

# Akoranga Childcare Centre Autumn and Winter Menu | Week One

	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
<p><b>Morning tea</b> <b>Kai ō te ata</b></p> <p>Served daily with fresh cut seasonal fruit.</p>	Wholegrain crackers and cheese.	Wholemeal tuna and lettuce sandwiches	Porridge made with milk and fruit	Cheesy scrambled eggs on wholemeal toast.	Beetroot hummus with wholemeal pita bread triangles and veggie sticks
<b>Drinks: Ngā inu</b>	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
<p><b>Lunch</b> <b>Kai ō te tina</b></p>	<p>Mild beef curry on brown rice served with peas and corn</p> <p>Infants: Pureed/mash vegetables and beef</p> <p>Vegetarian option: Beans curry served on brown rice</p>	<p>Creamy pasta with egg and green beans Served with broccoli and beetroot</p> <p>Infants: Beef with pureed/mash vegetables and beans</p>	<p>Smoked salmon pizza served with cauliflower and potato</p> <p>Infants: Pureed/mash vegetables and fish.</p> <p>Vegetarian option: Chili beans pizza</p>	<p>Beef Sapasui served with green beans and corn.</p> <p>Infants: Pureed/mash vegetables and beef.</p> <p>Vegetarian option: egg Sapasui</p>	<p>Chicken risotto served with broccoli and pumpkin</p> <p>Infants: Pureed/mash Vegetables and chicken.</p> <p>Vegetarian option: Pumpkin &amp; Chickpea Risotto</p>
<b>Drinks: Ngā inu</b>	Water	Water	Water	Water	Water
<p><b>Afternoon tea</b> <b>Kai ō te ahiahi</b></p> <p>Served daily with fresh cut seasonal fruit.</p>	Pikelets with fruit	Carrot cake	Quick quesadillas.	Corn thins with hummus and veggie sticks.	Banana bread
<b>Drinks: Ngā inu</b>	Water	Water	Water	Water	Water



All Infant meals contain the vegetables and either legumes or the animal protein served to over ones. An approx. texture guide is: 6months receive pureed food, 7-8months mashed/lumpy and 9-12months chopped/finger or centre foods. 12 months+ receive centre foods.



All baking goods are prepared with half white and half wholemeal flour.

# Akoranga Childcare Centre Autumn and Winter Menu | Week Two

	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
<p><b>Morning tea</b> <b>Kai ō te ata</b></p> <p>Served daily with fresh cut seasonal fruit.</p>	Wholemeal cheese toast	Wholemeal crackers with pea puree.	Wheat biscuits served with milk.	Bircher muesli	Yogurt and fruit with oatly crumble.
<b>Drinks: Ngā inu</b>	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
<p><b>Lunch</b> <b>Kai ō te tina</b></p>	<p>Savoury mince on brown Rice served with broccoli and green beans</p> <p>Infants: Pureed/mash vegetables and beef.</p> <p>Vegetarian option: Beans served on brown rice</p>	<p>Tuna and cauliflower mac n cheese served corn and peas</p> <p>Infants: Pureed/mash vegetables and tuna.</p> <p>Vegetarian option: Cauliflower mac n cheese</p>	<p>Beef and lentil pizza served with potato and pumpkin</p> <p>Infants: Pureed/mash vegetables and beef</p> <p>Vegetarian option: Chili beans pizza</p>	<p>Creamy Tomato Chicken &amp; Vegetable Pasta</p> <p>Infants: Pureed/mash vegetables and chicken</p> <p>Vegetarian option: Creamy Tomato lentils &amp; Vegetable Pasta</p>	<p>Cauliflower dhal curry on brown rice served with kumara and pumpkin</p> <p>Infants: Pureed/mash vegetables and lentils</p>
<b>Drinks: Ngā inu</b>	Water	Water	Water	Water	Water
<p><b>Afternoon tea</b> <b>Kai ō te ahiahi</b></p> <p>Served daily with fresh cut seasonal fruit.</p>	Munch and crunch with hummus and wholemeal crackers.	Vegetable scones	Orange loaf	Mini wraps with yogurt, corn, cheese and pineapple	Corn fritters
<b>Drinks: Ngā inu</b>	Water	Water	Water	Water	Water



