

















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 <ul style="list-style-type: none"> White roll Pulled pork ≥2 HSR Standard mayonnaise Cheddar cheese No vegetables 	Beef and black bean enchiladas <ul style="list-style-type: none"> Wheatmeal wrap Lean beef mince with vegetables Chilli beans ≥4 HSR  Pizza cheese blend Lite sour cream 	Ham pizza <ul style="list-style-type: none"> White pizza base Tomato puree Pizza cheese blend ≥2 HSR ham ≤50g Fruit or vegetable toppings (optional) 	Oven hāngī <ul style="list-style-type: none"> Lean lamb or skinless chicken Roasted kūmara, potato, pumpkin Steamed cabbage parcels 	Fish and chips <ul style="list-style-type: none"> Baked crumbed fish fillets ≥2 HSR Baked oven fries ≥3.5 HSR Standard tartare sauce Side salad (optional) 	Devilled sausages with white beans <ul style="list-style-type: none"> ≥2 HSR pork sausage ≤150g White beans  Tomato, garlic, onion, apple Soy sauce, worcester sauce <1Tbs/serve; mustard, spices 	Roast chicken <ul style="list-style-type: none"> Skin-on chicken Vegetables (carrot, corn, peas) Mashed potato with butter <1Tbs/serve Gravy (made from powder)
Chicken and chickpea curry <ul style="list-style-type: none"> Skinless chicken breast Chickpeas ≥4 HSR  Onion, garlic, spinach, peas, tomatoes Coconut milk <40ml/serve* Curry spices Brown rice 	Hash stack: hash, bacon and eggs <ul style="list-style-type: none"> Hash browns ≥3.5 HSR ≥2 HSR bacon ≤50g Scrambled eggs with milk No veggies 	Creamy chicken and white bean mash <ul style="list-style-type: none"> Skinless chicken breast in bechamel sauce* with mushrooms and spinach Cannellini beans  pureed with garlic 	Tuna pasta bake <ul style="list-style-type: none"> Penne pasta Tuna in spring water ≥3.5 HSR Corn, peas, onion Tomato-based pasta sauce Mozzarella topping 	Beef sapaui <ul style="list-style-type: none"> Vermicelli noodles Lean beef strips Onion, broccoli, capsicum, garlic, ginger Soy sauce <15ml/serve* Peanut oil 	Moroccan apricot chicken <ul style="list-style-type: none"> Skinless chicken thighs Canned apricots in juice Canned tomatoes Onion, courgette, capsicum, spices Couscous 	Dumplings <ul style="list-style-type: none"> Dumplings ≥3.5 HSR (Leanne's Kitchen/Baolicious) Soy sauce <15 ml/serve Asian slaw (optional)
Falafel wrap  <ul style="list-style-type: none"> Wholemeal wraps Falafel ≥4 HSR  Hummus ≥4 HSR  Mesclun salad mix Sweet chilli sauce* Garlic yoghurt 	Tofu satay  <ul style="list-style-type: none"> Tofu with ≥4 HSR  Pre-made satay sauce* White rice Steamed broccoli 	Lentil coconut curry  <ul style="list-style-type: none"> Lentils ≥4 HSR  Coconut milk <40ml/serve* Curry spices Onions, tomatoes Rice with vegetables 	Veggie pattie burgers  <ul style="list-style-type: none"> White burger bun Plant-based burger patty ≥3 HSR  Gouda Lettuce, tomato Tomato sauce 	Egg fried rice  <ul style="list-style-type: none"> White rice Eggs Carrots, corn, peas, onion Soy sauce, oyster sauce <15ml/serve Sweet chilli sauce 	Mushroom and asparagus frittata  <ul style="list-style-type: none"> Eggs Mushroom, asparagus Parmesan cheese Lite cooking cream 	Cauliflower mac and cheese  <ul style="list-style-type: none"> 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 