



Panui kai – Bizzy Kidz

Wiki ko tahi - Week one

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
 <h3>Kai ō te ata - Morning tea</h3>				
Toast and English muffins with vegemite or just butter spread. Fruit (1, 7)	Toast and English muffins with vegemite or just butter spread. Fruit (1, 7)	Toast and crumpets with vegemite or just butter spread. Fruit (1, 7)	Toast and fruit toast with just butter spread. Fruit (1, 7)	Toast and crumpets with vegemite or just butter spread. Fruit (1, 7)
With every morning and afternoon tea, a variety of banana, orange, apple, pear and grapes are served. There are seasonal variations to this as well, adding in melons, stone fruits, kiwi fruit and other fruits depending on the season. Water is offered to drink.				
<h3>Kai ō te tina - Lunch</h3> 				
Vegetable soup with bread (1, 7)	Lamb bolognaise with spaghetti (1, 12)	Chicken korma with rice (1, 7)	Vegetable tomato pasta (1, 12)	Fish pie filling with mash (7, 8, 12)
Vegetarian option: NA	Vegetarian option: Quorn bolognaise with spaghetti (1, 9, 12)	Vegetarian option: Chickpea korma with rice (1, 7)	Vegetarian option: NA	Vegetarian option: Cannellini bean and vegetable pie filling with mash (7, 8)
 <h3>Kai ō te ahi ahi – Afternoon tea</h3>				
Rice crackers with cheese Krispie biscuit Fruit (1, 7)	Fruit English muffins Vegetable crisps Fruit (1, 7)	Cream crackers with cream cheese or butter Arrowroot biscuit Fruit (1, 7)	Pita bread with hummus Scotch finger biscuit Fruit (1, 7)	Sliced chicken or cheese sandwiches Superwine biscuit Fruit (1, 7)

Wiki rua - Week two

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
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Kai ō te ata - Morning tea

Toast and English muffins with vegemite or just butter spread. Fruit	Toast and English muffins with vegemite or just butter spread. Fruit	Toast and crumpets with vegemite or just butter spread. Fruit	Toast and fruit toast with just butter spread. Fruit	Toast and crumpets with vegemite or just butter spread. Fruit
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With every morning and afternoon tea, a variety of banana, orange, apple, pear and grapes are served. There are seasonal variations to this as well, adding in melons, stone fruits, kiwi fruit and other fruits depending on the season.
Water is offered to drink.

Kai ō te tina - Lunch



Dahl and rice (12)	Macaroni cheese with tomato and cucumber slices on the side (1, 7, 12)	Shepherds pie filling and mash (1, 7, 12)	Fish and vegetable soup with bread (7, 8, 12)	Chicken chow mein with vermicelli (1, 3)
Vegetarian option: NA	Vegetarian option: NA	Vegetarian option: Quorn pie filling and mash (1, 7, 9,12)	Vegetarian option: Vegetable soup and bread (7, 12)	Vegetarian option: Vegetable chow mein and vermicelli (3)



Kai ōte ahi ahi – Afternoon tea

Rice crackers with cheese Krispie biscuit Fruit (1, 7)	Fruit English muffins Vegetable crisps Fruit (1, 7)	Cream crackers with cream cheese or butter Arrowroot biscuit Fruit (1, 7)	Pita bread with hummus Scotch finger biscuit Fruit (1, 7)	Sliced chicken or cheese sandwiches Superwine biscuit Fruit (1, 7)
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Wiki toru - Week three

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
 <h2 style="color: green;">Kai ō te ata - Morning tea</h2>				
Toast and English muffins with vegemite or just butter spread. Fruit (1, 7)	Toast and English muffins with vegemite or just butter spread. Fruit (1, 7)	Toast and crumpets with vegemite or just butter spread. Fruit (1, 7)	Toast and fruit toast with just butter spread. Fruit (1, 7)	Toast and crumpets with vegemite or just butter spread. Fruit (1, 7)
<p>With every morning and afternoon tea, a variety of banana, orange, apple, pear and grapes are served. There are seasonal variations to this as well, adding in melons, stone fruits, kiwi fruit and other fruits depending on the season. Water is offered to drink.</p>				
<h2 style="color: green;">Kai ō te tina - Lunch</h2>				
Tuna and tomato sauce with fusilli (1, 8, 12)	Chicken vegetable curry with rice (12)	Vegetable vermicelli and rice (1, 3)	Lamb bolognaise with spaghetti (1, 12)	Vegetarian devilled sausages with mash (1, 3, 6)
Vegetarian option: Tomato and vegetable fusilli (8, 12)	Vegetarian option: Chickpea and vegetable curry with rice (12)	Vegetarian option: NA	Vegetarian option: Quorn bolognaise with spaghetti (1, 9, 12)	Vegetarian option: NA
 <h2 style="color: green;">Kai ō te ahi ahi – Afternoon tea</h2>				
Rice crackers with cheese Krispie biscuit Fruit (1, 7)	Fruit English muffins Vegetable crisps Fruit (1, 7)	Cream crackers with cream cheese or butter Arrowroot biscuit Fruit (1, 7)	Pita bread with hummus Scotch finger biscuit Fruit (1, 7)	Sliced chicken or cheese sandwiches Superwine biscuit Fruit (1, 7)

