

<b>Week One</b>	<b>Mane</b>	<b>Turei</b>	<b>Wenerei</b>	<b>Taite</b>	<b>Paraire</b>
<b>AM Kai</b>	<p>Bran &amp; Fruit Muffins (blueberry/raspberry/ Apricot/cranberry)</p> <p>Fresh fruit Water/milk</p>	<p>Savoury muffins (wholemeal flour, cheese, onion, chutney)</p> <p>Fresh fruit Water/milk</p>	<p>Mini Hot Cakes (Jam, marmite, margarine)</p> <p>Fresh fruit Water/milk</p>	<p>Bran muffins (mango, apple, dairy free)</p> <p>Fresh fruit Water/milk</p>	<p>Wholemeal/Grain Toast (jam, cheese, chutney, marmite)</p> <p>Fresh fruit Water/milk</p>
<b>Lunch</b>	<p>Homemade Baked Beans (baked beans &amp; Cannelloni beans, carrots)</p> <p>Toasted Wholemeal Pita – garlic marg</p> <p>Vegetable Puree (Koru Room)</p> <p>Water</p>	<p>Vegetable Soup – (pumpkin, kumara, broccoli, cauli, red lentils)</p> <p>Pita bread or homemade bread</p> <p>Vegetable Puree (Koru Room)</p> <p>Water</p>	<p>Sausages with Mashed Potatoes, peas, corn &amp; carrots Gravy</p> <p>Vegetable Puree (Koru Room)</p> <p>Water</p>	<p>Ham, Egg, Salad Sandwiches (wholemeal/grain bread, seasonal salad veggies eg, beetroot, lettuce, carrot, tomato)</p> <p>Vegetable Puree (Koru Room)</p> <p>Water</p>	<p>Savoury Mince (onions, carrots, garlic, tomatoes, baked beans, herbs and spices)</p> <p>Vegetable Puree (Koru Room)</p> <p>Water</p>
<b>PM Kai</b>	<p>Plain Crackers &amp; Cheese Carrot Sticks Cucumber, Celery &amp; Hummus</p> <p>Fresh Fruit Water/Milk</p>	<p>Muesli Slice (oats, apricots/raisins)</p> <p>Fresh Fruit Water/Milk</p>	<p>Wholemeal Banana Loaf Or Date Loaf</p> <p>Fresh Fruit Water/Milk</p>	<p>Home Made Yoghurt &amp; Fruit Salad</p> <p>Fresh Fruit Water/Milk</p>	<p>Oaty cookies</p> <p>Fresh Fruit Water/Milk</p>

Vege Puree= pumpkin, kumara, broccoli or spinach, lentils



<b>Week Two</b>	<b>Mane</b>	<b>Turei</b>	<b>Wenerei</b>	<b>Taite</b>	<b>Paraire</b>
<b>AM Kai</b>	<p>Bran &amp; Fruit Muffins (blueberry/raspberry/ Apricot/cranberry)</p> <p>Fresh fruit Water/milk</p>	<p>Savoury Muffins (cheese &amp; Chutney with wholemeal flour)</p> <p>Fresh fruit Water/milk</p>	<p>Wholemeal Banana Muffins</p> <p>Fresh fruit Water/milk</p>	<p>Bran &amp; Berry muffins</p> <p>Fresh fruit Water/milk</p>	<p>Wholemeal/Grain Toast (jam, cheese, chutney, marmite)</p> <p>Fresh fruit Water/milk</p>
<b>Lunch</b>	<p>Macaroni Cheese &amp; Broccoli Sauce Bacon and peas, corn &amp; Carrot</p> <p>Vegetable Puree (Koru Room)</p> <p>Water</p>	<p>Soup Bacon hock or bone, celery, carrots, parsnip, potatoes, spices Wholemeal Pita bread – garlic margarine</p> <p>Vegetable Puree (Koru Room)</p> <p>Water</p>	<p>Marinated Chicken Fried Rice Peas, Corn &amp; Carrot</p> <p>Vegetable Puree (Koru Room)</p> <p>Water</p>	<p>Roast beef, Egg, Salad Sandwiches (wholemeal/grain bread, seasonal salad veggies eg, beetroot, lettuce, carrot, tomato)</p> <p>Vegetable Puree (Koru Room)</p> <p>Water</p>	<p>Tuna Pasta Mixed veggies with broccoli and cauliflower cheese sauce</p> <p>Vegetable Puree (Koru Room)</p> <p>Water</p>
<b>PM Kai</b>	<p>Wacko Cake (Dairy free, cocoa, white vinegar, oil, van.essence, flour)</p> <p>Fresh Fruit Water/Milk</p>	<p>Carrot Sticks Cucumber, Celery &amp; Hummus</p> <p>Fresh Fruit Water/Milk</p>	<p>Anzac Biscuits</p> <p>Fresh Fruit Water/Milk</p>	<p>Home Made Yoghurt &amp; Fruit Salad</p> <p>Fresh Fruit Water/Milk</p>	<p>Malt Biscuits crushed Slice with Apricots &amp; Lemon</p> <p>Fresh Fruit Water/Milk</p>

<b>Week Three</b>	<b>Mane</b>	<b>Turei</b>	<b>Wenerei</b>	<b>Taite</b>	<b>Paraire</b>
<b>AM Kai</b>	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
<b>Lunch</b>	Spaghetti Bolognese (grated carrot, onion, garlic, tomatoes)  Vegetable Puree (Koru Room)  Water	Soup Bacon hock or bone, celery, carrots, parsnip, potatoes, spices  Wholemeal Pita bread – garlic margarine OR homemade bread  Vegetable Puree (Koru Room)  Water	Devilleed sausages. Chickpeas, apples, tomatoes, onions, garlic, carrots  Vegetable Puree (Koru Room)  Water	Ham, Egg, Salad Sandwiches (wholemeal/grain bread, seasonal salad veggies eg, beetroot, lettuce, carrot, tomato)  Vegetable Puree (Koru Room)  Water	Vegetarian Macaroni and broccoli cheese sauce  Vegetable Puree (Koru Room)  Water
<b>PM Kai</b>	Rice Bubble Slice (Apricots or dates)  Fresh Fruit Water/Milk	Raisin Biscuits  Fresh Fruit Water/Milk	Cheese and plain Crackers Carrots, hummus, raisins  Fresh Fruit Water/Milk	Custard & Fruit Salad  Fresh Fruit Water/Milk	Apple Shortcake  Fresh Fruit Water/Milk

<b>Week Four</b>	<b>Mane</b>	<b>Turei</b>	<b>Wenerei</b>	<b>Taite</b>	<b>Paraire</b>
<b>AM Kai</b>	Pear & Mango Dairy Free 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
<b>Lunch</b>	Pork Mince noodle Salad (carrots, courgette, ginger, coriander and lime dressing)  Vegetable Puree (Koru Room)  Water	Vegetable Soup (Lentils, Pumpkin, Kumara, Broccoli, Spinach, Celery, Carrot)  Wholemeal Pita with garlic margarine, OR homemade bread  Vegetable Puree (Koru Room)  Water	Butter Chicken on Rice (broccoli and cauliflower)  Vegetable Puree (Koru Room)  Water	Ham, Egg, Salad Sandwiches (wholemeal/grain bread, seasonal salad veggies eg, beetroot, lettuce, carrot, tomato)  Vegetable Puree (Koru Room)  Water	Roast Beef with Gravy And Veggies – cauliflower, broccoli and mixed Veggies  Vegetable Puree (Koru Room)  Water
<b>PM Kai</b>	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	Chocolate Chip Cookies  Fresh Fruit Water/Milk