

SUMMER MENU WEEK 1



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai ō te ata	Wholemeal crackers with cheese slices, banana and apple	Crumpets with jam, banana and peaches	Weetbix with milk, banana and pears	Yoghurt with banana and berries	Pikelets with banana and oranges
Lunch Kai ō te tina	Tuna pasta salad with red capsicum, courgette and carrots	Cheesy mexican beef with rice, peas, capsicum and sweetcorn	Chicken pasta bake with white sauce, peas, carrots and sweetcorn	Mousetraps with cheese, baked beans, cucumber sticks and softened carrot sticks	Beef cottage pie with cheese, potatoes, spinach, peas and corn
Allergy Option <small>(Dairy, gluten, egg, wheat, soy free)</small>	DF GF Tuna pasta salad with red capsicum, courgette and carrots	Mexican beef with rice, peas, capsicum and sweetcorn	DF GF Chicken pasta bake with peas, carrots and sweetcorn	Mousetraps with baked beans, cucumber sticks and softened carrot sticks	Beef cottage pie with cheese, potatoes, spinach, peas and corn
Vegetarian Option	Pasta salad with chickpeas, red capsicum, courgette and carrots	Cheesy mexican lentils with rice, peas, capsicum and sweetcorn	Tofu pasta bake with white sauce, peas, carrots and sweetcorn	Mousetraps with cheese, baked beans, cucumber sticks and softened carrot sticks	Vegetarian mince cottage pie with cheese, potatoes, spinach, peas and corn
Infant Pureé Option	Tuna with carrots and kumara	Broccoli, green beans, Carrots and kumara	Chicken with split peas and carrots	Baked beans with potatoes, beans and carrots	Beef mince with potatoes, kumara and peas
Afternoon Tea Kai ō te ahiahi	Cream Cheese sandwiches on wholemeal bread with oranges and pears	Homemade coconut muffins with milk or soy milk, mandarins and pineapple	Rice cakes with cheese slices, cucumber and apple	Marmite scones with mango and pineapple	Wholemeal muffins with cheese, pears and apples

Notes: All bread, pasta, wraps and flour used in recipes are wholemeal - rice cakes are whole grain.

Menu meets the gold (flourishing) healthy heart award Pā-Harakeke

Water/inu is available at all times during the day and at meal times

SUMMER MENU WEEK 2



Week Ending: Friday

	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai ō te ata	Wholemeal muffins with marmite, oranges and bananas	Rice bubbles with milk, banana and stewed pear	Homemade custard with fruit salad	Yoghurt with banana and stewed berries	Wholemeal sandwiches with cream cheese, bananas and apple
Lunch Kai ō te tina	Summer vegetable (capsicum, cheese, kidney beans, corn & carrot) pasta salad with cucumber sticks	Butter chicken (coconut milk) with brown rice, potato, broccoli and kumara	Beef Spaghetti bolognese with cheese, peas, corn and carrots	*Kea Room Lunch box Day* Tuna melts with cheese, carrots and cucumber	Chicken, potato Pasta bake with cheese, peas and corn on the side
Allergy Option <small>(Dairy, gluten, egg, wheat, soy free)</small>	GF Summer vegetable (capsicum, corn, kidney beans & carrot) pasta salad with cucumber sticks	Butter chicken (coconut milk) with brown rice, potato, broccoli and kumara	GF Beef Spaghetti bolognese with peas and mixed vegetables	GF Tuna melts with carrots and cucumber	GF Chicken, potato Pasta bake with peas and corn on the side
Vegetarian Option	Summer vegetable (capsicum, cheese, corn, kidney bean & carrot) pasta salad with cucumber sticks	Butter paneer (coconut milk) with brown rice, potato, broccoli and kumara	Vegetarian mince Spaghetti bolognese with cheese, peas and mixed vegetables	Cheese and lima bean melts with carrots and cucumber	Vegetarian pasta bake with peas and corn
Infant Pureé Option	Pumpkin, potatoes and carrots	Chicken with potatoes, broccoli and kumara	Beef mince with carrots and peas	Fish with carrots and kumara	Chicken with broccoli, carrots and kumara
Afternoon Tea Kai ō te ahiahi	Wholemeal Cheese sandwiches with kiwifruit and pineapple	Homemade scones with milk, mandarins and mango	Wholemeal rice wheels with cheese slices, banana and oranges	Blueberry muffins with watermelon and peaches	Shortbread biscuits with oranges and kiwifruit

Notes: All bread, pasta, wraps and flour used in recipes are wholemeal - rice cakes are whole grain.

