

Term 4

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 Bean/ spaghetti, potato and kumara hash	Baked Bean/ spaghetti, oven-baked hash browns	Baked Bean/ spaghetti, grilled breakfast sausages	Baked Bean/ spaghetti, poached eggs	Baked Bean/ spaghetti, blueberry pancakes	Baked Bean/ spaghetti, eggs, spinach on English muffins	Sausages, bacon, beans, spaghetti, eggs, hash browns
PASTA	Buttered noodles		Tomato sauce	Cheese and bacon	Italian tomato		
LUNCH	Bratwurst subs with mustard and onions	Creamy chicken pasta	Italian meatball subs	Chicken fajitas	Beef burgers	Katsu chicken with tonkatsu sauce on rice noodles	
DINNER MAIN 1	Braised pork belly	Thai beef stir fry	Green Thai chicken curry	Spaghetti bolognese	Barbecue pork ribs	Lamb massaman curry	Roast chicken
DINNER MAIN 2	Pulled beef in pita	Cottage Pie	Fish curry	Vegetable biryani	Chicken skewers		
STARCH	Creamed potatoes	Steamed rice	Brown rice	Spaghetti	Crushed agria	Rice	Roast agria and kumara medley
VEGETABLE 1	Full salad bar	Full salad bar	Steamed green vegetable	Full salad bar	Asian slaw	Beans	Peas and corn
VEGETABLE 2			Chunky bean salad with pesto dressing			Pumpkin and cous cous salad	Green salad
DESSERT	Chocolate mousse	Fruit yoghurt muesli pots	Fruit jelly with berry compote	Sticky toffee pudding with caramel custard	Mango pana cotta with chopped mangoes	Raspberry white chocolate brownie with yoghurt	Apricot crumble with yoghurt cream

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 Bean/ 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	Sausages, bacon, beans, spaghetti, eggs, hash browns
PASTA	Italian tomato	Three cheese	Tomato/salami	Buttered noodles			
LUNCH	Murgh kari (Indian chicken curry)	Spaghetti and meatballs	Lamb burgers	Chicken teriyaki	Beef nachos	Filled paninis	
DINNER MAIN 1	Cumberland sausages and onion gravy	Memphis pulled pork	Bologna beef pasta bake	Grilled rump steak with mushroom sauce	Crumbed fish	Crumbed pork schnitzel burgers	Roast beef with Yorkshire pudding
DINNER MAIN 2	Vegetarian sausages	Vegetable pakoras	Baked fish	Deep dish zucchini quiche	Chicken drums		
STARCH	Creamed potatoes	Kumara/potato mash	Pasta	Minted baby potatoes	Chips	Wedges	Roast vegetable medley
VEGETABLE 1	Green peas	Full salad bar	Roast pumpkin	Full salad bar	Full salad bar	Carrots/peas	Tossed Green Salad
VEGETABLE 2	Carrots		Beetroot, spinach, and carrot salad			Asian slaw	
DESSERT	Chocolate mousse	Fresh fruit salad	Apple strudel	Berry and yoghurt parfait	Chocolate self- saucing pudding	Homemade mango sorbet	Golden syrup steamed pudding

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 (including porridge in Terms 2 & 3)	Baked Beans/ spaghetti, oven-baked hash browns	Baked Beans/ Spaghetti, saveloys	Baked Beans/ spaghetti, scambled eggs	Baked Beans/ spaghetti, pancakes with berrie	Baked Beans/ spaghetti, poached eggs	Baked Beans/ spaghetti, spinach and tomato omlette	Sausages, bacon, beans, spaghetti, eggs, hash browns
PASTA		Creamy tomato	Buttered noodles	Tomato and basil	Cheese and bacon		
LUNCH	Cheese and ham Paninis	Thai beef curry on Rice	Crispy chicken subs	Homemade sausage rolls with tomato relish	Meat lovers pizza	Grilled chicken subway bench	
DINNER MAIN 1	Beef burritos bowl	Grilled chicken parmigiano	Pork spare ribs	Sweet and sour pork	Spicy beef nachos	Chinese barbecue pork	Glazed honey ham
DINNER MAIN 2	Fish cakes	Spinach pumpkin ravioli	Chicken nibbles	Beef quesadilla			
STARCH	Brown rice	Crushed agria potatoes	Chips	Rice noodles	Corn chips	Cous cous	Buttered potatoes
VEGETABLE 1	Full salad bar	Steamed green vegetable medley	Grilled corn on the cob	Full salad bar	Spicy chargrilled corn and feta salad	Stir-fry vegetable medley	Minted beans/ peas
VEGETABLE 2		Quinoa lentil and lemon salad	Roasted carrots		Full salad bar	Asian noodle salad	Balsamic roasted beetroot
DESSERT	Ice cream sundaes	Pear crisp	Passionfruit cheesecake	GF lemon tart	Ambrosia	Caramel pana cotta	Chocolate sponge

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/cheese croissants	Baked Beans/ spaghetti, eggs Benedict	Sausages, bacon, beans, spaghetti, eggs, hash browns
PASTA	Cheese and bacon	Italian tomato	Three cheese	Tomato/salami			
LUNCH	Butter chicken, steamed rice	Sticky pork and noodle stir-fry	Beef nachos	Zingy chicken in cheesy roll	Bologna beef pasta bake	Thai fish cakes	
DINNER MAIN 1	Grilled lamb chops	Baked chicken drums	Grilled rump steak with pepper sauce	Pork schnitzel	Chicken chimichangas	Homemade 'KFC'	Roast pork
DINNER MAIN 2	Spiced fish tacos	Vegetarian quiche	Grilled chicken pita pizza	Salami tomato pasta			
STARCH	Kumara/potato bake	Crushed potatoes	Spicy wedges	Gourmet potatoes	Oven-baked fries	Crushed potatoes	Roast potatoes
VEGETABLE 1	Corn	Green beans	Full salad bar	Corn on the cob	Full salad bar	Red cabbage slaw	Roast kumara/ pumpkin medley
VEGETABLE 2	Steamed greens	Roasted beetroot and carrot salad		Full salad bar		Chunky bean salad	
DESSERT	Lemon blueberry crumble shortcake	Chocolate cake	Mango and pineapple parfaits	Peach crumble cake	Ice cream sandwiches	Tiramisu	Apple and berry pie