

Hot meals prepared on site – example weekly menu

Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere [^]	Saturday Rāhoroi	Sunday Rātapu [^]
BBQ pulled pork subs	Beef and black bean enchiladas	Ham pizza	Oven hāngī	Fish and chips	Devilled sausages with white beans	Roast chicken
- White roll - Pulled pork ≥2 HSR - Standard mayonnaise - Cheddar cheese - No vegetables	- Wheatmeal wrap - Lean beef mince with vegetables - Chilli beans ≥4 HSR - Pizza cheese blend - Lite sour cream	- White pizza base - Tomato puree - Pizza cheese blend ≥2 HSR ham ≤50g - Fruit or vegetable toppings (optional)	- Lean lamb or skinless chicken - Roasted kūmara, potato, pumpkin - Steamed cabbage parcels	- Baked crumbed fish fillets ≥2 HSR - Baked oven fries ≥3.5 HSR - Standard tartare sauce - Side salad (optional)	≥2 HSR pork sausage ≤150g - White beans - Tomato, garlic, onion, apple - Soy sauce, worcester sauce <1Tbs/serve; mustard, spices	- Skin-on chicken - Vegetables (carrot, corn, peas) - Mashed potato with butter <1Tbs/serve - Gravy (made from powder)
Chicken and chickpea curry	Hash stack: hash, bacon and eggs	Creamy chicken and white bean mash	Tuna pasta bake	Beef sapaui	Moroccan apricot chicken	Dumplings
- Skinless chicken breast - Chickpeas ≥4 HSR - Onion, garlic, spinach, peas, tomatoes - Coconut milk <40ml/serve* - Curry spices - Brown rice	- Hash browns ≥3.5 HSR ≥2 HSR bacon ≤50g - Scrambled eggs with milk - No veggies	- Skinless chicken breast in bechamel sauce* with mushrooms and spinach - Cannellini beans - pureed with garlic	- Penne pasta - Tuna in spring water ≥3.5 HSR - Corn, peas, onion - Tomato-based pasta sauce - Mozzarella topping	- Vermicelli noodles - Lean beef strips - Onion, broccoli, capsicum, garlic, ginger - Soy sauce <15ml/serve* - Peanut oil	- Skinless chicken thighs - Canned apricots in juice - Canned tomatoes - Onion, courgette, capsicum, spices - Couscous	- Dumplings ≥3.5 HSR (Leanne's Kitchen/ Baolicious) - Soy sauce <15 ml/serve - Asian slaw (optional)
Falafel wrap	Tofu satay	Lentil coconut curry	Veggie pattie burgers	Egg fried rice	Mushroom and asparagus frittata	Cauliflower mac and cheese
- Wholemeal wraps - Falafel ≥4 HSR - Hummus ≥4 HSR - Mesclun salad mix - Sweet chilli sauce* - Garlic yoghurt	- Tofu with ≥4 HSR - Pre-made satay sauce* - White rice - Steamed broccoli	- Lentils ≥4 HSR - Coconut milk <40ml/serve* - Curry spices - Onions, tomatoes - Rice with vegetables	- White burger bun - Plant-based burger patty ≥3 HSR - Gouda - Lettuce, tomato - Tomato sauce	- White rice - Eggs - Carrots, corn, peas, onion - Soy sauce, oyster sauce <15ml/serve - Sweet chilli sauce	- Eggs - Mushroom, asparagus - Parmesan cheese - Lite cooking cream	- Cauliflower - Macaroni white pasta - Edam, mozzarella - Cheese sauce* - Onion - Hard-boiled eggs

☑ >55% **GREEN** hot meals (* may include up to 2 **AMBER** sauces/dressings)

[^] If 2 of 3 hot meals are occasionally **AMBER**, balance with a higher proportion of **GREEN** items in other food categories.

☑ Legumes twice per week

☑ Vegetarian option daily (this can include Vegan)