

Planned Healthy Heart menu

23rd January to 3rd February

Week 23 rd – 27 th	MONDAY Mane	TUESDAY Tūrei	WEDNESDAY Wenerei	THURSDAY Tāite	FRIDAY Paraire
Morning tea Kai Mo te ata	Fruit platters, milk & water are provided for morning & afternoon tea				
	Marmite sandwich	Garlic bread	Cheese sandwich	Pancakes	Cheese toasties
Lunch Kai Mō Poupoutanga O te rā	Corn fritters, potatoes, & salad	Mince pies, potato, carrot peas	Thai chicken Curry & rice	Crumbed fish, potato & vegetables	Meat balls, tomato sauce & noodles
	Chocolate Mousse	Sago jelly ō fruit	Queen Pudding	Apple crumble	Lemon Ice
Afternoon tea Kai mō te ahiahi	Crackers, relish & cheese	Hummus ō pita bread & vegetables	Pikelets	Popcorn, cheese sticks	Berry muffins
Week 30 th – 3 rd	MONDAY Mane	TUESDAY Tūrei	WEDNESDAY Wenerei	THURSDAY Tāite	FRIDAY Paraire
Morning tea Kai Mo te ata	Fruit platters, milk & water are provided for morning & afternoon tea				
	Corn rolls	Cheese toasties	Jam sandwiches	Whole meal cheese rolls	Egg sandwiches
Lunch Kai Mō Poupoutanga O te rā	Smoked fish pie, potato & vegetables	Roast chicken ō vegetables	Sweet & sour sausages ō rice	Tomato pasta bake	Meat loaf, potato and salad
	Fruit salad	Marshmallow fluff ō fruit	Chocolate custard ō fruit	Fruit sponge	Self-saucing pudding
Afternoon tea Kai mō te ahiahi	Crostinis & salsa	Spicy bean dip ō vegetable crudités	Apple muffin	Banana Muffin	Cheese & marmite scrolls

Whilst every attempt is made to provide what has been listed, sometimes we may have to vary the diet depending on costing's, produce availability and the weather. Any variations are listed on the daily blackboard.