



Rarangi kai Term 3 2024

12 meals on rotation

Week 1 (all uneven weeks)

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Regular	Beef Lasagne	Chicken Korma with rice	Beef Nachos with grated cheese, rice for year 8+	Meatball pasta & tomato sauce	Ham & cheese Mac Muffins	Chicken & corn ramen with rice noodles
GF	Df/GF Vegan Lasagne with lentil roll			Vegan sausage, pasta & tomato sauce		
DF	Ricotta & cheese lasagne	Chickpea korma with rice	Black beans nachos with grated cheese, rice for year *+		Corn pattie and cheese Mac Muffins	Edamame & corn ramen with rice noodles
Vegetarian	Df/GF Vegan Lasagne with lentil roll					
Vegan	Bread roll for year 4+	Roti bread	Corn chips and fruit	Fruit	Carrot sticks & yoghurt	Pop corn & fruit
Side						

Week 2 (all even weeks)

	Meal 1	Meal 2	Meal 3	Meal 4	Meal 5	Meal 6
Regular	Mince Mac & Cheese	Ham & cheese Pizza	Pulled pork, roasted potatoes & vege	Sweet & sour chicken with rice	Crispy chicken & slaw sandwich	Beef Bolonese with pasta & grated cheese
GF						
DF	Lentil mince Mac & Cheese	Tofu & cheese pizza	Smokey beans, roasted potatoes & vege	Sweet & sour tofu with rice	Cheese & slaw sandwich	Brown lentils bolonese with pasta and grated cheese
Vegetarian						
Vegan	Fruit	Hidden veg muffin, carrot sticks for year 8+	Bread bun	Fruit	Yoghurt	Fruit
Side						