

HOROHORO SCHOOL

MENU

2022

TERM 1

Week 1

MON	Chicken & vegetable sushi cookie, fruit, yoghurt, or muffin
TUE	Beef n vegetable nachos muffin, cookie, yoghurt, or fruit
WED	Chicken & salad rolls muffin, yoghurt, cookie, or fruit
THU	Mac, veg n cheese muffin, cookie, yoghurt, or fruit
FRI	Cheeseburger muffin, cookie, yoghurt, or fruit

Week 2

MON	Veggie sticks & hummus Egg/cheese sandwich yoghurt, muffin, cookie, or fruit
TUE	Spaghetti bolognese muffin, cookie, yoghurt, or fruit
WED	Tuna or salmon & salad sandwiches Fruit, cookie, muffin, or yoghurt
THU	Butter chicken & rice muffin, yoghurt, cookie, or fruit
FRI	Beef & salad sandwiches yoghurt, muffin, cookie, or fruit

Week 3

MON	Chicken teriyaki sushi bowl yoghurt, muffin, cookie, or fruit
TUE	Mac, veg n cheese yoghurt, muffin, cookie, or fruit
WED	Beef n vegetable nachos yoghurt, muffin, cookie, or fruit
THU	Chicken & salad sandwiches yoghurt, muffin, cookie, or fruit
FRI	Cottage pie Whole meal bread roll yoghurt, muffin, cookie, or fruit

Week 4

MON	Chicken & vegetable fried rice muffin, yoghurt, cookie, or fruit
TUE	Pork bone soup Bread roll muffin, yoghurt, cookie or fruit
WED	Beef & salad rolls muffin, yoghurt, cookie, or fruit
THU	Marinated chicken Potato & vegetable salad yoghurt, muffin, cookie, or fruit
FRI	Spaghetti Bolognese yoghurt, muffin, cookie, or fruit

NOTES;

Tinned tuna or tinned salmon

More fish dishes may be added. It will depend on the kids.

Pescatarian alternative proteins used in place of meat- Fish, lentils, chickpeas, cheese, eggs, vegetables high in protein

Dairy free alternatives – fruit will be replaced with yoghurt

