

Sample



Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Ko Tahi	Rāhina	Rātu	Rāapa	Rāpare	Rāmere
Morning tea Kai o te ata	Toast with jam and marmite Fruit Water or milk	Sandwiches with jam and marmite Fruit Water or milk	Toast with jam or vegemite Fruit Water or milk	Fruit toast Fruit Water or milk	Sandwiches with jam and marmite Fruit Water or milk
Lunch Kai o te tina	Macaroni Cheese with hidden vegetables Water	Home- made pizzas and coleslaw Water	Cottage Pie and mixed vegetables Water	Apricot chicken and rice with vegetable Water	Savoury Mince and tomato pasta including veg Water
Afternoon Tea Kai o te ahi ahi	Crackers, cheese and vegetable sticks Fruit Water	Sultana Loaf Fruit Water	Cheese puffs Fruit Water	Ham and cheese sandwiches Fruit Water	Fruit muffins Fruit Water
Baby Vegetables for under twos Hua whenua	Made fresh every day Potatoes, pumpkin, kumera, carrots, and silverbeet				
Fruit Hua	Two different varieties of fruit are offered each snack time				

*The above is one sample week. Our menus are seasonal and there are four different week menus on rotation. For all four weeks current menus, please contact your centre direct.