

(your centre's name)

Spring Weekly Menu – 2018

WEEK 3	Monday <i>Rāhina</i>	Tuesday <i>Rātu</i>	Wednesday <i>Rāapa</i>	Thursday <i>Rāpare</i>	Friday <i>Rāmere</i>
Morning Tea <i>Kai ō te ata</i>	<ul style="list-style-type: none">▶ Wholemeal Toast w/ Vegemite and Olive Oil Spread▶ Fresh Fruit	<ul style="list-style-type: none">▶▶▶ CP Bircher Muesli▶ Fresh Fruit	<ul style="list-style-type: none">▶▶ Fruit Toast w/ Cream Cheese▶ Fresh Fruit	<ul style="list-style-type: none">▶ Fresh Fruit Salad▶▶ Banana & Cinnamon Yoghurt	<ul style="list-style-type: none">▶ Toasted Wholegrain Muffin Splits w/ Olive Oil Spread▶▶ Cheese Cubes▶ Fresh Fruit
Lunch <i>Kai ō te tina</i>	<ul style="list-style-type: none">▶▶▶ Black Bean, Spinach & Cheese Quesadilla▶ (black beans, spinach, tomato)	<ul style="list-style-type: none">▶▶▶ Ginger Beef & Broccoli Noodles▶ (onion, celery, carrot, garlic, ginger, capsicum, broccoli)	<ul style="list-style-type: none">▶▶▶ Chicken & Cauli Mac n' Cheese▶ (onion, celery, carrot, cauliflower, herbs)	<ul style="list-style-type: none">▶▶▶ Sunshine Tuna Pilau▶ (onion, celery, carrot, capsicum, broccoli, corn)	<ul style="list-style-type: none">▶▶▶ Cheesy Beef, Tomato & Courgette Savoury Rice▶ (onion, celery, carrot, garlic, courgette, tomato, herbs)
Afternoon Tea <i>Kai ō te ahiahi</i>	<ul style="list-style-type: none">▶▶ Minted Pea Dip▶▶ Toasted Wholemeal Pita▶ Fresh Fruit	<ul style="list-style-type: none">▶▶▶ Wholemeal Mousetraps▶ Fresh Fruit	<ul style="list-style-type: none">▶▶▶ Homemade Date Scones▶ Fresh Fruit	<ul style="list-style-type: none">▶▶▶ Wholemeal Rice Crackers▶▶▶ Cheese Cubes & Raisins▶ Fresh Fruit	<ul style="list-style-type: none">▶▶▶ Homemade Hummus▶▶▶ Wholemeal Corn thins▶▶▶ Vegetable Sticks
Drinks <i>Ngā Inu</i>	Water	Water	Water	Water	Water
COLOUR CODE KEY	▼ Meat and Meat Alternatives	▼ Breads and Cereals Starchy Vegetables	▼ Milk and Milk Products	▼ Vegetables and Fruits	