

# Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Stewed fruit with brown rice porridge & milk	Homemade muesli with natural yoghurt & fresh fruit	Stewed fruit with quinoa porridge & milk	Baked beans with pitta dippers & Milk	Stewed fruit with brown rice porridge & milk
<b>LUNCH</b>	Kumara fish cakes with steamed greens	Sandwich/Lunch Box Day (Vegetarian) with a selection of salads	Beef & vegetable stir fry with noodles	Chicken & vegetable bolognese	Beef & bean mex with homemade tortilla crisps & raw vegetable sticks
<b>BABIES LUNCH</b>	Vegetable puree/ kumara fish cakes with steamed greens	Vegetable puree/ Deconstructed sandwiches	Vegetable puree/beef & vegetable stir fry with rice/quinoa	Vegetable puree/chicken with vegetables and rice/quinoa	Vegetable puree/ beef & vegetables with softened vegetable sticks
<b>AFTERNOON TEA</b>	Blueberry muffins with fruit	Veggie Bread & Milk	Berry scones with natural yoghurt	Wholemeal savoury Muffins with fruit & milk	Apple bliss balls and coconut custard
<b>BABIES AFTERNOON TEA</b>	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt



# Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Stewed fruit with brown rice porridge & milk	Homemade muesli with natural yoghurt & fresh fruit	Stewed fruit with quinoa porridge & milk	Baked beans with pitta dippers & Milk	Stewed fruit with brown rice porridge & milk
LUNCH	Tuna Curry with rice & Vegetables	Sandwich/Lunch Box Day (Vegetarian) with a selection of vegetables	Beef ragu with wholemeal pasta spirals & steamed vegetables	Teriyaki chicken with soba noodles & steamed greens	Beef casserole with polenta cauliflower & corn on the cob
BABIES LUNCH	Vegetable puree/tuna with vegetables & rice	Vegetable puree/ Deconstructed sandwiches	Vegetable puree/ beef ragu with steamed vegetables	Vegetable puree/ steamed chicken & vegetables with soba noodles	Vegetable puree/ beef casserole with cauliflower
AFTERNOON TEA	Oat & date slice with fresh fruit platter & milk	Courgette & cheese scones with fresh fruit platter	Hummus with vegetable sticks & rice crackers & Milk	Spiced apple Muffins & Milk	Muesli slice with fresh fruit platter & milk
BABIES AFTERNOON TEA	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt



# Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Stewed fruit with brown rice porridge & milk	Homemade muesli with natural yoghurt & fresh fruit	Stewed fruit with quinoa porridge & milk	Baked beans with pitta dippers & Milk	Stewed fruit with brown rice porridge & milk
LUNCH	Lentil Dahl with spinach, pumpkin, rice & yoghurt	Sandwich/Lunch Box Day (Tuna) with a selection of salads	Meatballs with wholemeal pasta	Apricot Chicken with peas and mashed potato	Moroccan lamb/beef with vegetables & couscous
BABIES LUNCH	Vegetable puree/ lentil dahl with rice & yoghurt	Vegetable puree/ Deconstructed sandwiches	Vegetable puree/ meatballs with vegetables	Vegetable puree/ chicken with peas & mashed potato	Vegetable puree/moroccan lamb/beef with couscous
AFTERNOON TEA	Banana Bread with fresh fruit platter & Milk	Pizza Scrolls with fresh fruit platter & milk	Wholemeal coconut & chia muffins with fresh fruit platter & milk	Savoury scones & vegetable platter	Carrot muffins with fresh fruit
BABIES AFTERNOON TEA	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt



## Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Stewed fruit with brown rice porridge & milk	Homemade muesli with natural yoghurt & fresh fruit	Stewed fruit with quinoa porridge & milk	Baked beans with pitta dippers & Milk	Stewed fruit with brown rice porridge & milk
LUNCH	Vegetable stir fry with noodles	Sandwich/Lunch Box Day (Chicken)	Chilli Con Carne with rice	Fish pie with potato & Kumara served with steamed carrots & beans	Beef & Black Bean Burritos with rice
BABIES LUNCH	Vegetable puree/ Vegetable stir fry with noodles	Vegetable puree/ Deconstructed sandwiches	Vegetable puree/ beef mince with vegetables & rice	Vegetable puree/ Fish pie with potato & kumara with carrots & beans	Vegetable puree/ beef & vegetables with rice
AFTERNOON TEA	Banana & Coconut cookies with fresh fruit platter & Milk	Fruit scrolls & vegetable platter	Date scones with chia jam and fresh fruit platter	Courgette & Apple Loaf with milk	Dips with vegetable sticks & rice crackers & Milk
BABIES AFTERNOON TEA	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt	Fruit puree and yoghurt

