

# Rising Stars Weekly Menu



<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Morning Tea</i> <i>Kai o te ata</i>	Wholegrain Fruit Toast Seasonal Fruits Milk and Water	Wholegrain Apple Muffins Seasonal Fruits Milk and Water	Cheese on Toast Seasonal Fruits Milk and Water	Oaty Piklets Seasonal Fruits Milk and Water	Lunch
<i>Lunch</i> <i>Kai o te tina</i>	Lentil Bolognaise topped with cheese	Homemade pizza	Chicken Nachos	Lamb Buritos With mushrooms, carrots and tomatoes	Box
<i>Afternoon Tea</i> <i>Kai o te ahiahi</i>	Carrot Sticks, Seasonal Fruits Crackers and Hummus Water	Veg Platter with Hummus Seasonal Fruits Water	Rice Crackers Seasonal Fruits Yogurt Water	Anzac Biscuits Seasonal Fruits Water	Day  *Yogurt is always serve on Fridays

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<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Morning Tea</i> <i>Kai o te ata</i>	<i>Wholegrain English Muffins</i> <i>Seasonal Fruits</i> <i>Milk and Water</i>	<i>Toast Fingers</i> <i>Seasonal Fruits</i> <i>Milk and Water</i>	<i>Smoothie</i> <i>Wholemeal Vegemite Toast</i> <i>Seasonal Fruit</i> <i>Water</i>	<i>Oaty Piklets</i> <i>Seasonal Fruits</i> <i>Milk and Water</i>	<i>Lunch</i>
<i>Lunch</i> <i>Kai o te tina</i>	<i>Carrot &amp; Spinach Frittata</i>	<i>Lamb/ Lentil Bolognese</i>	<i>Fish, Celery</i> <i>Kedegrie</i>	<i>Paneer Curry with rice</i>  <i>Naan Bread</i>	<i>Box</i>
<i>Afternoon Tea</i> <i>Kai o te ahiahi</i>	<i>Cheese pizza bread</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Wholemeal Muffins</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Lemon, Coconut Bread</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Rice Cakes</i> <i>Veg sticks with Hummus</i> <i>Seasonal Fruits</i>	<i>Day</i>  <i>* yogurt is always served on Fridays</i>

# Rising Stars Weekly Menu



<i>Week 3</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Morning Tea</i> <i>Kai o te ata</i>	<i>Wholegrain Fruit Toast</i> <i>Seasonal Fruits</i> <i>Milk and Water</i>	<i>Cheese on Toast</i> <i>Seasonal Fruits</i> <i>Milk and Water</i>	<i>Wholegrain Fruit Toast</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Vegemite Scrolls</i> <i>Seasonal Fruits</i> <i>Milk and Water</i>	<i>Lunch</i>
<i>Lunch</i> <i>Kai o te tina</i>	<i>Club Sandwiches</i>	<i>Veg &amp; Cheese Frittata</i>  <i>Oven Baked Wedges</i>	<i>Roast Chicken</i> <i>Potatoes &amp; Kumara</i>	<i>Lamb &amp; Veg Fried Noodles</i>	<i>Box</i>
<i>Afternoon Tea</i> <i>Kai o te ahiahi</i>	<i>Cheese &amp; Crackers</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Banana</i> <i>Wholemeal Muffins</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Veg platter with Hummus</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Oaty Peach Piklets</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Day</i>  <i>* yogurt is always served on Fridays</i>

# Rising Stars Weekly Menu



<i>Week 4</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Morning Tea</i> <i>Kai o te ata</i>	<i>Fruit Toast</i> <i>Seasonal Fruits</i> <i>Milk and Water</i>	<i>Wholemeal English Muffins</i> <i>Seasonal Fruits</i> <i>Milk and Water</i>	<i>Cheese on Toast</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Oaty Piklets</i> <i>Seasonal Fruits</i> <i>Milk and Water</i>	<i>Lunch</i>
<i>Lunch</i> <i>Kai o te tina</i>	<i>Mexican Lamb Wraps</i> <i>Lamb mince, kidney beans, tinned tomatoes, corn kernels, onion, cheese, wholemeal wraps.</i>	<i>Butter Chicken</i>  <i>Naan Bread</i>	<i>Vegetable Rolls</i> <i>Zucchini, onion, corn kernels, carrots, cottage cheese, rolled oats, eggs, pastry, sweet chilli sauce.</i>	<i>Tuna Pasta Bake</i>	<i>Box</i>
<i>Afternoon Tea</i> <i>Kai o te ahiahi</i>	<i>Raisin Wholemeal Muffin</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Homemade Biscuits</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Veg platter with Hummus</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>VegeMite Scrolls</i> <i>Seasonal Fruits</i> <i>Water</i>	<i>Day</i>  <i>* yogurt is always served on Fridays</i>