Menu meets the gold (flourishing) healthy heart award Pā-Harakeke

Water/inu is available at all times during the day and at meal times

SUMMER MENU WEEK 3



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai ō te ata	Wholemeal crackers with cheese slices, bananas and oranges	Cheese toasties with banana and mandarins	Pikelets with milk, bananas and kiwifruit	Yoghurt with banana and stewed berries	Cornflakes with milk, banana and kiwifruit
Lunch Kai ō te tina	Beef Lasagne with cheese, spinach, courgette, capsicum and homemade garlic bread	Tuna and rice sushi bake with seaweed, carrots and cucumber	Summer chickpea pasta salad with grated carrots and cucumber	Beef and lentil burgers with cheese, lettuce and cherry tomatoes	Creamy pesto chicken with rice, spinach, sweetcorn and peas
Allergy Option <small>(Dairy, gluten, egg, wheat, soy free)</small>	DF/GF Beef Lasagne with spinach, courgette, capsicum and homemade GF DF garlic bread	Tuna and rice sushi bake with seaweed, carrots and cucumber	Summer chickpea GF pasta salad with grated carrots and cucumber	Beef and lentil GF burgers with lettuce and cherry tomatoes	Pesto chicken with rice, spinach, sweetcorn and peas
Vegetarian Option	Vegetarian mince Lasagne with cheese, spinach, courgette, capsicum and homemade garlic bread	Tofu sushi bake with seaweed, carrots and cucumber	Summer chickpea pasta salad with grated carrots and cucumber	Lentil burgers with cheese and cherry tomatoes	Creamy pesto paneer with rice, spinach, sweetcorn and peas
Infant Pureé Option	Beef mince with carrots and kumara	Tuna with potatoes and carrots	Chickpeas, carrots and kumara	Cannellini beans with carrots and pumpkin	Chicken with broccoli, peas and kumara
Afternoon Tea Kai ō te ahiahi	Homemade banana muffins with strawberries and kiwifruit	Wholemeal crackers with cream cheese, apples and rockmelon	Wholemeal cheese sandwiches with strawberries & mandarins	Cheese scones with apples and peaches	Wholemeal crackers with hummus, mandarins and pears

Notes: All bread, pasta, wraps and flour used in recipes are wholemeal - rice cakes are whole grain.

Menu meets the gold (flourishing) healthy heart award Pā-Harakeke

Water/inu is available at all times during the day and at meal times

SUMMER MENU WEEK 4



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning Tea Kai ō te ata	Porridge with fruit salad	Banana bread milk, bananas and pineapples	Toasted wholemeal muffins with cheese, oranges and banana	Yoghurt with bananas and stewed berries	Weetbix and milk with banana slices and kiwifruit
Lunch Kai ō te tina	Fish pie with tuna and white sauce, cheese and side salad (Lettuce, grated carrot, tomatoes)	Teriyaki beef stir fry noodles with peas and carrots	Macaroni cheese with kidney beans, steamed carrots, broccoli and peas	Chicken wraps with cheese, cucumber, capsicum, corn and shredded lettuce	Chicken Potato bake with cheese and corn
Allergy Option <small>(Dairy, gluten, egg, wheat, soy free)</small>	DF Fish pie with tuna and white sauce and side salad (Lettuce, grated carrot, tomatoes)	Teriyaki beef stir fry with GF noodles with peas and carrots	GF Pasta with kidney beans, steamed carrots, broccoli and peas	Chicken GF wraps with cucumber, capsicum, corn and shredded lettuce	Baked Potato with chicken and corn
Vegetarian Option	Potato pie with cannellini bean white sauce, cheese and side salad (Lettuce, grated carrot, tomatoes)	Teriyaki tofu vegetable stir fry with noodles, peas and carrots	Macaroni cheese with kidney beans, steamed carrots, broccoli and peas	Wraps with paneer, cucumber, capsicum, corn and shredded lettuce	Cheesy Potato Bake
Infant Pureé Option	Tuna with carrots and mash potato	Beef mince with carrots and peas	Pumpkin with broccoli kumara and split peas	Chicken with kumara and carrots	Chicken with Potato with pumpkin and broccoli
Afternoon Tea Kai ō te ahiahi	Wholemeal marmite sandwiches with kiwifruit and watermelon	Homemade cheese muffins with apples and mandarins	Wholemeal crackers with hummus, with watermelon and pears	Pikelets with mandarins and pineapple	Homemade scones with peaches and mangoes

Notes: All bread, pasta, wraps and flour used in recipes are wholemeal - rice cakes are whole grain.

Menu meets the gold (flourishing) healthy heart award Pā-Harakeke

Water/inu is available at all times during the day and at meal times