

## Sample Menu

Please discuss your child's needs with your centre director if they have any specific dietary requirements or allergies.

	Morning Tea	Lunch	Afternoon Tea	Late Snack
Monday	<p>Cinnamon pita crisps served with fruit and yogurt</p> <p>Water/Milk</p>	<p><b>Vegetarian:</b></p> <ul style="list-style-type: none"> <li>Vegetarian frittata</li> <li>Tofu and vegetable Pad Thai</li> <li>Simple quiche with homemade relish</li> </ul> <p>Water</p>	<p>Avocado and tomato on toast / rice crackers served with fruit</p> <p>Water/milk</p>	<p>Homemade tomato relish and cheese rolls / avocado and scrambled egg rolls</p> <p>Water</p>
Tuesday	<p>Fruit scones served with fresh fruit</p> <p>Water/Milk</p>	<p><b>Beef / Lamb:</b></p> <ul style="list-style-type: none"> <li>Lamb, pumpkin and ricotta lasagne</li> <li>Beef and lentil crockpot with rice</li> <li>Lamb pita pockets</li> </ul> <p>Water</p>	<p>Fried cinnamon banana roll ups served with two fresh fruit options, grated carrot &amp; cucumber</p> <p>Water/Milk</p>	<p>Sandwich selection</p> <p>Water</p>
Wednesday	<p>Coconut and sesame bar served with fruit</p> <p>Water/Milk</p>	<p><b>Fish:</b></p> <ul style="list-style-type: none"> <li>Squashed potato tuna bake</li> <li>Salmon and pea fettuccine</li> <li>Fish fingers with kumara chips</li> </ul> <p>Water</p>	<p>Cheese &amp; crackers and homemade relish served with fruit</p> <p>Water/Milk</p>	<p>Cheese on English muffins</p> <p>Water</p>
Thursday	<p>Rice cakes with ricotta and chia jam served with fruit</p> <p>Water/Milk</p>	<p><b>Chicken:</b></p> <ul style="list-style-type: none"> <li>Chicken, vegetable quinoa with broccoli</li> <li>Pumpkin and chicken curry</li> <li>Baked chicken meatballs with spaghetti</li> </ul> <p>Water</p>	<p>Mouse traps (using homemade relish and cheese) served with two fresh fruit options, grated carrot &amp; cucumber</p> <p>Water/Milk</p>	<p>Eliza's healthy biscuits</p> <p>Water</p>
Friday	<p>Banana bran muffins served with fruit</p> <p>Water/Milk</p>	<p><b>Beef / Lamb:</b></p> <ul style="list-style-type: none"> <li>Beef massamam curry with rice</li> <li>Beef stir fry with noodles</li> <li>Slow cooked beef and harissa pizza</li> </ul> <p>Water</p>	<p>Triangle toasted wraps / wholegrain pita crisps, vegetable sticks and dips served with fruit (cucumber, carrot)</p> <p>Water/Milk</p>	<p>Bliss ball slice</p> <p>Water</p>

