|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week One | Mane | Turei | Wenerei | Taite | Paraire |
| AM Kai | Bran & Fruit Muffins  (blueberry/raspberry/  Apricot/cranberry)  Fresh fruit  Water/milk | Savoury muffins (wholemeal flour, cheese, onion, chutney)  Fresh fruit  Water/milk | Mini Hot Cakes  (Jam, marmite, margarine)  Fresh fruit  Water/milk | Bran muffins  (mango, apple, dairy free)  Fresh fruit  Water/milk | Wholemeal/Grain Toast  (jam, cheese, chutney, marmite)  Fresh fruit  Water/milk |
| Lunch | Homemade Baked Beans  (baked beans & Cannelloni beans)  Toasted Wholemeal Tortilla triangles  Vegetable Puree  (Koru Room)  Water | Tuna Pasta Bake  (peas, corn and carrots)  Vegetable Puree  (Koru Room)  Water | Sausages with Mashed Potatoes, peas, corn & carrots  Gravy  Vegetable Puree  (Koru Room)  Water | Ham, Egg, Salad Sandwiches  (wholemeal/grain bread, seasonal salad veges eg, beetroot, lettuce, carrot, tomato)  Vegetable Puree  (Koru Room)  Water | Savoury Mince  (onions, carrots, garlic, tomatoes, baked beans)  Vegetable Puree  (Koru Room)  Water |
| PM Kai | Plan Crackers & Cheese  Carrot Sticks  Cucumber, Celery & Hummus  Fresh Fruit  Water/Milk | Muesli Slice  (oats, apricots/raisins)  Fresh Fruit  Water/Milk | Wholemeal Banana Loaf  Or Date Loaf  Fresh Fruit  Water/Milk | Home Made Yoghurt & Fruit Salad  Fresh Fruit  Water/Milk | Popcorn  Fresh Fruit  Water/Milk |

Vege Puree= pumpkin, kumara, broccoli or spinach

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week Two | Mane | Turei | Wenerei | Taite | Paraire |
| AM Kai | Bran & Fruit Muffins  (blueberry/raspberry/  Apricot/cranberry)  Fresh fruit  Water/milk | Savoury Muffins  (cheese & Chutney with wholemeal flour)  Fresh fruit  Water/milk | Wholemeal Banana Muffins  Fresh fruit  Water/milk | Bran & Berry muffins  Fresh fruit  Water/milk | Wholemeal/Grain Toast  (jam, cheese, chutney, marmite)  Fresh fruit  Water/milk |
| Lunch | Macaroni Cheese & Broccoli Sauce  Bacon and peas, corn & Carrot  Vegetable Puree  (Koru Room)  Water | Vegetable Soup  Kumara, Pumpkin & Brocolli & Lentils  Vegetable Puree  (Koru Room)  Water | Chicken Fettucine  With Cheese and Broccoli Sauce  Peas, Corn & Carrot  Vegetable Puree  (Koru Room)  Water | Beef, Egg, Salad Sandwiches  (wholemeal/grain bread, seasonal salad veges eg, beetroot, lettuce, carrot, tomato)  Vegetable Puree  (Koru Room)  Water | Fish Mornay  (Smoked Tuna, peas, corn & Carrot)  Wholemeal Pita Pockets  Vegetable Puree  (Koru Room)  Water |
| PM Kai | Wacko Cake  (Dairy free, cocoa, white vinegar, oil, van.essence, flour)  Fresh Fruit  Water/Milk | Carrot Sticks  Cucumber, Celery & Hummus  Fresh Fruit  Water/Milk | Anzac Biscuits  Fresh Fruit  Water/Milk | Home Made Yoghurt & Fruit Salad  Fresh Fruit  Water/Milk | Malt Biscuits crushed Slice with Apricots & Lemon  Fresh Fruit  Water/Milk |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week Three | Mane | Turei | Wenerei | Taite | Paraire |
| AM Kai | Wholemeal Cinnamon & Apple muffins  Fresh fruit  Water/milk | Cheese & Onion Scones  Fresh fruit  Water/milk | Bran Apricot/Cranberry Muffins  Fresh fruit  Water/milk | Cheese & Ham Puffs  (Wholemeal flour)  Fresh fruit  Water/milk | Wholemeal/Grain Toast  (jam, cheese, chutney, marmite)  Fresh fruit  Water/milk |
| Lunch | Spaghetti Bolognese  (lean beef mince, grated carrot, onion, garlic, tomatoes)  Vegetable Puree  (Koru Room)  Water | Vegetable & Egg Frittata  (roasted kumara, mixed veges, cheese, tomato, pepper)  and coleslaw  Vegetable Puree  (Koru Room)  Water | Vegetarian Macaroni and Cheese, peas & Broccoli  Vegetable Puree  (Koru Room)  Water | Ham, Egg, Salad Sandwiches  (wholemeal/grain bread, seasonal salad veges eg, beetroot, lettuce, carrot, tomato)  Vegetable Puree  (Koru Room)  Water | Chicken and Coleslaw Wraps  (Chutney, cheese, mayo, cabbage & carrot)  Vegetable Puree  (Koru Room)  Water |
| PM Kai | Rice Bubble Slice  (Apricots or dates)  Fresh Fruit  Water/Milk | Oat & Raisin Biscuits  Fresh Fruit  Water/Milk | Cheese and plain Crackers  Carrots, Celery, hummus, raisins  Fresh Fruit  Water/Milk | Custard & Fruit Salad  Fresh Fruit  Water/Milk | Popcorn  Fresh Fruit  Water/Milk |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Week Four | Mane | Turei | Wenerei | Taite | Paraire |
| AM Kai | Pear & Mango Dairy Free Bran muffins  Fresh fruit  Water/milk | Cheesymite Scrolls  Fresh fruit  Water/milk | Mini Hot Cakes  (Jam, marmite, chutney, margarine toppings)  Fresh fruit  Water/milk | Date Scones  Fresh fruit  Water/milk | Wholemeal/Grain Toast  (jam, cheese, chutney, marmite)  Fresh fruit  Water/milk |
| Lunch | Pork Mince Noodle Salad  (grated Carrot, courgette, ginger, coriander & Lime dressing)  Vegetable Puree  (Koru Room)  Water | Vegetable Soup  (Lentils, Celery, Kumara Carrot)  Vegetable Puree  (Koru Room)  Water | Marinated Chicken Fried Rice  (peas, corn and Carrot)  Vegetable Puree  (Koru Room)  Water | Ham, Egg, Salad Sandwiches  (wholemeal/grain bread, seasonal salad veges eg, beetroot, lettuce, carrot, tomato)  Vegetable Puree  (Koru Room)  Water | Fish Pie  (Tuna, peas, corn, carrot, mashed potato, cheese & Broccoli Sauce)  Vegetable Puree  (Koru Room)  Water |
| PM Kai | Rice Bubble Slice  (Apricots or dates)  Fresh Fruit  Water/Milk | Cheese and plain Crackers  Carrots, hummus, raisins  Fresh Fruit  Water/Milk | Wholemeal Banana Cake  Fresh Fruit  Water/Milk | Home made Yoghurt & fruit Salad/berries  Fresh Fruit  Water/Milk | Oaty Chocolate Chip Cookies  Fresh Fruit  Water/Milk |