

## Meals - Week One

	Age	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Over 1	Cinnamon & (dried) fruit pin wheels	Spinach scone	Cheese twist	Cheese sandwich	Chia seed pudding & crackers
	Under 1	Weetbix & fruit	Oats & fruit	Weetbix & fruit	Oats & fruit	Weetbix & fruit
All morning tea are served with 3 choices of seasonally fresh fruits and water, or milk offered as an alternative on occasion						

Lunch	Over 1	<b>Macaroni cheese</b> Served with veggies, cheese, and sauce	<b>Chicken fried rice</b> A combination of chicken breast minced, rice, 5 vegies and sauces.	<b>Homemade Pizza</b> Homemade pizza whole -meal base, tomato sauce. Served with steam-cooked vegetables	<b>Beef Curry</b> Japanese curry sauce filled with beef mince & 5 vegetables on rice	<b>Rice Risotto</b> On pot of creamy rice cooked with Butternut squash, onion, garlic, pea, and sweetcorn.
	1 & Under	Carrot, kumara, pumpkin, potato puree	Puree as above (no sauce/salt)	Vegetable mash/puree	Puree as above (no sauce/salt)	Rice Risotto puree as above (no salt)

Afternoon Tea	Over 1	Coconut Biscuits	Oats slices	Carrot cake	Date scone	Children's choice
	Under 1	Cheese sandwich	Butter sandwich	Avocado sandwich	Cheese sandwich	Butter sandwich
All afternoon tea is served with 3 choices of seasonally fresh fruits and water, or milk offered as an alternative on occasion						

## Meals - Week Two

	Age	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Over 1	Toasted sandwich	Cheese scone	Mini quiche	Galic bread	Weetbix & Milk Yoghurt as a choice
	Under 1	Weetbix & fruit	Oats & fruit	Weetbix & fruit	Oats & fruit	Weetbix & fruit
All morning tea are served with 3 choices of seasonally fresh fruits and water, or milk offered as an alternative on occasion						

Lunch	Over 1	<b>Spaghetti</b> Tomato sauce with 5 vegetables and beef mince	<b>Chow Mein Noodles</b> Noodles stir-fried with 5 choices of vegetables and chicken	<b>Meat loaf</b> Minced beef, breadcrumbs, sauce, 5 veggies, served with mash potato	<b>Beef stew</b> Diced beef, onion, carrots, potatoes in slow cooker, served with rice	<b>Creamy chicken pasta</b> Pasta, cooked with Spinach leaves, cheese, peas, small bunch of parsley and chicken breasts
	1 & under	Carrot, kumara, pumpkin, potato puree	Puree as above but no sauce/salt	Vegetable mash/puree	Puree as above but no sauce/salt	Chicken pasta puree as above but no salt

Afternoon Tea	Over 1	Banana muffin	Oat cookie	Fruity loaf	Cranberry scone	Children's choice
	Under 1	Cheese sandwich	Butter sandwich	Avocado sandwich	Cheese sandwich	Butter sandwich
All afternoon tea is served with 3 choices of seasonally fresh fruits and water, or milk offered as an alternative on occasion						

## Meals - Week Three

	Age	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Over 1	Marmite toast	Savory scone	Cheese twist	Sweet corn frittata	Chia seed pudding & corn crackers
	Under 1	Weetbix & fruit	Oats & fruit	Weetbix & fruit	Oats & fruit	Weetbix & fruit
All morning tea are served with 3 choices of seasonally fresh fruits and water, or milk offered as an alternative on occasion						

<b>Lunch</b>	Over 1	<b>Bolognese</b> Beef mince, 5 veggies, Bolognese sauce, grated cheese, and spaghetti	<b>Chicken fried rice</b> A combination of chicken breast minced, rice, 5 vegies and sauces.	<b>Homemade Pizza</b> Homemade pizza whole -meal base, tomato sauce. Served with steam-cooked vegetables	<b>Indian butter chicken</b> Diced chicken breast, 5 veggies and butter chicken sauce, served with rice	<b>Rice Risotto</b> On pot of creamy rice cooked with Butternut squash, onion, garlic, pea, and sweetcorn.
	1 & under	Carrot, kumara, pumpkin, potato puree	Puree as above but no sauce/salt	Roasted Vegetable mash/puree	Vegetable mash/puree	Rice Risotto puree as above (no salt)

<b>Afternoon Tea</b>	Over 1	Coconut biscuits	Oat slice	Chocolate cake	Raisin scone	Children's choice
	Under 1	Cheese sandwich	Butter sandwich	Avocado sandwich	Cheese sandwich	Butter sandwich
All afternoon tea is served with 3 choices of seasonally fresh fruits and water, or milk offered as an alternative on occasion						

## Meals - Week Four

	Age	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Over 1	Wholemeal toast with cream cheese	Spinach scone	Banana pickets	Garlic Bread	Crackers & yoghurt
	Under 1	Weetbix & fruit	Oats & fruit	Weetbix & fruit	Oats & fruit	Weetbix & fruit
All morning tea are served with 3 choices of seasonally fresh fruits and water, or milk offered as an alternative on occasion						

<b>Lunch</b>	Over 1	<b>Tuna bake</b> olive oil canned tuna fish, cheese, spinach, pasta bake	<b>Chow Mein Noodles</b> Noodles stir-fried with 5 choices of vegetables and chicken	<b>Cottage pie</b> Minced beef in gravy & vegetables topped with mashed potato	<b>Beef stew</b> Diced beef, onion, carrots, potatoes in slow cooker, served with rice	<b>Creamy chicken pasta</b> Pasta, cooked with Spinach leaves, cheese, peas, small bunch of parsley and chicken breasts
	1 & under	Carrot, kumara, pumpkin & potato puree	Puree as above (no sauce/salt)	Puree as above (no sauce/salt)	Puree beef & veggies	Creamy chicken pasta Puree (No salt)

<b>Afternoon Tea</b>	Over 1	Blueberry muffins	Oats cookie	Fruity loaf	Banana & coconut scone	Children's choice
	Under 1	Cheese sandwich	Butter sandwich	Avocado sandwich	Cheese sandwich	Butter sandwich
All afternoon tea is served with 3 choices of seasonally fresh fruits and water, or milk offered as an alternative on occasion						

