

Term 3

| Week 3 | | | | | | | |
|--|--|---|---|--|---|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| COLD BREAKFAST | Choice of five cereals, full and trim milk, two assorted-flavour homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea, coffee, Milo | | | | | | |
| HOT BREAKFAST (including porridge in Terms 2–3) | Spaghetti/Baked Beans, scrambled eggs | Spaghetti/Baked Beans, oven-baked hash browns | Spaghetti/Baked Beans, grilled breakfast sausages | Spaghetti/Baked Beans, poached eggs | Spaghetti/Baked Beans, wholemeal blueberry pancakes | Spaghetti/Baked Beans, eggs, spinach on English muffins | Sausages, bacon, beans, spaghetti, eggs, hash browns |
| LUNCH | Roasted Pumpkin Soup | Chicken Noodle Soup | Carrot and Ginger Soup | Minestrone Soup | Leek and Potato Soup | Katsu chicken with tonkatsu sauce on rice noodles | Bacon and egg breakfast buns |
| | Baked ham in wholemeal roll | Grilled rump steak with pepper sauce | Beef noodle stirfry | Chicken fajitas | Beef burgers | | |
| DINNER MAIN 1 | Barbecue chicken with parsley and lemon sauce | Grilled pork stirfry | Green Thai chicken curry | Spaghetti bolognese | Barbecue pork ribs | Lamb massaman curry | Roast chicken |
| DINNER MAIN 2 | Grilled fish kebabs | Roast vegetable frittata | Fish curry | Vegetable biryani | Chicken satay skewers | | |
| STARCH | Cous cous | Rice noodles | Brown rice | Spaghetti | Crushed Agria | Rice | Roast Agria and kumara medley |
| VEG 1 | Roasted carrots | Salad bar | Steamed green veg | Salad bar | Asian slaw | Beans | Peas and corn |
| VEG 2 | Salad bar | | Chunky bean with pesto dressing | | | Pumpkin and cous cous salad | Green salad |
| DESSERT | Apple and berry shortcake with custard | Fruit yoghurt muesli pots | Fruit jelly with berry compote | Sticky toffee pudding with caramel custard | Mango pana cotta with chopped mango | Raspberry white chocolate brownie with yoghurt | Apricot crumble with yoghurt cream |
| | Banana date loaf | Tuna salad wrap | Orange shortbread | Wholemeal cinnamon scrolls | Watermelon and pineapple slices | | |

Week 4

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|-------------------------------------|--|--|--|--|
| COLD BREAKFAST | Choice of five cereals, full and trim milk, two assorted-flavour homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea, coffee, Milo | | | | | | |
| HOT BREAKFAST (including porridge in Terms 2-3) | Spaghetti/Baked Beans, potato and kumara hash | Spaghetti/Baked Beans, waffles with banana | Spaghetti/Baked Beans, poached eggs | Spaghetti/Baked Beans, roasted tomatoes with pesto | Spaghetti/Baked Beans, grilled bacon | Spaghetti/Baked Beans, fried eggs | Sausages, bacon, beans, spaghetti, eggs, hash browns |
| LUNCH | Miso Soup | Chunky Vegetable Soup | Curried Kumara Soup | Tomato and Basil Soup | Seafood Chowder | Chicken souvlaki with cucumber/mint dressing | Filled paninis |
| | Meatball subs | Chicken jalfrezi on cous cous | Beef pasties | Chicken carbonara | Crumbed fish fillets | | |
| DINNER MAIN 1 | Thai beef stirfry | Braised pork belly | Beef pasta bake | Stirfried pork | Grilled rump steak with mushroom sauce | Crumbed pork schnitzel | Roast beef with Yorkshire pudding |
| DINNER MAIN 2 | Vegetable pakoras | Pulled beef in pita | Baked fish | Deep-dish zucchini quiche | Spicy chicken drums | | |
| STARCH | Rice noodles | Wholemeal pita breads | Pasta | Fried rice | Minted baby potatoes | Wedges | Roast vegetable medley |
| VEG 1 | Full salad bar | Full salad bar | Roast pumpkin | Full salad bar | Full salad bar | Carrots/peas | Tossed green salad |
| VEG 2 | | | Beetroot, spinach and carrot salad | | | Asian slaw | |
| DESSERT | Chocolate mousse | Fresh fruit salad | Apple strudel | Berry and yoghurt parfait | Chocolate self-saucing pudding | Homemade mango sorbet | Golden syrup steamed pudding |

