

Monday Rāhina

Mixed berry smoothie
with spinach &
banana
Served with seasonal
fruit



Tuesday Rātu

Rice cakes with
cottage cheese or
marmite
Served with seasonal
fruit



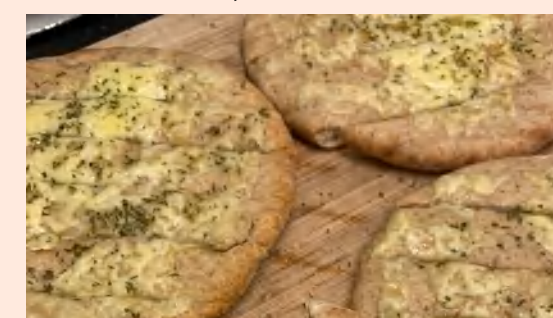
Wednesday Rāpu

Vanilla chia pudding
Served with
seasonal fruit



Thursday Rāpere

Wholemeal cheesy
garlic pita with
hummus
Served with seasonal
fruit



Friday Rāmere

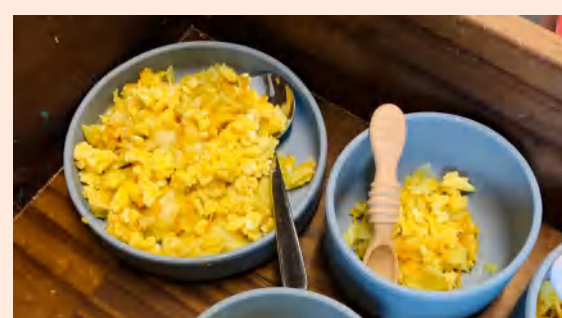
Apricot honey
compote mixed in
yoghurt
Served with seasonal
fruit



Assorted sushi Tuna
avocado cucumber or
chicken avocado
cucumber



Singapore style
chow mein with
chicken, cabbage,
carrot, and egg



Creamy tomato
pasta bake with
celery, corn, peas &
carrot



Japanese beef
curry with
potatoes, carrot,
mushrooms & peas



Chicken pizza
with cheese, corn
& carrot on a
tomato base



Broccoli, corn & cheese
muffins
Served with seasonal
fruit



Cinnamon ginger
carrot muffins
Served with seasonal
fruit



Wholemeal sesame
crackers
Served with
seasonal fruit



Apple pie spice
loaf
Served with
seasonal fruit



Herb cheese
"cookies"
Served with
seasonal fruit



Morning Tea
Tea o te ata

Lunch
Tina

Afternoon Tea
Tea ahiahi

Monday Rāhina

Tuesday Rātu

Wednesday Rāpu

Thursday Rāpere

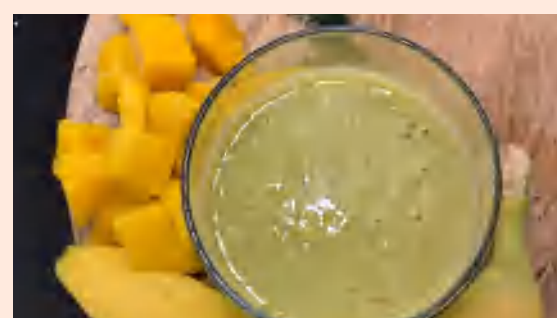
Friday Rāmere

Morning Tea
Tea o te ata

Savoury veggie
muffins
Served with seasonal
fruit



Mango Banana
spirulina smoothie
Served with seasonal
fruit



lentil veggie
nuggets with sauce
Served with
seasonal fruit



Date slice
Served with seasonal
fruit



Corn loaf
Served with seasonal
fruit

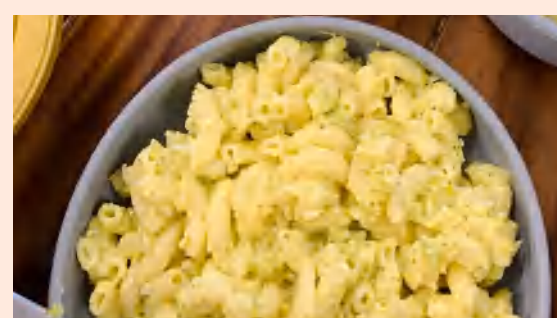


Lunch
Tina

Yellow lentil chicken
curry with peas &
grated carrot
served with rice



Macaroni and
cheese with
pureed cannellini
beans & broccoli



Quesadillas with
shredded chicken &
corn topped with
house made tomato
sauce



Japchae (Korean
noodle dish with beef
mince, mushrooms,
shredded carrot &
cabbage)



