



## **Healthy Schools Lunches Menu – Version 1**

### **4 weeks commencing end July 2021**

#### **Week 1 Starting: July 26th**

Monday

Roast beef, lettuce, cheese, tomato relish roll / Sweet mini muffin / berry yoghurt / pretzil

Tuesday

Chicken and sweetcorn frittata / mixed berry yoghurt / mandarin / corn chips

Wednesday

Shredded Chicken pasta spiral salad / strawberry yoghurt / banana bran muffin

Thursday

Beef and vegetable cottage pie w. kumara mash / grapes / crispy rice crackers and dip

Friday

Subway

#### **Week2**

Monday

Chicken salad roll w. slaw and mayo / Carrot sticks & dip/ mini sweet muffin / popcorn

Tuesday

Crustless ham and vegetable quiche / mandarin / strawberry yoghurt

Wednesday

Ham and egg potato salad w. chive mayo / grapes / apricot custard / rice crackers

Thursday

Chicken, green bean, carrot, coconut curry w. brown rice / carrot sticks & dip / baby banana muffin

Friday

Subway



### **Week 3**

Monday

Ham, cheese, lettuce, relish, mayo roll / kiwifruit / strawberry yoghurt

Tuesday

Kumara & bacon frittata / carrot sticks, hummus / sweet mini muffin / popcorn

Wednesday

Chicken pasta salad, aglio sauce / mandarin / apricot custard

Thursday

Cauliflower mac & cheese / carrot & dip / sweet mini muffin / rice crackers

Friday

Subway

### **Week 4**

Monday

Chicken and egg salad roll / mandarin / apricot custard

Tuesday

Pumpkin, kumara and sweetcorn frittata / mini sweet muffin / rice crackers & dip

Wednesday

Teriyaki Chicken slaw, crispy crumbs / banana / berry yoghurt

Thursday

Beef and bean nachos w. cheese / carrot sticks & dip / mini sweet muffin / popcorn

Friday

Subway