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# Akoranga Childcare Centre Autumn and Winter Menu | Week Three

	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
<p><b>Morning tea</b> <b>Kai ō te ata</b></p> <p>Served daily with fresh cut seasonal fruit.</p>	Wholemeal Cheese sandwiches.	Porridge made with milk	Warm crumpets and fruit  Under 2: cheese toast	Fruit phirni.	Oaty banana balls.
<b>Drinks: Ngā inu</b>	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
<p><b>Lunch</b> <b>Kai ō te tina</b></p>	<p>Chicken curry on brown Rice served green beans and corn</p> <p>Infants: Pureed/mash vegetables and chicken.</p> <p>Vegetarian option: beans curry on brown Rice</p>	<p>Beef Bolognese served with stream broccoli and green beans</p> <p>Infants: Pureed/mash vegetables and beef.</p> <p>Vegetarian option: beans bolognese</p>	<p>Fish fritters with potato wedges and coleslaw</p> <p>Infants: Pureed/mash vegetables and fish.</p> <p>Vegetarian option: Lentil fritters with potato wedges and coleslaw</p>	<p>Carrot, kumara and lentil soup served with cucumber sticks and beetroot</p> <p>Infants: Pureed/mash vegetables and lentils.</p>	<p>Beef and vegetable stir-fry on brown rice served with green beans and corn</p> <p>Infants: Pureed/mash vegetables and chicken</p> <p>Vegetarian option: Egg and vegetable stir-fry</p>
<b>Drinks: Ngā inu</b>	Water	Water	Water	Water	Water
<p><b>Afternoon tea</b> <b>Kai ō te ahiahi</b></p> <p>Served daily with fresh cut seasonal fruit.</p>	Crackers and vege sticks with kumara hummus	Mixed berries loaf	Rice cakes with hummus and cheese	Baked beans on wholemeal toast	Monkey rolls with wholemeal wraps
<b>Drinks: Ngā inu</b>	Water	Water	Water	Water	Water



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## Akoranga Childcare Centre Autumn and Winter Menu | Week Four

	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
<p><b>Morning tea</b> <b>Kai ō te ata</b></p> <p>Served daily with fresh cut seasonal fruit.</p>	Yoghurt and fruit	Wheat biscuits served with milk.	Pikelets with fruit	Wholemeal cheese toast	Date loaf
<b>Drinks: Ngā inu</b>	Milk / Water	Milk / Water	Milk / Water	Milk / Water	Milk / Water
<p><b>Lunch</b> <b>Kai ō te tina</b></p>	<p>Beef sausage roll and baked beans served with green peas and corn</p> <p>Infants: Pureed/mash vegetables and beef</p> <p>Vegetarian option: Vegetable pie and baked beans</p>	<p>Coconut fish on brown rice served with cauliflower and green beans</p> <p>Infants: Pureed/mash vegetables and fish.</p> <p>Vegetarian option: Egg and vegetables fried rice</p>	<p>Egg and vegetable fried noodles with broccoli and corn</p> <p>Infants: Pureed/mash vegetables and lentils.</p>	<p>Tuna and vegetables pasta served with carrots and green peas</p> <p>Infants: Pureed/mash vegetables and fish.</p> <p>Vegetarian option: Egg and vegetables pasta</p>	<p>Baked chicken frittata served with Pumpkin and green beans</p> <p>Infants: Pureed/mash vegetables and chicken.</p> <p>Vegetarian option: Vegetable pie and potato</p>
<b>Drinks: Ngā inu</b>	Water	Water	Water	Water	Water
<p><b>Afternoon tea</b> <b>Kai ō te ahiahi</b></p> <p>Served daily with fresh cut seasonal fruit.</p>	Wholemeal crackers and cheese	Chilli beans pizza	Beetroot cake	Munch and crunch platter with hummus and wholemeal pita triangles	Tuna salad on wholemeal crackers
<b>Drinks: Ngā inu</b>	Water	Water	Water	Water	Water



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