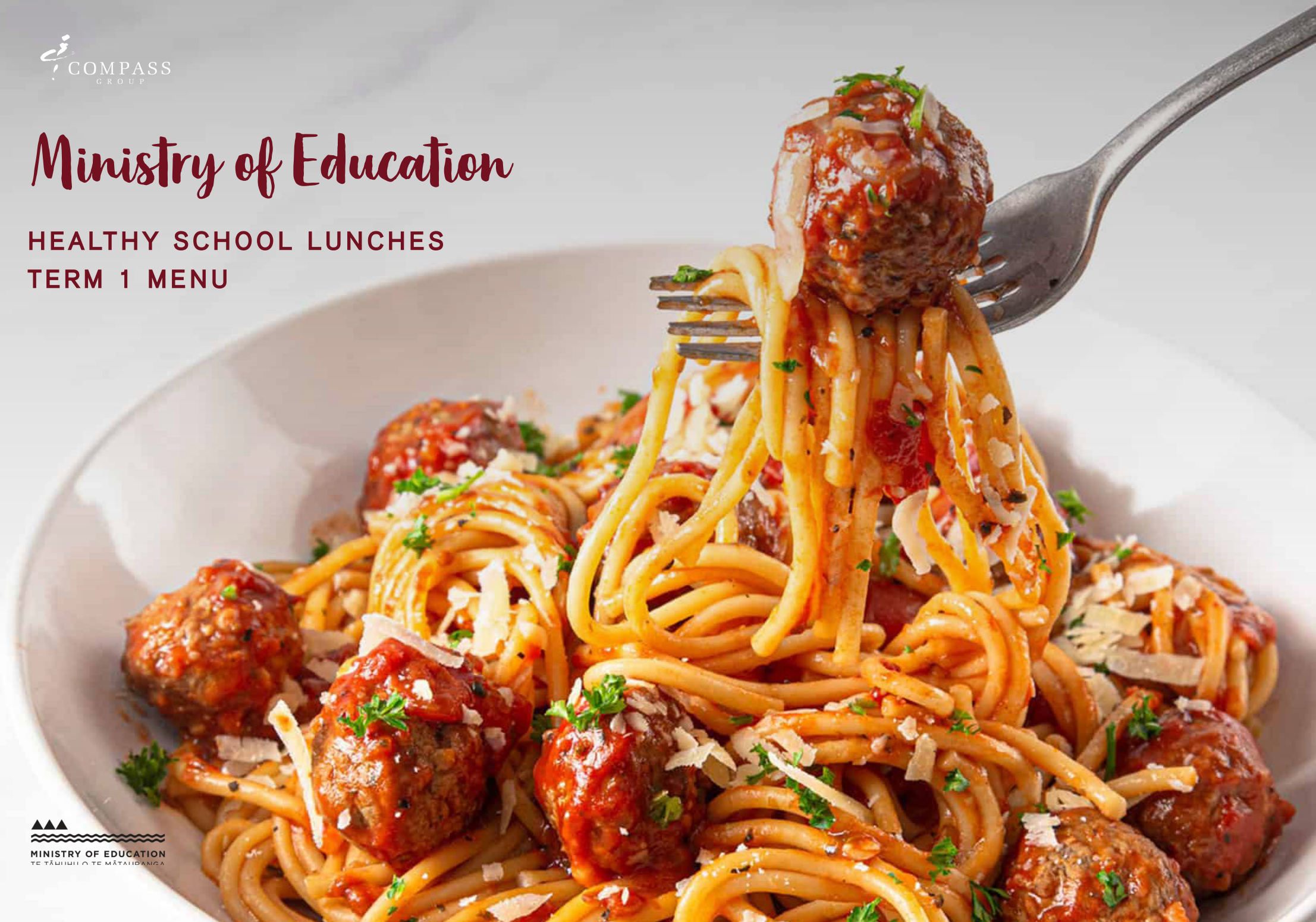


# Ministry of Education

HEALTHY SCHOOL LUNCHES  
TERM 1 MENU



# TERM 1 | WEEK 1 MENU

MENU IS TREE NUT FREE, PEANUT FREE, KIWIFRUIT FREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Standard Diets	<p>Teriyaki Chicken on Rice with Mayo &amp; Vege Batons</p> <p>Custard &amp; Peaches</p> <p>Seasonal Fruit/ Orange/Mandarin</p>	<p>Ham &amp; Cheese Club Sandwich</p> <p>Carrot Batons with Beetroot Hummus</p> <p>Strawberry Moogurt</p>	<p>Mac &amp; Cheese</p> <p>Kumara &amp; Garden Peas</p>	<p>Butter Chicken Wrap, Coleslaw &amp; Carrots</p> <p>Pikelets with Strawberry Jam</p> <p>Popcorn</p>	<p>Spaghetti Meatballs with Tomato Sauce, Veg &amp; Cheese</p>
Vegetarian Diets	<p>Teriyaki Sunfed 'Chicken' On Rice with Mayo &amp; Vege Batons</p> <p>Custard &amp; Peaches</p> <p>Seasonal Fruit/ Orange/Mandarin</p>	<p>Vegetarian Filled Wrap with Smashed Peas &amp; Feta</p> <p>Carrot Batons with Beetroot Hummus</p> <p>Strawberry Moogurt</p>	<p>Mac &amp; Cheese</p> <p>Kumara &amp; Garden Peas</p>	<p>BBQ Chickpea Wrap, Coleslaw &amp; Carrots</p> <p>Pikelets with Strawberry Jam</p> <p>Popcorn</p>	<p>Vegan Spaghetti Meatballs with Tom Sauce, Veg &amp; Vegan Cheese</p>

