

# Term 1

Week 5							
	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	Spaghetti/Baked Beans, oven-baked hash browns	Spaghetti/Baked Beans, bacon	Spaghetti/Baked Beans, grilled breakfast sausages	Spaghetti/Baked Beans, poached eggs	Spaghetti/Baked Beans, blueberry pancakes	Spaghetti/Baked Beans, eggs, spinach on English muffins	Spaghetti/Baked Beans, eggs, bacon, sausages, hash browns
PASTA	Buttered noodles		Marinara sauce	Cheese/bacon	Italian tomato		
LUNCH	Bratwurst subs with mustard and onions	Creamy chicken pasta	Italian meatball rice	Chicken fajitas wraps/rice	Beef and cheese burgers	Fill-your-own rolls/wraps	Fill-your-own' rolls/wraps
DINNER MAIN 1	Spaghetti bolognese	Pork chops	Thai beef stir-fry	Pulled beef In pita	Barbecue pork ribs	Crumbed fish	Roast chicken
DINNER MAIN 2	Chef's fish	Chicken pie	Fish curry	Vegetable biryani			
STARCH	Spaghetti	Roast potatoes	Egg noodles	Creamed potatoes	Crushed Agria	Chips	Roast Agria and kumara medley
VEGETABLE 1	Full salad bar	Full Salad Bar	Steamed green vegetable	Full salad bar	Asian slaw	Full salad bar	Peas and corn
VEGETABLE 2			Chunky bean salad with pesto dressing				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 6**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>COLD BREAKFAST</b>	Choice of five cereals, full and trim milk, two assorted-flavour homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea, coffee, Milo						
<b>"HOT BREAKFAST"</b>	Spaghetti/ Baked Beans, oven-baked hash browns	Spaghetti/Baked Beans, waffles with banana	Spaghetti/Baked Beans, poached eggs	Spaghetti/Baked Beans, roasted tomatos with pesto	Spaghetti/Baked Beans, grilled bacon	Spaghetti/Baked Beans, fried eggs	Spaghetti/Baked Beans, eggs, bacon, sausages, hash browns
<b>PASTA</b>	Cheese and bacon	Three-cheese sauce	Marinara sauce	Buttered noodles			
<b>LUNCH</b>	Classic beef nachos	"Murgh kari (Indian Chicken Curry)"	Lamb burgers	Chicken teriyaki rice	Beef lasagne	Fill-your-own rolls/ wraps	Fill-your-own rolls/ wraps
<b>DINNER MAIN 1</b>	Cumberland sausages and onion gravy	Braised pork belly	Bologna beef pasta bake	Grilled rump steak with mushroom sauce	Crumbed fish	Pork schnitzel burgers	Roast beef with Yorkshire pudding
<b>DINNER MAIN 2</b>	Vegetarian risotto	Vegetable pakoras	Baked fish	Deep-dish quiche	Baked chicken drums		
<b>STARCH</b>	Creamed potatoes	Kumara/potato mash	Pasta	Minted baby potatoes	Chips	Wedges	Roast potatoes
<b>VEG 1</b>	Green Peas	Full salad bar	Roast pumpkin	Full salad bar	Full salad bar	Carrots/peas	Roast vegetable medley
<b>VEG 2</b>	Carrots		Beetroot, apple, and carrot salad			Asian slaw	Tossed green aalad
<b>DESSERT</b>	Chocolate mousse	Fresh fruit aalad	Apple strudel	Berry and yoghurt parfait	Chocolate self- saucing pudding	Homemade mango sorbet	Golden syrup steamed pudding

Week 7							
	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	Spaghetti/ Baked Beans, grilled breakfast sausages	Baked Beans/ spaghetti, scrambled eggs	Baked Beans/ spaghetti, pancakes with berries	Baked Beans/ spaghetti, poached eggs	Baked Beans/ spaghetti, bacon	Spaghetti/Baked Beans, eggs, bacon, sausages, hash browns
PASTA	Three-cheese sauce	Creamy tomato	Buttered noodles	Tomato and basil	Cheese and bacon		
LUNCH	Crispy chicken subs	Thai beef curry on rice	Creamy chicken penne pasta	Homemade sausage rolls with tomato relish	Meat lover's pizza	Grilled chicken 'Subway' bench	Fill-your-own rolls/ wraps
DINNER MAIN 1	Beef burritos bowl	Grilled chicken parmigiano	Sweet and sour pork	Beef lasagne	Glazed pork spare ribs	Chinese barbecue beef	Honey-baked ham
DINNER MAIN 2	Thai fish wraps	Spinach pumpkin Ravioli	Chicken nibbles	Chicken cannelloni			
STARCH	Brown rice	Crushed Agrias	Rice		Spicy wedges	Noodles	Buttered potatoes
VEGETABLE 1	Full salad bar	Steamed green vegetable medley	Corn	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	Lemon tart (GF)	Ambrosia	Caramel pana cotta	Chocolate sponge

**Week 8**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>COLD BREAKFAST</b>	Choice of five cereals, full and trim milk, two assorted-flavour homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea, coffee, Milo						
<b>HOT BREAKFAST</b>	Baked Beans/ spaghetti, scrambled eggs	Spaghetti/ Baked Beans, oven-baked hash browns	Baked Beans/ spaghetti, bacon	Baked Beans/ spaghetti, fried eggs	Baked Beans/ spaghetti, ham/ cheese croissants	Baked Beans/ spaghetti, eggs Benedict	Spaghetti/Baked Beans, eggs, bacon, sausages, hash browns
<b>PASTA</b>	Cheese and bacon	Italian tomato	Three cheese	Marinara sauce			
<b>LUNCH</b>	Classic beef nachos	"Butter chicken steamed rice"	Devilled sausages	Zingy chicken in cheese roll	Bologna beef pasta bake	Fill-your-own rolls/ wraps	Fill-your-own rolls/ wraps
<b>DINNER MAIN 1</b>	Sticky pork and noodle stir-fry	Braised lamb chops	Grilled rump steak with pepper sauce	Beef Thai curry	Chicken chimichangas	Homemade 'KFC'	Roast lamb
<b>DINNER MAIN 2</b>	Baked herb-crusted fish	Quiche	Grilled chicken pizza	Salami tomato pasta			
<b>STARCH</b>	Noodles	Crushed potatoes	Gourmet potatoes	Rice	Oven-baked fries	Crushed potatoes	Roast potatoes
<b>VEGETABLE 1</b>	Corn	Green Beans	Full salad bar	Corn/peas	Full salad bar	Red cabbage slaw	Roast kumara/ pumpkin medley
<b>VEGETABLE 2</b>	Steamed greens	Roasted beetroot/ carrot salad		Full salad bar		Chunky bean salad	Peas/corn medley
<b>DESSERT</b>	Lemon blueberry crumble shortcake	Chocolate cake	Mango and pineapple parfaits	Peach crumble cake	Ice cream sandwiches	Tiramisu	Apple and berry pie