

FCM SUMMER MENU WEEK 1

| | MONDAY (LAMB) | TUESDAY (CHICKEN) | WEDNESDAY (FISH) | THURSDAY (BEEF) | FRIDAY (VEGETARIAN) |
|---------------------------------|------------------------------|------------------------------------|---|---|---|
| MORNING TEA | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection |
| LUNCH MEAL MAIN | Sapa Sui | Chicken Fried Rice | Fish Sliders | Meatballs with Israeli Couscous & Kumara | Corn & Zucchini Fritters |
| LUNCH MEAL SIDE DISH | Cheese on Crackers | Broccoli & Chickpea Salad | No Side Dish Today | Unsweetened Yoghurt | Toasted Chickpea & Kumara Salad |
| AFTERNOON TEA | Yoghurt & Berry Smoothie | Grilled Toast with Cheese & Tomato | Beetroot/Hummus Dips with Brown Rice Crackers | Cottage Cheese & Cucumber on Toast | Savoury Scones |

***Water is served with ALL meals and is readily available throughout the day.**

***Fresh fruit/vege platters are readily available throughout both the morning and the afternoon.**

***A light late snack will be offered to all children who are still on FCM premises after 4pm.**

FCM SUMMER MENU WEEK 2

| | MONDAY (LAMB) | TUESDAY (VEGETARIAN) | WEDNESDAY (BEEF) | THURSDAY (CHICKEN) | FRIDAY (FISH) |
|---------------------------------|------------------------------------|------------------------------------|--|--|---------------------------------|
| MORNING TEA | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection |
| LUNCH MEAL MAIN | Lamb & Potato Curry | Spinach Lasagne | Beef Wraps | Teriyaki Chicken | Salmon Fish Pie |
| LUNCH MEAL SIDE DISH | Unsweetened Yoghurt | Toasted Chickpea & Kumara Salad | Pumpkin Hummus with Celery & Cheese Sticks | Broccoli & Cauliflower in Cheese Sauce | Crackers with Cottage Cheese |
| AFTERNOON TEA | Savoury Scones | Cheese on Crackers | Popcorn | Grilled Toast with Cheese & Tomato | Homemade Baking |

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FCM SUMMER MENU WEEK 3

| | MONDAY (BEEF) | TUESDAY (CHICKEN) | WEDNESDAY (FISH) | THURSDAY (LAMB) | FRIDAY (VEGETARIAN) |
|---------------------------------|---------------------------------------|-------------------------------------|----------------------------------|--|---|
| MORNING TEA | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection |
| LUNCH MEAL MAIN | Spaghetti Bolognaise | Mild Chicken Vegetable Curry | Salmon & Pasta Bake | Lamb Koftas with Couscous & Yoghurt Dip | Vegetable Fritters |
| LUNCH MEAL SIDE DISH | Broccoli & Broad Beans in White Sauce | Toasted Chickpea & Kumara Salad | Cottage Cheese & Tomato on Toast | Beetroot hummus with Vege Sticks | Unsweetened Yoghurt |
| AFTERNOON TEA | Homemade Cheese Biscuits | Pita Pocket Pizzas | Homemade Baking | Cheese & Pickle Sandwiches | Crackers with Cottage Cheese & Cucumber |

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FCM SUMMER MENU WEEK 4

| | MONDAY (BEEF) | TUESDAY (FISH) | WEDNESDAY (VEGETARIAN) | THURSDAY (CHICKEN) | FRIDAY (LAMB) |
|-----------------------------|------------------------------|------------------------------|---------------------------------------|---|------------------------------|
| MORNING TEA | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection |
| LUNCH MEAL MAIN | Mince Nachos | Tuna Noodle Salad | Spinach & Corn Quesadillas | Sweet 'n' Sour Chicken with Lemon Couscous | Lamb Burgers |
| LUNCH MEAL SIDE DISH | Roast Vegetables | Grilled Cheese on Toast | Broccoli & Chickpea Salad | Cheese & Pickle Sandwiches | Unsweetened Yoghurt |
| AFTERNOON TEA | Pikelets with Raspberry Jam | Banana Yoghurt Muffins | Cucumber & Cottage Cheese Sandwiches | Crackers with Hummus, Tomato, Cucumber & Cheese | Homemade Baking |

