

Term 3

Week 1							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COLD BREAKFAST	Choice of five cereals, full and trim milk, two assorted-flavour homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea, coffee, Milo						
HOT BREAKFAST <small>(including porridge in Terms 2 & 3)</small>	Baked Beans, spaghetti, scrambled eggs	Baked Beans, spaghetti, oven-baked hash browns	Baked Beans, spaghetti, grilled breakfast sausages	Baked Beans, spaghetti, poached eggs	Baked Beans, spaghetti, wholemeal blueberry pancakes	Baked Beans, spaghetti, eggs, spinach on English muffins	Sunday Brunch: Sausages, bacon, beans, spaghetti, eggs, hash browns
SOUP	Leek and potato	Pumpkin	Tomato	Corn and bacon chowder	Spicy kumara		
LUNCH	Spicy bratwurst sub	Peri-peri chicken on steamed rice	Nachos with corn chips and sour cream	American-style cheeseburgers	Classic meat lovers pizza	Greek beef wraps	Cheese and ham toasties
DINNER MAIN 1	Tomato and basil chicken	Potato-topped cottage pie	Massaman beef curry	Spaghetti carbonara	Rump steak with mushrooms	Crumbed fish fillets	Roast pork with apple sauce and gravy
DINNER MAIN 2	Frittata	Ham and three-cheese pasta	Fish cakes	Pumpkin and bacon risotto	Smoked chicken and chorizo pasta		
STARCH	Crushed garlic agria potatoes	Garlic bread	Rice/poppadoms	Spaghetti	Spicy wedges	Chips	Roast agria
VEGETABLE 1	Mixed green vegetable medley	Carrots	Stir-fried vegetable medley	Full salad bar	Corn cobs	Full salad bar	Broccoli
VEGETABLE 2		Green beans					Cauliflower mornay
DESSERT	Apple shortcake	Fresh fruit salad	Brownie	Quindim (Brazilian coconut egg custards)	Self-saucing chocolate pudding	Ice cream	Fruit crumble with custard

Week 2							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COLD BREAKFAST	Choice of five cereals, full and trim milk, two assorted-flavour homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea, coffee, Milo						
HOT BREAKFAST	Baked Beans, spaghetti, potato and kumara hash	Baked Beans, spaghetti, waffles with banana	Baked Beans, spaghetti, poached eggs	Baked Beans, spaghetti, roasted tomatoes with pesto	Baked Beans, spaghetti, grilled bacon	Baked Beans, spaghetti, fried eggs	Sunday Brunch: Sausages, bacon, beans, spaghetti, eggs, hash browns
SOUP	Spiced carrot	Pumpkin, coconut and chilli	Potato and chive	Seafood chowder	Mushroom		
LUNCH	Crumbed fish in a cheesy roll	Tomato and pepperoni pasta	Barbeque chicken with rice	Homemade sausage rolls	Crispy chicken wraps	Italian meatballs on rice	Ham and cheese toasties
DINNER MAIN 1	Beef "Tex-Mex" burritos	Chicken chasseur	Grilled gourmet sausages with caramelised onions	Corned silverside with mustard sauce	Peppered beef and red wine casserole	Pulled pork panini	Baked ham
DINNER MAIN 2	Cajun baked fish	Roast vegetable filo parcels	Chicken cannelloni	Grilled fish with parmesan crust	Creamy pasta		
STARCH	Steamed rice	Cous cous	Mashed potatoes	Creamed potatoes	Garlic gourmet potatoes	Chips	Gourmet potatoes
VEGETABLE 1	Full salad bar	Carrots	Green peas	Full salad bar	Roast pumpkin	Full salad bar	Carrots
VEGETABLE 2		Broccoli	Roast kumara		Green beans		Beans and peas
DESSERT	Peach crumble	Caramel panna cotta	Chocolate brownie	Pavlova	Ambrosia	Ice cream with hot sauce	Chocolate cream sponge

