

Daily Menu

Administration Records

Week One

(winter menu)

	Monday Rahina	Tuesday Ratu	Wednesday Raapa	Thursday Rapere	Friday Ramere
Morning Tea Kai a te ata	Sliced fruit, fruit muffin milk	Sliced fruit, crackers milk	Sliced fruit, cheese scones milk	Sliced fruit, fruit muffin milk	Sliced fruit, crackers milk
Lunch Kai o te tina	Spaghetti bolognaise and veggies Yogurt and fruit salad	Vegetable Soup and bread buns Custard and fruit salad	Fish pie and veggies, Yoghurt and fruit salad	Chicken and vegetable curry, served with rice, Custard and fruit salad	Pizza and veggie sticks, Yoghurt and fruit salad
Afternoon Tea Kai o te ahiahi	Sliced fruit, ham sandwich	Sliced fruit, banana cake	Sliced fruit, Anzac biscuits	Sliced fruit, cheese and spaghetti toasties	Sliced fruit, fruit muffin

A late snack will be provided at 4:45 of fruit or rice crackers

Drinks: Water is always available to the children. Depending on the room they are in water will be supplied in a named sipper cup, by accessing cups and water independently, or by having their individually named water bottle brought by the child from home.

Key: Food groups are colour coded, so that at a glance you can easily review to ensure that all food groups are adequately represented.

Dairy Products (Waiu Hua)
Meat and Protein (Miti)

Bread and Cereals (Pararoa/Pata Kai)
Fruit (Hua Rakau)

Vegetables (Hua Whenua)