

Menu Week 3

Week Beginning 20th October



Meal Type	Monday	Tuesday	Wednesday	Thursday	Friday
STANDARD	Beef Bolognese Sauce with Pasta Waikato Only: Savoury Minced Beef & Potatoes	Italian Minced Beef with Rustic Potatoes	Tex Mex Beef with Rice Waikato Only: Savoury Minced Beef & Potatoes	Butter Chicken & Veg on Rice	Beef Meatballs, Vegeful Sauce on Pasta
VEGETARIAN	Thai Veg Curry & Rice	Tomato Balti with Rice	Mexican Beans & Rice	Lentil & Tofu Curry with Rice	Indian Vegetable Curry
VEGAN	Thai Veg Curry & Rice	Tomato Balti with Rice	Mexican Beans & Rice	Lentil & Tofu Curry with Rice	Indian Vegetable Curry
NO GLUTEN	Thai Veg Curry & Rice	Italian Minced Beef with Rustic Potatoes	Tex Mex Beef with Rice	Butter Chicken & Veg on Rice	Indian Vegetable Curry
SNACKS	Dinner Roll Corn Chips	Anzac Cookie Chickpea Cracker	Popcorn Carrot Cake Slice	Fresh Fruit Chickpea Cracker	Yoghurt Popcorn
DIETARY SNACKS	Fresh Fruit Popcorn	Fresh Fruit Popcorn	Fresh Fruit Popcorn	Fresh Fruit Popcorn	Fresh Fruit Popcorn

THIS MENU **DOES NOT CONTAIN** TREE NUTS, PEANUTS, PORK, SEAFOOD OR KIWFRUIT