



## Ka Pai Kai AOTEAROA

### Term 4 Menu 2023

Weeks 3, 4, 9, 10

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

#### Monday

Main		Pineapple sweet and sour meatballs with rice
Dietary Main		Veggie pineapple sweet and sour with rice
Side		Cookie
Dietary Side		Vegan cookie

#### Tuesday

Main		Sliced ham, cheese and salad wrap
Dietary Main		Veggie pattie, vegan cheese salad wrap
Side		Fresh fruit
Dietary Side		Fresh fruit

#### Wednesday

Main		Crumbed chicken and veggie donburi
Dietary Main		Plant based tender and veggie donburi
Side		Pretzels
Dietary Side		Fresh fruit

#### Thursday

Main		Sliced roast beef, cheese and salad bun
Dietary Main		Veggie pattie, vegan cheese and salad bun
Side		Fruit yoghurt
Dietary Side		Fruit salad

#### Friday

Main		Chicken drumstick, potato bacon salad with slaw
Dietary Main		Plant based tender, potato salad with slaw
Side		Brownie
Dietary Side		Vegan cookie