Week 3							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COLD BREAKFAST	Choice of five cereals, full and trim milk, two assorted-flavour homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea, coffee, Milo						
HOT BREAKFAST	Baked Beans, spaghetti, oven-baked hash browns	Baked Beans, spaghetti, saveloys	Baked Beans, spaghetti, scrambled eggs	Baked Beans, spaghetti, pancakes with berries	Baked Beans, spaghetti, poached eggs	Baked Beans, spaghetti, spinach and tomato omelette	Sunday Brunch: Sausages, bacon, beans, spaghetti, eggs, hash browns
SOUP	Pumpkin	Leek and potato	Corn and bacon	Vegetable	Tomato		
LUNCH	Cheeseburgers with relish	Devilled sausages with mashed potatoes	Pulled pork torpedoes with Asian slaw	Spaghetti bolognese	Pepperoni pizza	Chicken souvlaki with cucumber yoghurt mint dressing	Fill-your-own Subway bench
DINNER MAIN 1	Beef nachos with sour cream and guacamole	Pepper steak beef pie	Parmesan-crusted baked chicken legs	Braised pork belly	Grilled rump steak	Fish and chips	Roast chicken
DINNER MAIN 2	Smoked chicken quiche with sundried tomatoes, spinach, and cheese	Smoked salmon fettuccine	Baked fish	Chicken pasta	Spicy chicken drums		
STARCH	Corn chips	Kumara mash	Creamed potatoes	Diced sauté potato	Warm potato salad	Chips	Gourmet potatoes
VEGETABLE 1	Full salad bar	Sautéd cabbage	Vegetable ragout	Full salad bar	Corn on the cob	Full salad bar	Carrots
VEGETABLE 2		Green peas			Salad bar		Green peas
DESSERT	Donuts with ice cream	Fruit salad with berry yoghurt	Chocolate pudding	Sticky date pudding	Baked Alaska	Ice cream sundae	Fruit jelly

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
COLD BREAKFAST	Choice of five cereals, full and trim milk, two assorted-flavour homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea, coffee, Milo						
HOT BREAKFAST	Baked Beans, spaghetti, scrambled eggs	Baked Beans, spaghetti, hash browns	Baked Beans, spaghetti, bacon	Baked Beans, spaghetti, fried eggs	Baked Beans, spaghetti, ham and cheese croissants	Baked Beans, spaghetti, eggs benedict	Sunday Brunch: Sausages, bacon, beans, spaghetti, eggs, hash browns
SOUP	Lentil and bacon	Curried kumara	Vegetable	Tomato and basil	Pumpkin		
LUNCH	Chicken schnitzel burgers	Sausages and mustard mash with onion gravy	Chicken tikka masala curry with steamed rice	Braised pork belly subs	Classic beef lasagne	Greek beef wraps	Fill-your-own Subway bench
DINNER MAIN 1	Grilled lamb chops	Beef, black bean, and tomato	Baked ham	Beef and bacon rissoles	Glazed pork spare ribs	Homemade 'KFC'	Roast beef with gravy and Yorkshire puddings
DINNER MAIN 2	Chicken and mushroom filo parcels	Chinese barbecue pork	Spicy baked fish	Peri-peri chicken pizza	Chef's special pasta		
STARCH	Creamed potatoes	Noodles	Gourmet potatoes	Garlic potatoes	Buffalo wedges	Mash and gravy	Roast agria potatoes
VEGETABLE 1	Minted Peas	Stir-fried vegetables	Mixed greens	Full salad bar	Full salad bar	Tangy slaw	Cauliflower/ broccoli mornay
VEGETABLE 2	Corn and carrot medley						Roast carrots
DESSERT	Fresh fruit salad	Chocolate brownie with chocolate sauce	Pineapple upside-down cake	Chocolate panna cotta with berry compote	Apricot, apple strudel with cream	Steamed pudding	Ambrosia