



# SYLVAN & LANARK HOUSES

EARLY CHILDHOOD  
Education Centres

9 Lanark Road  
Kerikeri  
Phone / Fax 09 407 7700  
Email : info@sylvanlanark.co.nz



## Four Week Menu

<b>Week Three</b> Morning Tea	<b>Monday</b> Mouse Traps, Cucumber, Carrots, Pear, Milk/Water	<b>Tuesday</b> Fruit Salad, Banana, Apple, Cheese, Crackers, Milk/Water	<b>Wednesday</b> Jam Toast, Apple, Grapes, Banana Milk/Water	<b>Thursday</b> Muffin Splits (honey), Fruit Smoothies	<b>Friday</b> Cheese, Crackers, Pineapple, Cucumber, Carrot, Milk/Water
<b>Lunch</b>	Fish Pie	Savoury Muffins, Corn on the Cob	Lasagne	Macaroni Cheese, Broccoli, Carrots	Meatloaf Potato and Kumera Mash
<b>Lunch Sides</b>	Tinned Fruit, Fruit, Yoghurt, Water	Pear, Orange, Water	Apple, Cucumber, Water	Pineapple, Marmite, Sandwich, Water	Kiwifruit, Apple, Pear Water
<b>Week Four</b> Morning Tea	<b>Monday</b> Sultana and Date Muffins, Apple, Milk/Water	<b>Tuesday</b> Grapes, Kiwifruit, Apple, Banana, Muffin Splits, Milk/Water	<b>Wednesday</b> Cheese, Rice Crackers, Orange, Banana, Milk/Water	<b>Thursday</b> Jam Toast, Apple, Pear, Tin Peaches, Milk/Water	<b>Friday</b> Crackers, Cheese, Pineapple, Prunes, Milk/Water
<b>Lunch</b>	Baked Bean Hash	Hamburgers	Tuna and Corn Melts	Chicken Drumsticks Rice and Mixed Vegies	Nachos and Guacamole
<b>Lunch Sides</b>	Mixed Berry Smoothie	Apple, Kiwifruit, Water	Cucumber, Lettuce, Tomato, Carrot, Water	Fruit Salad, Fruit, Yoghurt, Water	Pineapple, Capsicum, Orange, Water



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<b>Week One</b> Morning Tea	<b>Monday</b> Cheese on Toast, Carrot, Raisins, Apple, Milk/Water	<b>Tuesday</b> Jam Toast, Capsicum, Tomato, Apple, Milk/Water	<b>Wednesday</b> Cheese, Rice Crackers, Pineapple, Cucumber Apple, Milk/Water	<b>Thursday</b> Marmite Toast, Dried Apricots, Raisins, Apple, Milk/Water	<b>Friday</b> Picklets, Apple, Banana, Milk/Water
Lunch	Spaghetti Bolognese, Pasta	Chicken Pie, Side Salad: Lettuce, Carrot, Tomato	Quiche	Savoury Mince, Potato and Kumara Mash	Chicken Drumsticks, Mixed Frozen Vegies
Lunch Sides	Grapes, Bananas, Jam Sandwich, Water	Tinned Fruit Salad, Fruit, Yoghurt, Water	Apple, Pineapple, Grapes, Sandwiches, Water	Apple, Pear, Water	Apple, Orange, Water
<b>Week Two</b> Morning Tea	<b>Monday</b> Muffin Splits, Raisins, Apple, Banana, Milk/Water	<b>Tuesday</b> Kiwifruit, Pineapple, Orange, Carrot, Jam Toast, Milk/Water	<b>Wednesday</b> Cheese, Rice Crackers, Pear, Tin Peaches, Apple, Milk/Water	<b>Thursday</b> Cheese, Cucumber, Carrot, Apple, Milk/Water	<b>Friday</b> Marmite Toast, Capsicum, Grapes, Dried Apricots, Milk/Water
Lunch	Pizza, Corn on the Cob	Meatballs Pasta	Frittata	Chicken, Pasta Bake	Cottage Pie, Potato and Kumara Mash
Lunch Sides	Apple, Orange, Water	Tined Fruit Salad, Fruit, Yoghurt, Water	Grapes, Dried Apricots, Sandwiches, Water	Pineapple, Pear, Water	Kiwifruit, Orange, Water