

<b>Menu Week 1 Pānui Kai</b>	<b>Monday Mane</b>	<b>Tuesday Tūrei</b>	<b>Wednesday Wenerei</b>	<b>Thursday Tāite</b>	<b>Friday Paraire</b>
<b>Morning Tea Kai mō tea ta</b>  Drink/Ngā Inu: Milk/Water	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite or butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with jam or butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite or butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite or butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite or butter - Fresh fruit
<b>Lunch Kai mō Poupoutanga o te rā</b>  Drink/ Ngā Inu: Water	<b>Baked Beans &amp; Spaghetti</b> - Baked bean/spaghetti on toast - Vege sticks	<b>Fish fingers</b> - Fish fingers - Fruit (dried/fresh) -Tomato sauce	<b>Hash browns</b> - Hash browns - Fruit - Vege sticks - Tomato sauce	<b>Fried rice</b> - Rice & vegetables - Fruit (dried/fresh)	<b>Make your own wraps Preschool</b> - Wraps - Tuna - Salad items such as: cheese, carrot, cucumber, mayonnaise <b>Infants/Toddlers</b> - sandwiches or - beans on toast - Fresh fruit
<b>Afternoon Tea Kai mō te ahiahi</b>  Drink/ Ngā Inu: Water	<b>Yoghurt &amp; Fruit</b> - Yoghurt - Fruit (dried/fresh)	<b>Crackers &amp; Vegetables</b> - Variety of crackers - Vege sticks	<b>Baking &amp; Fruit</b> - Sweet baking made by the preschool room, such as: scones, cake, biscuits or muffins - Fruit (dried/fresh)	<b>Crackers &amp; Vegetables</b> - Rice crackers - Cheese - Vege sticks	<b>Baking &amp; Fruit</b> - Savoury baking made by the infant/toddler room, such as: scones, cheese puffs or muffins - Fruit (dried/fresh)

\*Vegetarian, vegan or gluten free options available

\* Honey will not be served to under 1 year olds

\* Allergy requirements adhere to

\* Alternative option available for children with allergies or special dietary requirements

\* Only Halal chicken sausages used

<b>Week 2 Pānui Kai</b>	<b>Monday Mane</b>	<b>Tuesday Tūrei</b>	<b>Wednesday Wenerei</b>	<b>Thursday Tāite</b>	<b>Friday Paraire</b>
<b>Morning Tea Kai mō tea ta</b>  Drink/ Ngā Inu: Milk/Water	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite and butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with jam and butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite and butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite and butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite and butter - Fresh fruit
<b>Lunch Kai mō Poupoutanga o te rā</b>  Drink/ Ngā Inu: Water	<b>Baked Beans &amp; Spaghetti</b> - Baked bean/spaghetti on toast - Vege sticks	<b>Sausages</b> - Chicken sausages served with wholemeal bread and tomato sauce - Fruit (dried/fresh)	<b>Mac and cheese</b> - Cheese sauce - Pasta - Vege sticks - Fruit	<b>Vege stew &amp; rice</b> - Rice - Vegetable stew - Fruit (dried/fresh)	<b>Make your own wraps Preschool</b> - Wraps - Tuna - Salad items such as: cheese, carrot, cucumber, mayonnaise <b>Infants/Toddlers</b> - sandwiches or - beans on toast - Fresh fruit
<b>Afternoon Tea Kai mō te ahiahi</b>  Drink/ Ngā Inu: Water	<b>Yoghurt &amp; Fruit</b> - Yoghurt - Fruit (dried/fresh)	<b>Crackers &amp; Vegetables</b> - Variety of crackers - Vege sticks	<b>Baking &amp; Fruit</b> - Sweet baking made by the preschool room, such as: scones, cake, biscuits or muffins - Fruit (dried/fresh)	<b>Crackers &amp; Vegetables</b> - Rice crackers - Cheese - Vege sticks	<b>Baking &amp; Fruit</b> - Savoury baking made by the infant/toddler room, such as: scones, cheese puffs or muffins - Fruit (dried/fresh)

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<b>Week 3 Pānui Kai</b>	<b>Monday Mane</b>	<b>Tuesday Tūrei</b>	<b>Wednesday Wenerei</b>	<b>Thursday Tāite</b>	<b>Friday Paraire</b>
<b>Morning Tea Kai mō tea ta</b>  Drink/ Ngā Inu: Milk/Water	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite and butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with jam and butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite and butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite and butter - Fresh fruit	<b>Toast &amp; Fruit</b> - Wholemeal bread with vegemite and butter - Fresh fruit
<b>Lunch Kai mō Poupoutanga o te rā</b>  Drink/ Ngā Inu: Water	<b>Baked Beans &amp; Spaghetti</b> - Baked bean/spaghetti on toast - Vege sticks	<b>Tuna Bake</b> - Tuna - Pasta - Cheese sauce - Fruit (dried/fresh)	<b>Fish fingers</b> - Fish fingers - Vege sticks - Fruit	<b>Vege stew &amp; rice</b> - Rice - Vegetable stew - Fruit (dried/fresh)	<b>Make your own wraps Preschool</b> - Wraps - Tuna - Salad items such as: cheese, carrot, cucumber, mayonnaise <b>Infants/Toddlers</b> - sandwiches or - beans on toast - Fresh fruit
<b>Afternoon Tea Kai mō te ahiahi</b>  Drink/ Ngā Inu: Water	<b>Yoghurt &amp; Fruit</b> - Yoghurt - Fruit (dried/fresh)	<b>Crackers &amp; Vegetables</b> - Variety of crackers - Vege sticks	<b>Baking &amp; Fruit</b> - Sweet baking made by the preschool room, such as: scones, cake, biscuits or muffins - Fruit (dried/fresh)	<b>Crackers &amp; Vegetables</b> - Rice crackers - Cheese - Vege sticks	<b>Baking &amp; Fruit</b> - Savoury baking made by the infant/toddler room, such as: scones, cheese puffs or muffins - Fruit (dried/fresh)

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