

| | MONDAY Rāhina / Mane | TUESDAY Rātū / Turei | WEDNESDAY Rāapa / Wenerei | THURSDAY Rāpare / Taite | FRIDAY Rāmere / Paraire |
|--------------------------|---|---|--|---|--|
| MORNING TEA | Fruit break Selection of seasonal fruit and veggies such as banana, pineapple, blueberries, orange, cucumber | Fruit break Selection of seasonal fruit and veggies such as banana, pineapple, blueberries, orange, cucumber | Fruit break Selection of seasonal fruit and veggies such as banana, pineapple, blueberries, orange, cucumber | Fruit break Selection of seasonal fruit and veggies such as banana, pineapple, blueberries, orange, cucumber | Fruit break Selection of seasonal fruit and veggies such as banana, pineapple, blueberries, orange, cucumber |
| LUNCH | Create your own sandwich day Choose from a Wholemeal bread or buns, ham, chicken or tuna and fresh salad made from lettuce, corn, tomatoes, avocados, and cucumber and create your favourite sammie! GF/ DF/ VG option available | Creamy carrot and miso pasta bake Macaroni pasta tossed with a super creamy sauce made with fresh carrots, fresh garlic, miso paste, vegetable stock and added hemp seeds for an extra boost of goodness and nutrients. GF option available. | Selection Sandwiches and wraps wholemeal bread and wraps served with a variety of protein such as ham or roast chicken, lettuce, tomato, corn, and carrot salad DF/ GF/ VG option available | Pita pockets Wholemeal pita pockets filled with tasty cheese and a selection of fresh salads such as lettuce, cucumber, carrots, corn, tomatoes. DF/ GF/ VG option available. | Pizza Day Freshly made wholemeal pizza dough topped with Italian herbs tomato sauce, champagne ham and mozzarella cheese. DF/ GF/ VG option available |
| AFTERNOON TEA | Superhero Muffins Freshly baked muffins made with apples, zucchini, carrot, rolled oats, coconut oil, pure maple syrup and chia seeds for extra dose of Omega-3 and texture. GF option available. | Tropical yogurt cups Vanilla bean yogurt topped with mango, passion fruit compote and crunchy nut free granola. DF/ GF/ VG option available | Crackers 'n' Dips selection of crisp crackers and wholemeal rice thins served with a creamy vegan red capsicum hummus, traditional NZ onion Dip and veggie dippers (cucumber, steam broccoli). GF/ DF/ VG option available. | White chocolate chip cookies Freshly baked cookies made with wholemeal flour, coconut sugar, Nuttex, white chocolate chips and baked to perfection! DF/ GF/ VG option available. | Yogurt and cereal Vanilla bean yogurt served with a homemade berry compote and crunchy corn cereal. GF/ DF/ VG option available |

LATE SNACK

Choose from: wholemeal toast and cheese, veggie, and fruit platter

LIQUID REFRESHMENTS

Water is freely available throughout the day.
Afternoon tea will be served with a glass of milk.

INFANTS (EATING)

A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, eggs), fruit, vegetables, grains, and milk products. Foods are an appropriate texture for infants' age (e.g., mashed, lumpy, chopped, finger foods).

ALLERGIES

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs