

## Menu Four Seasons Kindergarten

- Monday
  - Bananas, oranges, crackers
  - Baked carrot and rice dish served with
    - cucumber
    - shredded iceberg lettuce
    - cherry tomatoes
  - Banana, date and cacao smoothie served with crackers (Vegan)
- Tuesday
  - Bananas , oranges, crackers
  - Lentil and vegetable soup with organic homemade bread rolls (GF option available)
  - Seedy Nutty Berry Muffin (Vegan, GF)
- Wednesday
  - Pineapple, bananas, crackers
  - Hummus, kindy rolls, cheese, shredded lettuce, cucumber, cherry tomatoes
  - Seedy Nutty Berry Muffin (Vegan, GF)
- Thursday
  - Bananas, oranges and crackers
  - Pasta with tomato, lentil & vegetable sauce and cheese
  - Banana, date and cacao smoothie served with crackers (Vegan)
- Friday
  - Bananas, pineapple and crackers
  - Pizza with carrot and lentil sauce served with
    - cucumber
    - shredded iceberg lettuce
    - cherry tomatoes
  - Banana, date and cacao smoothie served with crackers (Vegan)

Water is available to tamariki throughout the day, and served with morning tea, lunch and afternoon tea. On the day's that smoothie is served for afternoon tea, water is available once the smoothie is finished, or as an alternative at tamaiti request.

We work with whanau individual nutritional and dietary needs, please connect with us to let us know how we can help honour these.