# TERM 1 | WEEK 2 MENU

MENU IS TREE NUT FREE, PEANUT FREE, KIWIFRUIT FREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Standard Diets	<p>Coronation Chicken Baguette with Lettuce &amp; Cucumber</p> <p>Popcorn</p> <p>Seasonal Fruit/ Orange/Mandarin</p>	<p>Ham &amp; Cheese Club Sandwich</p> <p>Carrot Batons with Beetroot Hummus</p> <p>Cookie Orange &amp; Chocolate</p>	<p>Cottage Pie with Mashed Potatoes</p>	<p>Chunky Pork, Coleslaw, Cucumber &amp; Cheese Baguette</p> <p>Strawberry Moogurt</p>	<p>Butter Chicken, White Rice, Steamed Vegetables</p>
Vegetarian Diets	<p>Vegan Coronation 'Chicken' Sub with Lettuce &amp; Cucumber</p> <p>Popcorn</p> <p>Seasonal Fruit/ Orange/Mandarin</p>	<p>Vegetarian Filled Wrap with Smashed Peas &amp; Feta</p> <p>Carrot Batons with Beetroot Hummus</p> <p>Cookie Orange &amp; Chocolate</p>	<p>Veg Mixed Bean Cottage Pie with Mashed Potato</p>	<p>Chorizo Hotdog Cheese Roll</p> <p>Strawberry Moogurt</p> <p>Carrot Batons with Beetroot Hummus</p>	<p>Butter Vegan 'Chicken' with Rice, Steam Vegetables</p>

# TERM 1 | WEEK 3 MENU

MENU IS TREE NUT FREE, PEANUT FREE, KIWIFRUIT FREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Standard Diets	<p>Teriyaki Chicken on Rice with Mayo &amp; Vege Batons</p> <p>Custard &amp; Peaches</p> <p>Seasonal Fruit/ Orange/Mandarin</p>	<p>Ham &amp; Cheese Club Sandwich</p> <p>Carrot Batons with Beetroot Hummus</p> <p>Strawberry Moogurt</p>	<p>Mac &amp; Cheese</p> <p>Kumara &amp; Garden Peas</p>	<p>Butter Chicken Wrap, Coleslaw &amp; Carrots</p> <p>Pikelets with Strawberry Jam</p> <p>Popcorn</p>	<p>Beef Lasagna with Kumara, Vege &amp; Cheese</p>
Vegetarian Diets	<p>Teriyaki Sunfed 'Chicken' on Rice with Mayo &amp; Vege Batons</p> <p>Custard &amp; Peaches</p> <p>Seasonal Fruit/ Orange/Mandarin</p>	<p>Vegetarian Filled Wrap with Smashed Peas &amp; Feta</p> <p>Carrot Batons with Beetroot Hummus</p> <p>Strawberry Moogurt</p>	<p>Mac &amp; Cheese</p> <p>Kumara &amp; Garden Peas</p>	<p>BBQ Chickpea Wrap, Coleslaw &amp; Carrots</p> <p>Pikelets with Strawberry Jam</p> <p>Popcorn</p>	<p>Vegetarian Lasagna with Kumara, Vege &amp; Cheese</p>

# TERM 1 | WEEK 4 MENU

MENU IS TREE NUT FREE, PEANUT FREE, KIWIFRUIT FREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Standard Diets	<p>Coronation Chicken Baguette with Lettuce &amp; Cucumber</p> <p>Popcorn</p> <p>Seasonal Fruit/ Orange/Mandarin</p>	<p>Ham &amp; Cheese Club Sandwich</p> <p>Carrot Batons with Beetroot Hummus</p> <p>Cookie Orange &amp; Chocolate</p>	<p>Spaghetti Meatballs with Tomato Sauce, Veg &amp; Cheese</p>	<p>Chunky Pork, Coleslaw, Cucumber &amp; Cheese Baguette</p> <p>Strawberry Moogurt</p>	<p>Cottage Pie with Mashed Potatoes</p>
Vegetarian Diets	<p>Vegan Coronation 'Chicken' Sub with Lettuce &amp; Cucumber</p> <p>Popcorn</p> <p>Seasonal Fruit/ Orange/Mandarin</p>	<p>Vegetarian Filled Wrap with Smashed Peas &amp; Feta</p> <p>Carrot Batons with Beetroot Hummus</p> <p>Cookie Orange &amp; Chocolate</p>	<p>Vegan Spaghetti Meatballs with Tomato Sauce, Veg &amp; Vegan Cheese</p>	<p>Chorizo Hotdog Cheese Roll</p> <p>Strawberry Moogurt</p> <p>Carrot Batons with Beetroot Hummus</p>	<p>Veg Mixed Bean Cottage Pie with Mashed Potato</p>