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FCM WINTER MENU WEEK 1

| | MONDAY (LAMB) | TUESDAY (CHICKEN) | WEDNESDAY (FISH) | THURSDAY (BEEF) | FRIDAY (VEGETARIAN) |
|---------------------------------|--|---|---|------------------------------|----------------------------------|
| MORNING TEA | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection |
| LUNCH MEAL MAIN | Lamb & Silverbeet Lasagne | Chicken & Vege Soup with Cheesy Croutons | Tuna Fish Pie | Beef Nachos | Vegetable Quesadillas |
| LUNCH MEAL SIDE DISH | Carrot Sticks & Hummus | Roast Vegetables | Unsweetened Yoghurt | Steamed Corn & Beans | Vege Platter With Yoghurt Dip |
| AFTERNOON TEA | Cheese & Pickle on Crackers | Yoghurt & Mango Smoothie | Spaghetti & Cheese Toasted Sandwiches | Homemade Baking | Pikelets with Raspberry Jam |

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FCM WINTER MENU WEEK 2

| | MONDAY (LAMB) | TUESDAY (VEGETARIAN) | WEDNESDAY (BEEF) | THURSDAY (CHICKEN) | FRIDAY (FISH) |
|---------------------------------|---|---------------------------------|--------------------------------------|--|---|
| MORNING TEA | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection |
| LUNCH MEAL MAIN | Lamb Meatballs With Steamed Rice & Cabbage | Vegetable Soup | Devilled Beef Sliders | Moroccan Rubbed Chicken & Noodles | Salmon & Potato Fish Cakes |
| LUNCH MEAL SIDE DISH | Celery Sticks Filled with Cottage Cheese | Sweetcorn Bread Cases | Oven Baked Potato/Kumara Fries | Unsweetened Yoghurt | Broccoli & Chickpea Salad |
| AFTERNOON TEA | Cheese & Onion Toasted Sandwiches | Pikelets with Raspberry Jam | Cheese & Pickle on Crackers | Hummus & Cheese/Grain Platters | Savoury Scones |

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FCM WINTER MENU WEEK 3

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|---------------------------------|--|--------------------------------------|---------------------------------------|-------------------------------|--|
| MORNING TEA | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection |
| LUNCH MEAL MAIN | Mild Spiced Beef with Rice | Chicken Noodle Salad | Salmon & Corn Fritters | Shepherds Pie | Leek, Pea & Potato Soup |
| LUNCH MEAL SIDE DISH | Broccoli & Cauliflower in Cheese Sauce | Unsweetened Yoghurt | Toasted Chickpea & Kumara Salad | Toast Fingers | Cheesy Garlic Bread |
| AFTERNOON TEA | Savoury Cheese Muffins | Hummus & Cheese/grain Platters | Baked Bean Toasted Sandwiches | Cottage Cheese on Crackers | Homemade Baking |

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FCM WINTER MENU WEEK 4

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|---------------------------------|------------------------------|------------------------------|--|----------------------------------|--|
| MORNING TEA | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection | Fresh Fruit & Vege Selection |
| LUNCH MEAL MAIN | Cottage Pie | Tuna Pasta Bake | Pumpkin Soup with Toast Rollups | Creamy Chicken Sesame | Lamb Meatballs with Israeli Couscous & Vegetables |
| LUNCH MEAL SIDE DISH | Toasted Chickpeas | Roast vegetables | Carrot Sticks & Hummus | Yoghurt | Cheese on Crackers |
| AFTERNOON TEA | Crackers with Cottage Cheese | Baked Bean & Cheese Pizza | Savoury Scones | Grilled Toast with Cheese | Pikelets with Raspberry Jam |

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