

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	Baked Beans, spaghetti, scrambled eggs	Baked Beans, spaghetti, 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
LUNCH	Baked ham in a cheese knot	Creamy chicken pasta	Italian meatball subs	Chicken fajitas	Beef burgers	Katsu chicken with tonkatsu sauce on rice noodles	Bacon and egg breakfast buns
DINNER MAIN 1	Barbecue Cajun chicken	Grilled pork stir-fry	Green Thai chicken curry	Spaghetti bolognese	Barbecue pork ribs	Lamb massaman curry	Roast chicken
DINNER MAIN 2	Grilled fish kebabs	Roast vegetable frittata	Fish curry	Vegetable biryani	Chicken skewers		
STARCH	Cous cous	Steamed rice	Brown rice	Spaghetti	Crushed agria	Rice	Roast agria and kumara medley
VEG 1	Roasted carrots	Full salad bar	Steamed green vegetables	Full salad bar	Asian slaw	Beans	Peas and corn
VEG 2	Peas, beans		Chunky bean salad with pesto dressing			Pumpkin and cous cous salad	Green salad
DESSERT	Apple and berry shortcake with custard	Fruit yoghurt muesli pots	Fruit jelly with berry compote	Sticky toffee pudding with caramel custard	Mango pana cotta with chopped mangos	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 Beans, spaghetti, potato and kumara hash	Baked Beans, spaghetti, waffles with banana	Baked Beans, spaghetti, poached eggs	Baked Beans, spaghetti, roasted tomato with pesto	Baked Beans, spaghetti, grilled bacon	Baked Beans, spaghetti, fried eggs	Sunday Brunch: Sausages, bacon, beans, spaghetti, eggs, hash browns
LUNCH	Meatball subs	Chicken jalfrezi on cous cous	Beef pasties	Chicken carbonana	Crumbed fish fillets	Chicken souvlaki with cucumber and mint dressing	Filled paninis
DINNER MAIN 1	Thai beef stir-fry	Braised pork belly	Beef pasta bake	Stir-fried pork	Grilled rump steak with mushroom sauce	Crumbed pork schnitzel	Roast beef with Yorkshire pudding
DINNER MAIN 2	Vegetable pakoras	Pulled beef in pita	Baked fish	Deep-dish zucchini quiche	Spicy chicken drums		
STARCH	Rice noodles	Wholemeal pita breads	Pasta	Fried rice	Minted baby potatoes	Wedges	Roast veg medley
VEG 1	Full salad bar	Full salad bar	Roast pumpkin	Full salad bar	Asian slaw	Carrots/peas	Tossed green salad
VEG 2			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	Baked Beans, spaghetti, 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
LUNCH	Baked chicken in wraps	Thai beef curry on rice	Smoked chicken cranberry brie pizza	Grilled fish with lemon crust ciabatta	Crispy chicken dub	Lamb and veg kebabs on noodles with yoghurt dressing	Lemon chicken on rice
DINNER MAIN 1	Beef burritos bowl	Grilled chicken parmigiano	Sweet and sour pork	Pepper steak with red wine ragout	Spicy beef nachos	Chinese barbecue pork	Glazed honey ham
DINNER MAIN 2	Fish cakes	Spinach pumpkin ravioli	Beef quesadilla	Tuscan chicken pasta	Spinach and zucchini tart		
STARCH	Brown rice	Crushed agria	Rice noodles	Warm potato salad	Corn chips	Cous cous	Buttered potatoes
VEG 1	Full salad bar	Steamed green veg medley	Full salad bar	Grilled corn on the cob	Spicy chargrilled corn and feta salad	Stir-fry veg medley	Minted beans/peas
VEG 2		Quinoa, lentil and lemon salad		Roasted carrots		Asian noodle salad	Balsamic-roasted beetroot
DESSERT	Ice cream sundaes	Pear crisp	Passionfruit cheesecake	Gluten Free Lemon tart	Ambrosia	Caramel pana cotta	Chocolate sponge

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	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
LUNCH	Chicken and mushroom filo parcels	Sausages with mustard mash and onion gravy	Beef nachos	Pork belly subs	Beef lasagne	Thai fish cakes	Grilled chicken Subway bench
DINNER MAIN 1	Grilled lamb chops	Baked chicken drums	Surf and turf	Baked chicken chimichangas	Glazed pork spare ribs	Homemade 'KFC'	Roast pork
DINNER MAIN 2	Grilled vegetarian sausages	Spiced fish tacos	Grilled chicken pita pizza	Pumpkin and chickpea vegetarian patties	Smoked chicken pasta		
STARCH	Mashed potatoes	Kumara/ potato bake	Wholemeal pita bread	Wholemeal wraps	Oven-baked fries	Crushed potatoes	Roast potatoes
VEG 1	Corn	Green beans	Mixed greens	Corn on the cob	Full salad bar	Red cabbage slaw	Roast kumara/ pumpkin medley
VEG 2	Steamed greens	Roasted beetroot/ carrot salad		Full salad bar		Chunky bean salad	Peas/corn medley
DESSERT	Lemon blueberry crumble shortcake	Chocolate cake	Mango and pineapple parfaits	Peach crumble cake	Ice cream sandwiches	Tiramisu	Apple and berry pie