



# Ka Pai Kai

## AOTEAROA

### Term 4 Menu 2023

#### Weeks 1, 2, 7, 8

Please note all dietary meals are catered for and tamariki meals may vary from the titles listed below

### Monday

Main		Teriyaki beef mince and veggie donburi
Dietary Main		Vegetarian teriyaki donburi
Side		Fresh fruit
Dietary Side		Fresh fruit

### Tuesday

Main		Crumbed chicken salad wrap lunchbox
Dietary Main		Plant based tender wrap lunchbox
Side		Carrot sticks and butternut hummus dip
Dietary Side		Carrot sticks and dip

### Wednesday

Main		Beef korma curry with rice
Dietary Main		Chickpea curry with rice
Side		Naan bread
Dietary Side		Pita bread

### Thursday

Main		Sliced ham, cheese and salad bun
Dietary Main		Smashed pumpkin and lentil salad bun
Side		Fruit yoghurt
Dietary Side		Vegan cookie

### Friday

Main		Chicken drumstick with veggies, mash and gravy
Dietary Main		Veggie amazeballs with veggies, mash and gravy
Side		Sweet muffin
Dietary Side		Vegan cookie