



SYLVAN & LANARK HOUSES

EARLY CHILDHOOD
Education Centres

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



Two Week Menu (Cycling)

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Sandwiches	Plain Muffins Jam/Marmite	Pickelets	Fruit Bread	Popcorn
Lunch	Mince Stew	Scrambled eggs on toast	Sandwiches	Macaroni Cheese	Fish Pie

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cheese Scones	Cocktail Sausages	Sandwiches	Muesli Slice	Pastry Roll Up
Lunch	Sandwiches	Bacon & Egg Pie	Brown Rice Salad	Mini Pizza	Beef Stew



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Two Week Menu (Cycling)

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Sandwiches	Crackers & Cheese	Crumpets	Weetbix Slice	Cheese on Toast
Lunch	Cous Cous Salad	Nacho's	Sandwiches	Tuna Pasta	Chicken Wrap

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Pinwheel Scones	Sausage Rolls	Sandwiches	Bran Muffins	Bread Roll Ups
Lunch	Sandwiches	Quiche	Smoked Chicken Pasta	Sausages	Baked Beans & Spaghetti