



# Ka Pai Kai

## AOTEAROA

### Term 4 Menu 2023

#### Weeks 5, 6

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

### Monday

Main		Swedish styled meatballs with cheesy pasta
Dietary Main		Swedish styled veggie amazeballs with pasta
Side		Cookie
Dietary Side		Vegan cookie

### Tuesday

Main		Sliced silverside wrap lunchbox
Dietary Main		Veggie pattie wrap lunchbox
Side		Carrot sticks with butternut hummus dip
Dietary Side		Carrot sticks with dip

### Wednesday

Main		Crumbed pork and veggie donburi
Dietary Main		Veggie amazeballs and veggie donburi
Side		Fresh fruit
Dietary Side		Fresh fruit

### Thursday

Main		Crumbed chicken, cheese and salad bun
Dietary Main		Plant based tender, vegan cheese salad bun
Side		Fruit yoghurt
Dietary Side		Fruit salad

### Friday

Main		Teriyaki beef and veggie stir fry with noodles
Dietary Main		Teriyaki veggie stir fry with noodles
Side		Cookie
Dietary Side		Vegan cookie