

WINTER MENU – TERM 3 2020

All our hot meals are prepared from scratch
and packed with hidden veggies!



Sweet Treat



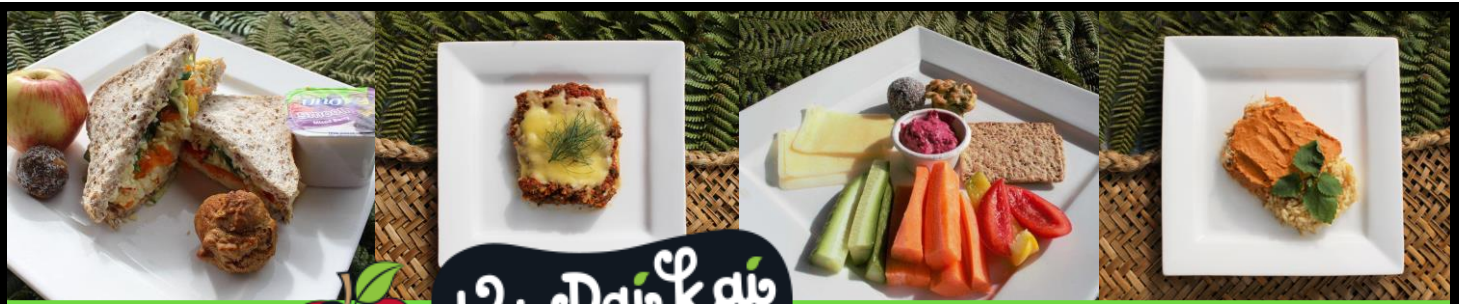
\$0.50

3 WEEK ROTATING MENU

WEEKS 1, 2, 3, 10	Main Meal \$4.00	SWEET TREAT
MONDAY	Beef Nachos With beans in chilli sauce, veggies and naturally wholegrain corn chips	Muffin
TUESDAY	Beef Nachos With beans in chilli sauce, veggies and naturally wholegrain corn chips	Bliss Ball
WEDNESDAY	Butter Chicken Made without butter but still full of flavour, served on rice	Fruit salad
THURSDAY	Butter Chicken Made without butter but still full of flavour, served on rice	Bliss Ball
FRIDAY	Spaghetti and Meatballs	Muffin

WEEK 4, 5, 6	MAIN MEAL	SWEET TREAT
MONDAY	Meatballs with gravy and mash (NEW) Meatballs with gravy served on pumpkin and potato mash and seasonal greens	Fruit Muffin
TUESDAY	Meatballs with gravy and mash (NEW) Meatballs with gravy served on pumpkin and potato mash and seasonal greens	Bliss Ball Choc-coconut, nut free
WEDNESDAY	Mac & Cheese Whole wheat penne covered in edam cheese sauce, packed full of hidden veggies	Fruit Salad
THURSDAY	Mac & Cheese Whole wheat penne covered in edam cheese sauce, packed full of hidden veggies	Fruit Muffin
FRIDAY	Spaghetti bolognese Beef mince with a tomato and seasonal vegetable sauce served on	Bliss Ball

Allergen Warning: Please note that we are unable to cater for severe allergies. Our sweet treats may contain peanuts and tree nuts. Our kitchen processes allergens including eggs, gluten, soy, peanuts, tree nuts.



Kay Pau Kai
HEALTHY SCHOOL LUNCHES

	wholemeal spaghetti	
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WEEKS 7, 8, 9	MAIN MEAL	SWEET TREAT
MONDAY	Meatball Sub (NEW) Beef meatballs in a wholemeal roll with chunky tomato napoli sauce and seasonal greens, topped with cheese.	Fruit Muffin
TUESDAY	Meatball Sub (NEW) Beef meatballs in a wholemeal roll with chunky tomato napoli sauce and seasonal greens, topped with cheese.	Bliss Ball Choc-coconut, nut free
WEDNESDAY	Beef Lasagne Our most popular winter meal.	Fruit Salad
THURSDAY	Beef Lasagne	Muffin
FRIDAY	Butter Chicken Made without butter but still full of colour and flavour, served on seasoned rice.	Bliss Ball

AVAILABLE EVERY DAY

Nutrition is the key ingredient in every meal made!

BEEF LASAGNE - \$4.00

Premium beef mince with hidden veggies layered between whole-wheat lasagne sheets, topped with cheese

SOUP - \$3

Tomato (v) or Chicken (v)

Large soup served with 2 wholemeal rolls

SANDWICH ONLY - \$3.00

Egg (v), Cheese (v) OR Chicken & Salad

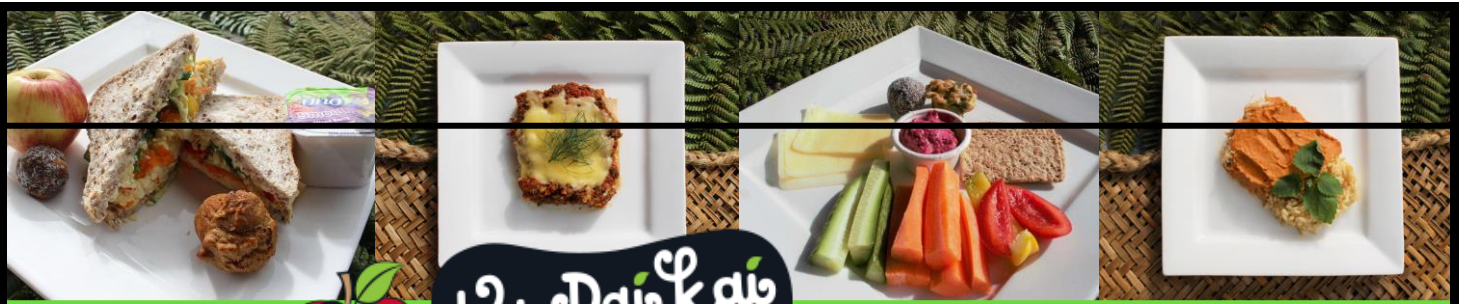
Each sandwich is made with wholegrain bread, the protein of choice and packed with fresh yummy salad

STANDARD LUNCH BAG - \$4.50

Choose Sandwich Filling: Egg (v), Cheese (v) OR Chicken & Salad

A full size sandwich, low sugar yoghurt, fresh fruit and a homemade sweet treat

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Thank you for supporting Ka Pai Kai Rotorua!

Want to get involved? We're always looking for awesome volunteers to help out in the kitchen or drive lunches to schools, contact us at kitchen@kapaikairotorua.co.nz to find out how.

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