Wiki wha - Week four

Rāhina - Monday	Rātū - Tuesday	Rāapa - Wednesday	Rāpare - Thursday	Rāmere - Friday
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Kai ō te ata - Morning tea

Toast and English muffins with vegemite or just butter spread. Fruit (1, 7)	Toast and English muffins with vegemite or just butter spread. Fruit (1, 7)	Toast and crumpets with vegemite or just butter spread. Fruit (1, 7)	Toast and fruit toast with just butter spread. Fruit (1, 7)	Toast and crumpets with vegemite or just butter spread. Fruit (1, 7)
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With every morning and afternoon tea, a variety of banana, orange, apple, pear and grapes are served. There are seasonal variations to this as well, adding in melons, stone fruits, kiwi fruit and other fruits depending on the season. Water is offered to drink.

Kai ō te tina - Lunch

Chickpea and vegetable curry	Fish pie filling and mash (7, 8, 12)	Butter chicken and rice (7)	Shepherd's pie filling with mash (7, 12)	Vegetable & tomato pasta (1, 12)
Vegetarian option: NA	Vegetarian option: Cannellini beans and vegetable pie filling with mash (7, 12)	Vegetarian option: Butter butterbeans and vegetables with rice (7)	Vegetarian option: Quorn shepherd's pie filling with mash (7, 9, 12)	Vegetarian option: NA



Kai ō te ahi ahi – Afternoon tea

Rice crackers with cheese Krispie biscuit Fruit (1, 7)	Fruit English muffins Vegetable crisps Fruit (1, 7)	Cream crackers with cream cheese or butter Arrowroot biscuit Fruit (1, 7)	Pita bread with hummus Scotch finger biscuit Fruit (1, 7)	Sliced chicken or cheese sandwiches (1, 7)
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Further information:

Allergen coding:

(1) Cereals incl. gluten and wheat. (2) Crustaceans. (3) Soybean. (4) Mustard. (5) Sesame. (6) Sulphites/ Sulphur dioxide. (7) Milk and dairy. (8) Fish. (9) Egg. (10) Peanuts. (11) Molluscs. (12) Celeriac/ celery. (13) Nuts. (14) Lupins.

Fruit and vegetables-

Hard fruits and vegetables, such as apple and carrot are served cooked or grated for under threes. Grapes, tomatoes and other round firm fruits and vegetables are cut up to prevent a choke hazard.

Vegetables are added to all of our meals. Our regular vegetables used are; celery, onion, carrots, beans, peas, corn, broccoli, cucumber, courgette, peppers (red, orange, green, yellow). Tomatoes- both fresh and tinned.

Onions, garlic and herbs are also used daily to season foods.

Spices

Are used daily. Our commonly used spices are: Turmeric, Kashmiri masala, chilli, ginger, garam masala, cumin seeds,

Salt

No additional salt is used in the cooking.

Massel salt reduced stock cubes are used sparingly in soup, tomato and vegetable sauce.

Sugar

Is avoided. Where we have biscuits or cake from parties only one biscuit or a small piece of cake is offered.

Oil

Canola oil is our cooking oil

Weaning-

Children who are weaning will have their own menu tailored to their stage of weaning. This will be set between the parents and babies' key person.

Allergies and dietary requirements-

Parents will consult with the group team leader and or touchstone teacher as to the dietary requirements for their child. Alternatives will be made each day the menu does not fit their needs. They will be given a similar alternative, which they will be informed of.

Preferences-

If there are any items on the menu that a parent may not want their child to eat, they are welcome to inform the team leader and they will be given an alternative.