



WEEK 1 PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Homemade chia seed and berry jam spread on corn thins with fruit/veges	Baked oat and berry slice, served with fruit/veges	Greek yoghurt with honey, served with fruit/veges	Homemade hummus with corn thins and fruit/veges	Corn thins and cheese with fruit/veges
Lunch	Butter chicken with baby spinach, and served on jasmine rice	Homemade rice paper rolls with vermicelli noodles, free range chicken and vegetables	Mexican beef casserole with kidney beans and red capsicum	Moroccan lamb stew with diced apricots served on basmati rice	Fresh gluten free crumbed fish with herbs and chunky hand cut kumara chips
Vegetarian Alternative	Butter paneer or butter chickpeas with spinach	Vegetarian rice paper rolls	Mexican casserole with kidney beans	Moroccan chickpea stew	Crumbed vege patties and kumara chips
Side	Cauliflower	Broccoli	Mashed baby peas	Sweetcorn/corn on cob	Corn on the cob
Afternoon Tea	Cheese and courgette mini muffins with fruit/veges	Wholegrain mini pizza squares with fruit/veges	Berry mini muffins, served with fruit/veges	Cheese and pineapple on toasted grain bread with fruit/veges	Egg multigrain sandwiches with fruit/veges

WEEK 2 PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Savoury egg cups with courgettes, with fruit/veges	Banana slices topped with honey on corn thins with fruit/veges	Homemade chia seed and berry jam spread on corn thins with fruit/veges	Homemade hummus with corn thins and fruit/veges	Corn thins and cheese with fruit/veges
Lunch	Chicken paella with courgette, mushroom and basmati rice	Fresh handmade pizza with chicken, capsicum, mushroom & olives	Beef bolognaise with vegetables and cheese.	Free range chicken schnitzel burgers with salad	Coconut chicken and cauliflower curry on rice
Vegetarian Alternative	Vegetarian paella	Vegetarian pizza	Plant based mince bolognaise	Cheese and salad burgers	Coconut vegetarian curry on rice
Side	Corn on cob	Broccoli	Mashed baby peas	Cauliflower	Sweetcorn
Afternoon Tea	Wholemeal mini apple and banana muffins with fruit/veges	Greek yoghurt with mixed berries, with fruit/veges	Pizza scrolls with red capsicum and mozzarella and fruit/veges	Corn and cheese quiches with fruit/veges	Cheese and tomato on toasted multigrain bread with fruit/veges

WEEK 3 PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Banana slices topped with honey on corn thins with fruit/veges	Baked oat and berry slice, served with fruit/veges	Corn thins with cheese and fruit/veges	Greek yoghurt with mixed berries, with fruit/veges	Homemade chia seed and berry jam spread on corn thins with fruit/veges
Lunch	Seasoned lamb biryani with sautéed vegetables and rice.	Wraps stuffed with roasted free-range chicken, tomatoes and lettuce	Beef, tomato and mushroom kumara mash pie with mozzarella cheese.	Mediterranean macaroni with chicken, tomato, courgette and feta	Free range gluten free crumbed chicken with oven roasted veges
Vegetarian Alternative	Vegetarian biryani	Cheese and salad wraps	Vegetarian pie	Vegetarian pasta	Crumbed vege patties
Side	Sweetcorn	Broccoli	Mashed baby peas	Cauliflower	Corn on cob
Afternoon Tea	Wholemeal scrolls made with diced berries and dates, with fruit/veges	Homemade date and cacao bliss balls with fruit/veges	Egg multigrain sandwiches with fruit/veges	Wholemeal mini apple and banana muffins with fruit/veges	Cheese and courgette mini muffins with fruit/veges

WEEK 4 PLAN

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Greek yoghurt with honey, served with fruit/veges	Homemade chia seed and berry jam spread on corn thins with fruit/veges	Homemade hummus with corn thins and fruit/veges	Greek yoghurt with mixed berries, with fruit/veges	Corn thins and cheese with fruit/veges
Lunch	Free-range pork or chicken, courgette & carrot sliders with cabbage coleslaw	Handmade sushi rolls with free-range chicken and sliced vegetables	Italian roasted vegetable penne pasta with parmesan cheese	Fried rice with free range chicken, peas and sweetcorn.	Beef meatballs with grated courgette, carrot and onion with rice
Vegetarian Alternative	Cheese and slaw sliders	Vegetarian sushi	Vege pasta as above	Vegetarian fried rice	Lentil and vegetable bolognaise
Side	Cauliflower	Broccoli	Corn on cob	Mashed baby peas	Sweetcorn
Afternoon Tea	Wholegrain mini pizzas with fruit/veges	Corn thins and cheese with fruit/veges	Berry mini muffins, served with fruit/veges	Cheese and tomato on toasted multigrain bread with fruit/veges	Wholemeal banana and carrot muffins with fruit/veges

- * All of our chicken, pork and eggs are free-range.
- * Special diets are catered for where possible – including nut allergies, vegetarian, halal etc.
- * All fruit, vegetables and meat are prepared to age-appropriate sizing guidelines.
- * Please discuss with us specific requirements your child may have.