Week 5

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|-------------------------------------|--|---|--|--|--|
| COLD BREAKFAST | Choice of five cereals, full and trim milk, two assorted-flavour homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea, coffee, Milo | | | | | | |
| HOT BREAKFAST (including porridge in Terms 2–3) | Baked Beans/ spaghetti, oven-baked hash browns | Baked Beans/ spaghetti, saveloys | Baked Beans/ spaghetti, scrambled eggs | Baked Beans/ spaghetti, pancakes with berries | Baked Beans/ spaghetti, poached eggs | Baked Beans/ spaghetti, spinach and tomato omelette | Sausages, bacon, beans, spaghetti, eggs, hash browns |
| LUNCH | Spiced Carrot Soup | Pumpkin, Coconut and Chilli Soup | Creamy Mushroom Soup | Lentil and Bacon Soup | Chicken and Broccoli Soup | Lamb and vegetable kebabs on noodles with yoghurt dressing | Lemon chicken on rice |
| | Baked chicken in wraps | Thai beef curry on rice | Smoked chicken, cranberry, brie pizza | Grilled fish with lemon crust and ciabatta | Crispy chicken sub | | |
| DINNER MAIN 1 | Beef burritos bowl | Grilled chicken parmigiano | Sweet and sour pork | Pepper steak with red wine ragout | Spicy beef nachos | Chinese barbecue pork | Honey-glazed ham |
| DINNER MAIN 2 | Fish cakes | Spinach, pumpkin ravioli | Beef quesadilla | Tuscan chicken pasta | Spinach and zucchini tart | | |
| STARCH | Brown rice | Crushed Agrias | Rice noodles | Warm potato salad | Corn chips | Cous cous | Buttered potatoes |
| VEG 1 | Full salad bar | Steamed green vegetable medley | Full salad bar | Grilled corn on the cob | Spicy chargrilled corn and feta salad | Stirfy vegetable medley | Minted beans/peas |
| VEG 2 | | Quinoa, lentil and lemon salad | | Roasted carrots | Full salad bar | Asian noodle salad | Balsamic-roasted beetroot |
| DESSERT | Ice cream sundaes | Pear crisp | Passionfruit cheesecake | Lemon tart (GF) | Ambrosia | Caramel pana cotta | Chocolate sponge |

Week 6

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|-------------------------------------|---|--|---|--|
| COLD BREAKFAST | Choice of five cereals, full and trim milk, two assorted-flavour homemade yoghurts, assorted breads for toasting, assorted spreads, water, tea, coffee, Milo | | | | | | |
| HOT BREAKFAST (including porridge in Terms 2–3) | Baked Beans/ spaghetti, scrambled eggs | Baked Beans/ spaghetti, hash browns | Baked Beans/ spaghetti, bacon | Baked Beans/ spaghetti, fried eggs | Baked Beans/ spaghetti, Ham/cheese croissants | Baked Beans/ spaghetti, eggs Benedict | Sausages, bacon, beans, spaghetti, eggs, hash browns |
| LUNCH | Pumpkin Soup | Lentil (with lemon and tumeric) Soup | Vegetable Broth | Baked sweet potato | Chickpea, Capsicum and Prawn Soup | Thai fish cakes | Grilled chicken 'Subway' bench |
| | Chicken and mushroom filo parcels | Sausages with mustard mash and onion gravy | Beef nachos | Pork belly subs | Beef lasagne | | |
| DINNER MAIN 1 | Grilled lamb chops | Baked chicken drums | Surf and turf | Baked chicken chimichangas | Glazed pork spare ribs | Homemade 'KFC' | Roast pork |
| DINNER MAIN 2 | Grilled vegetarian sausages | Spiced fish tacos | Grilled chicken pita pizza | Pumpkin and chickpea vegetarian patties | Smoked chicken pasta | | |
| STARCH | Mashed potatoes | Kumara/potato bake | Wholemeal pita bread | Wholemeal wraps | Oven-baked fries | Crushed potatoes | Roast potatoes |
| VEG 1 | Corn | Green beans | Mixed greens | Corn on the cob | Full salad bar | Red cabbage slaw | Roast kumara/ pumpkin medley |
| VEG 2 | Steamed greens | Roasted beetroot/ carrot salad | | Full salad bar | | Chunky bean salad | Peas/corn medley |
| DESSERT | Lemon blueberry crumble shortcake | Chocolate cake | Mango and pineapple parfaits | Peach crumble cake | Ice cream sandwiches | Tiramisu | Apple and berry pie |