

Tangaroa

Wāhanga Tahī

Week 6

<p>Mane</p>	<p>Tūrei</p>	<p>Wenerēi</p>	<p>Taite</p>	<p>Paraire</p>
<p>Bacon and Egg quiches Bacon chunks, shredded spinach, eggs and onions and topped with cheese cooked and served with a slice of fresh buttered multigrain bread Alternatives: Vegetarian option using chickpeas as a replacement and removing the bacon. Sides: chunky veg sticks and dip.</p>	<p>Sushi bowls teriyaki chicken served on rice accompanied with freshly sliced cucumber, carrots, cabbage and seaweed with extra teriyaki sauce and poppy seeds for topping Side: Seasonal fruit and yoghurt Alternatives: Vegetarian option - remove the chicken add avocado and egg.</p>	<p>Mac and Cheese Macaroni pasta cooked and served in a cheesy white sauce accompanied with fresh veg and ham pieces. Alternatives: Vegetarian option using chickpeas as a replacement. Sides: fresh veg sliced and served with hummas.</p>	<p>Meatball subs Meatballs cooked into a gravy beef tomato sauce and served in a whole meal long roll with seasonal salad and cheese for topping. Alternatives: Vegetarian subs available - mushroom and mixed beans as replacement. Sides: Biscuits and Seasonal fruit (Biscuits could range between store brought or freshly baked)</p>	<p>Bacon and Egg quiches Bacon chunks, shredded spinach, eggs and onions and topped with cheese cooked and served with a slice of fresh buttered multigrain bread Alternatives: Vegetarian option using chickpeas as a replacement and removing the bacon. Sides: chunky veg sticks and dip.</p>
<p>Alternatives: (There will always be an alternative meal to fit diet restrictions of the child) If any questions or concerns please do not hesitate to contact the Kura for more info.</p> <p>Sides and fillings may alter so suit what's within season and what's available for use at the time.</p> <p><small>Menu created and provided by TIKKOM Ringa Wera Ashleigh Harris-Lidgins.</small></p>				

Rongo

Wāhanga Tahī

Week 1

<p>Mane</p>	<p>Tūrei</p>	<p>Wenerēi</p>	<p>Taite</p>	<p>Paraire</p>
<p>Ham & Eggs Sandwiches (Wholemeal bread, Ham, egg, cheese, salad and mayo) Alternatives: Vegetarian option - remove the meat and add extra mashed egg. Side: Yoghurt and seasonal fruit. Alternatives: Dairy free yoghurt available to those with diet restrictions.</p>	<p>Spaghetti Bolognese (Mince and loaded vegetables mixed within a tomato gravy sauce, topped with cheese and served with pasta) Alternatives: Vegetarian option - Remove the mince, serve with lentils and mushrooms. Side: Seasonal fruit and low-fat rice cakes.</p>	<p>Chicken Fettuccine (Small bite size chicken pieces cooked and served in a low fat creamy white sauce loaded with seasonal vegetables and whole meal pasta) Alternatives: vegetarian and dairy free option available with the use of Tofu pieces. dairy free option sauce which is created using coconut cream/milk. Sides: Brownie and fruit salad.</p>	<p>Nachos (Mince, beans and vegetables mixed in a mild tomato gravy sauce, served with corn chips and cheese for toppings. Alternatives: Vegetarian nachos available - mushroom and mixed beans as replacement. Sides: Biscuits and Seasonal fruit (Biscuits could range between store brought or freshly baked)</p>	<p>Sweet and Sour pork (Bite sized pork pieces, mixed vegetables marinated and slow cooked in a sweet and sour sauce served with brown rice) Alternatives: Vegetarian option using chickpeas as a replacement. Sides: Weetabix slice and low-fat yoghurt.</p>

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Sides and fillings may alter so suit what's within season and what's available for use at the time.

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