

Nourishing the minds of future generations



# Term 1 - men4 1 - 2025

Weeks 7 and 8

= cold meal

A wide range of dietary needs are catered for. Please note that akonga/student meals may vary from the titles listed below:

#### Monday / Rāhina



Main: Beef pasta bolognese

Bun slider Snack:

Dietary Main: Vegan pasta in chunky tomato sauce

GF bun Dietary Snack:

# tuesday / Rātu 🌞



Main: Ham & cheese salad wrap

Dietary Main: Vegan tenders & salad wrap

Fresh fruit Snack:

# Wednesday / Rāapa



Main: Cheesy tomato pasta with meatballs

Cookie Snack:

Dietary Main: Veggie bites with velvety vegan pasta

Dietary Snack: Fruit salad

## thursday / Rapare



Main: Butter chicken with rice

Snack: Naan bread

Dietary Main: Chickpea curry with rice

Dietary Snack: GF pita bread

#### Friday / Ramere

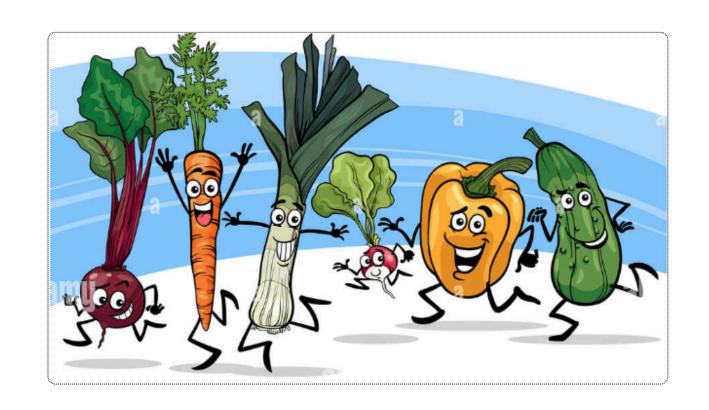


Bacon mac 'n cheese Main:

Snack: Banana bread

Dietary Main: Creamy vegan pasta

Dietary Snack: Vegan custard





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# Term 1 - meny 2 - 2025

Weeks 3, 4, 9 and 10

🗱 = cold meal

A wide range of various dietary needs are catered for. Please note that ākonga/student meals may vary from the titles listed below:

#### Monday / Rāhina



Main: Tex-Mex beef & veg
Snack: Flatbread triangles
Dietary Main: Vegetarian Tex-Mex
Dietary Snack: GF pita bread

#### tuesday / Rātu



Main: Creamy chicken & bacon spaghetti

Snack: Brownie

Dietary Main: Creamy vegan pasta

Dietary Snack: Fruit salad

## Wednesday / Rāapa



Main: Crumbed chicken teriyaki donburi

Snack: Muffin

Dietary Main: Vegan tender teriyaki donburi

Dietary Snack: Vegan custard

# thursday / Rapare





Main: Roast beef & cheese salad wrap

Dietary Main: Vegan pattie & salad wrap

Snack: Fresh fruit

#### Friday / Ramere



Main: Butter chicken with rice

Snack: Naan bread

Dietary Main: Vegetarian curry with rice

Dietary Snack: GF pita bread





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# Term 1 - meny 3 - 2025

Weeks 5, 6 and 11

🌞 = cold meal

A wide range of various dietary needs are catered for. Please note that ākonga/student meals may vary from the titles listed below:

#### Monday / Rāhina



Main: Bacon and tomato pasta

Snack: Bun slider

Dietary Main: Vegan tomato pasta

Snack: GF bun



#### tuesday / Rātu

Main: Herbed chicken drumstick with potato & bacon salad

Dietary Main: Vegan pattie with potato salad

Snack: Veggie sticks and dip



## Wednesday / Rāapa

Main: Beef korma curry with rice

Snack: Naan bread

Dietary Main: Vegetarian curry with rice

Dietary Snack: GF pita bread



## thursday / Rapare

Main: Chicken tender mac 'n cheese

Snack: Cookie

Dietary Main: Vegan mac 'n cheese with plant-based tenders

Dietary Snack: Fruit salad



# Friday / Ramere



Main: Crumbed chicken burger

Dietary Main: Vegetarian burger

Snack: Fresh fruit

