

Nourishing the minds of future generations



# Term 1 - men4 1 - 2025

### Week 1

🗼 = cold meal

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

# tuesday / Rātu



Main: Beef pasta bolognese

Snack: Bun slider

Dietary Main: Vegan pasta in chunky tomato sauce

Dietary Snack: GF bun

# Wednesday / Rāapa



Main: Cheesy tomato pasta with meatballs

Snack: Cookie

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

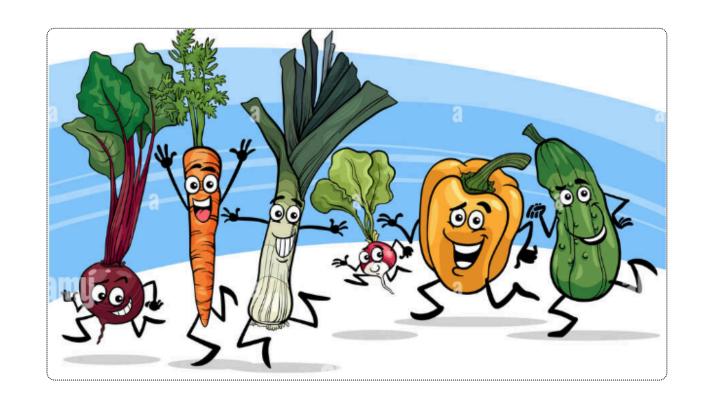
# Friday / Ramere

Main: Bacon mac 'n cheese

Snack: Banana bread

Dietary Main: Creamy vegan pasta

Dietary Snack: Vegan custard





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#### Week 2

🗱 = 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:

### Menday / Rāhina



Main: Beef pasta bolognese

Snack: Bun slider

Dietary Main: Vegan pasta in chunky tomato sauce

Dietary Snack: GF bun

# tuesday / Ratu



Main: Ham & cheese salad wrap

Dietary Main: Vegan tender & salad wrap

Snack: Fresh fruit

# Wednesday / Rāapa



Main: Cheesy tomato pasta with meatballs

Snack: Cookie

Dietary Main: Veggie bites with velvety vegan pasta

Dietary Snack: Fruit salad

# thursday / Rapare



No service - Waitangi Day holiday

# Friday / Ramere

Main: Bacon mac 'n cheese

Snack: Banana bread

Dietary Main: Creamy vegan pasta

Dietary Snack: Vegan custard



