruit mix	with fruit mix
<u>Lunch</u>	Macaroni cheese	Fried rice	cheese pizza	Japanese	Chicken nuggets
	over 2	(chicken + 5 greens)	+ roasted veges	Curry beef/Rice	+ roasted veges
Under 1	Carrot, kumara, pumpkin, potato puree	Puree as above but no sauce/ salt	Vegetable mash/puree	Puree as above but no sauce/ salt	Vegetable puree as above but no salt
	<u>AfternoonTea</u>	Apples muffins	Oats/ banana slice +	Carrot cake	Date scone
over2 + 3 greens		3 greens	+ 3 greens	+ 3 greens	own AT +3greens
Under2	Cheese toast	Butter toast	Avocado toast	Cheese toast	Butter toast
	+ 3 greens	+ 3 greens	+ 3 greens	+ 3 greens	+ 3 fruits

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<u>MorningTea</u>	toast with cheese	Cheese scone	Mini quiche	Vegetable frittata	rice cracker + yogurt
over2	spread + 3 greens	+ 3 greens	+ 3 greens	+ 3 greens	+ 3 greens
Under2	Weetbix with fruit salad	Oats with fruits salad	Weetbix with fruit salad	Oats with fruit salad	weetbix with fruit salad
<u>Lunch</u>	Spaghetti (beef)	Chicken noodles	Beef loaf	Beef stew	Fish finger
over 2		+ veges	+ roasted veges	/ potato/carrot	+ roasted veges
Under 1	Carrot, kumara, pumpkin, potato puree	Puree as above but no sauce/salt	Puree as above but no sauce and salt	Puree as above but no salt	Pureed veges
<u>AfternoonTea</u>	Banana muffins	Oats cookie	Chocolate cake	Cranberry scone	Children make their
over2	+ 3 greens	+ 3 greens	+ 3 greens	+ 3 greens	own AT + 3greens
Under2	Cheese toast + 3 fruits	Butter toast + 3 fruits	Avocado toast + 3 fruits	Cheese toast + 3 fruits	Butter toast + 3 fruits

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<u>MorningTea</u>	Cheese toast	savory scone	Cheese twist	Garlic bread	Ricecracker+ cheese+
	+ 3 greens	+ 3 greens	+ 3 fruits	+ 3 fruits	yogurt + 3 greens
Under2	Weetbix	Oats	Weetbix	Oats	weetbix
	with fruit mix	with fruits mix	with fruitmix	with fruit mix	with fruit mix
<u>Lunch</u>	Bolognese (beef)	Fried rice	cheese pizza	Indian	Chicken sandwich
		(chicken + 5 veges)	+ veges	butter chicken	+ veges
Under 2	Carrot, kumara,	Puree as above but	Roasted vege purees	Puree veges	Chicken gravy
	pumpkin, potato	no salt and sauce			+ veges
	puree				
<u>AfternoonTea</u>	Mixberry muffins	Oats slice	Carrot cake	Raisin scones	Children cook their
	+ 3 greens	+ 3 greens	+ 3 greens	+ 3 greens	own AT + 3 greens
Under2	Cheese toast	Butter toast	Avocado toast	Cheese toast	Butter toast
	+ 3 fruits	+ 3 fruits	+ 3 fruits	+ 3 fruits	+ 3 fruits

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
<u>MorningTea</u>	Marmite toast	Spinach scone	Spinach& feta Pie	Cheese crackers	corn cracker +cheese
	+ 3 greens	+ 3 greens	+ 3 greens	+ 3 greens	+yogurt + 3 greens
Under2	Weetbix with fruit salad	Oats with fruits salad	Weetbix with fruit salad	Oats with fruit salad	Weetbix with fruit salad
<u>Lunch</u>	Pasta bake	Fried rice (chicken + 5 veges)	Meat ball & roasted veges	Japanese Curry beef/Rice	Fried chicken + 5 roasted veges
	Carrot, kumara, pumpkin, Potato puree	Puree as above but no salt and sauce	Puree as above but no salt and sauce	Roasted beef & 5 veges	Chicken &vege puree
<u>AfternoonTea</u>	Blue berry muffins	Oats cookie	Sponge cake	Banana & coconut	Children cook their
	+ 3 greens	+ 3 greens	+ 3 greens	scone + 3 greens	own AT + 3greens
Under2	Cheese toast + 3 greens	Butter toast + 3 greens	Avocado toast + 3 greens	Cheese toast + 3 greens	Butter toast + 3 greens