Chinese Egg fried
rice with
cabbage, corn,
peas & carrot



Afternoon Tea
Tea ahiahi

Lemon chia cookies
Served with seasonal
fruit



Savoury cheese &
Spinach scrolls
Served with seasonal
fruit



Buckwheat
blueberry muffins
Served with
seasonal fruit



Chijimi (lentil chive
pancake) with soy sauce
Served with seasonal
fruit



Strawberry nice
cream
Served with
seasonal fruit



**Monday
Rāhina**

**Tuesday
Rātu**

**Wednesday
Rāpu**

**Thursday
Rāpere**

**Friday
Rāmere**

**Morning Tea
Tea o te ata**

Apple, banana & Chia seed cookies
Served with seasonal fruit



Wholemeal spinach & cheese muffins
Served with seasonal fruit



Banana oat pikelets
Served with seasonal fruit



Creamed corn fritters with homemade tomato sauce
Served with seasonal fruit



Eggless vanilla maple pudding cups
Served with seasonal fruit



**Lunch
Tina**

Chinese 5 spice noodles with tofu and stir fry veggies



Butter chicken with chickpeas & peas
Served with jasmine rice



Grilled cheese toasties with carrot and spinach
Homemade tomato sauce



Spaghetti bolognese with mince, carrot, celery, peas & brown lentils



Cheesy vegetable potato bake with carrots, corn & spinach



**Afternoon Tea
Tea ahiahi**

Eggy breakfast cups with corn, peas & carrot
Served with seasonal fruit



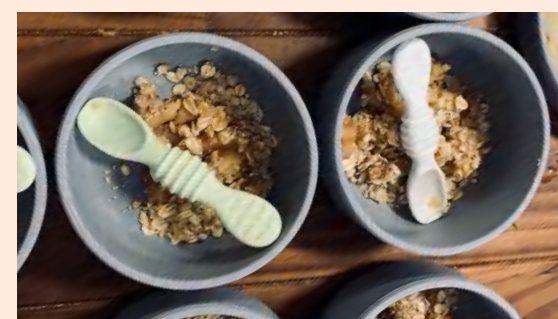
Vanilla Honey overnight oats with berry topping
Served with seasonal fruit



Wholemeal cheesy oat crackers with honey roasted carrot hummus
Served with seasonal fruit



Apple crumble crisp
Served with seasonal fruit



Savoury zucchini muffins
Served with seasonal fruit



Monday Rāhina

Tuesday Rātu

Wednesday Rāpu

Thursday Rāpere

Friday Rāmere

Morning Tea
Tea o te ata

Toasted mousetraps
on homemade bread
Served with seasonal
fruit



Berrylicious smoothie
with spirulina
Served with seasonal
fruit



Baked courgette &
carrot slice
Served with
seasonal fruit



Mango coconut chia
pudding
Served with seasonal
fruit



Brazilian cheese
puffs
Served with seasonal
fruit



Lunch
Tina

Tomato chicken pasta
with celery, carrot,
corn & peas



Vegetarian chickpea
& potato curry.
Served with jasmine
rice



Red lentil & pumpkin
vegetable soup with
homemade bread



Loaded mexican mince
Mixed with vegetables
and Jasmine rice



Tuna & vegan
mayo sandwiches
with avocado or
shredded cucumber



Afternoon Tea
Tea ahiahi

Banana & oatmeal
cookies
Served with seasonal
fruit



Carrot & lentil pancakes
with hummus dip
Served with seasonal
fruit



Pineapple banana
muffins
Served with
seasonal fruit



Cheese & carrot pastry
sticks
Served with seasonal
fruit



Yoghurt granola bark
with homemade jam
swirl
Served with seasonal
fruit

