

## Sample Summer Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	<b>Matariki:</b> Rice bubbles or cornflakes served with sliced banana	Seasonal fruit, apples, pears, oranges, banana, carrot sticks.	Smoothie; Blueberry, mixed berry or Banana with apple juice/milk/coconut milk	No-sugar added, Banana and blueberry wholemeal muffins	Greek yoghurt with diced peaches or pears
	<b>Koru &amp; Tui:</b> Fresh seasonal fruit				
Lunch	Sandwiches or wraps; shredded chicken, lean ham, grated carrots, lettuce and chutney	Couscous, tuna, peas, grated carrots, baby tomatoes, olive oil (cold)	Vegetable frittata; seasonal vegetables, kumara, spinach leaves	Chicken, tomato, basil with pumpkin, cherry tomatoes and baby spinach (cold)	Matariki children bring your own lunchbox from home filled with your healthy lunch.
					<b>Under 2's:</b> Chef's choice of sandwiches
Afternoon Tea	Pikelets; Plain, Blueberry or Banana	Sugar-free Sultana muffins, wholemeal flour, grated carrot & courgette, Greek yoghurt	Greek yoghurt and fresh fruit ( <i>seasonal selection</i> )	Selection of seasonal fruit, carrots & cucumber sticks, cheese, hummus and brown rice crackers	Muesli bar slice; dates, raisins, oats, pumpkin seeds, sesame seeds
Late Snack	Assortment of wholemeal crackers, corn thins, dried fruits and spreads: Cream cheese, hummus, marmite				
Infants	Mashed vegetables served with beef, chicken or fish, Puree fruits or seasonal fruits, Greek Yoghurt				