

Little Moa's Menu I

MONDAY

MT: Fresh Seasonal Fruit & Berry Granola Parfait
L: Ginger Pumpkin Soup and Bread
AT: Fresh Seasonal Fruit and Vegetable Fritters

TUESDAY

MT: Fresh Seasonal Fruit with Creamy Oats and Poached Fruit
L: Tuna Salad Sandwiches V: Egg Sandwich
AT: Fresh Seasonal Fruit and Steamed Corn Cobs

WEDNESDAY

MT: Fresh Seasonal Fruit & Vegetable Frittata
L: Chicken and Lentil Curry on Rice V: Lentil Curry on Rice
AT: Fresh Seasonal Fruit, Cheese and Vegetable Stick Platter

THURSDAY

MT: Fresh Seasonal Fruit & Cinnamon French Toast
L: Margherita Pizza with Seasonal Vegetable Side
AT: Fresh Seasonal Fruit & Super Energy Bites

FRIDAY

MT: Superfood Smoothie Bowl with Housemade Granola
L: Butter Chicken on Rice with Steamed Veggies
V: Chickpea Chicken on Rice with Steamed Veggies
AT: Fresh Seasonal Fruit and Banana Bread

Little Moa's Menu II

MONDAY

MT: Fresh Seasonal Fruit & Baked Beans on Corn Thins
L: Turmeric Lentil Soup with Veggies and Bread
AT: Fresh Seasonal Fruit and Cheese & Herb Muffins

TUESDAY

MT: Fresh Seasonal Fruit & Jam on Toast
L: Creamy Polenta and Ground Beef or Lentil Ragout
AT: Dried Fruit Platter and Four Seed Crackers

WEDNESDAY

MT: Fresh Seasonal Fruit & Cocoa Maple Custard
L: Pasta Primavera
AT: Fresh Seasonal Fruit & Granola Slice

THURSDAY

MT: Fresh Seasonal Fruit & Grilled Cheese with Tomato Toasty
L: Lamb Meatballs with Veggie Pilaf
V: Beanballs with Veggie Pilaf
AT: Fresh Seasonal Fruit & Super Energy Bites

FRIDAY

MT: Superfood Spirulina Smoothie with Housemade Granola
L: Chicken Salad Sandwich
V: Cucumber, cheese or tomato Salad Sandwich
AT: Fresh Seasonal Fruit and Superfood Fruit Cookies

Little Moa's Menu III

MONDAY

MT: Fresh Seasonal Fruit & Vege Quiche
L: Kumara and Red Lentil Curry on Rice
AT: Fresh Seasonal Fruit and Grilled Cheese Crusty

TUESDAY

MT: Fresh Seasonal Fruit and Baked Banana Bread
L: Spaghetti Bolognese and Steamed Seasonal Vegetables
AT: Antipasto Platter with Homemade Hummus

WEDNESDAY

MT: Fresh Seasonal Fruit & Coconut Rice Pudding
L: Macaroni & Cheese with Spinach & Steamed Vegetables
AT: Fresh Seasonal Fruit & Banana Oat Cookies

THURSDAY

MT: Fresh Seasonal Fruit & Grilled Tomato and Cheese Toast
L: Vegetable Rice with Boiled Eggs
AT: Fresh Seasonal Fruit & Brazilian Cheese Bread

FRIDAY

MT: Superfood Smoothie Bowl with Homemade Muesli
L: Chicken and Vege Risoni Salad
AT: Fresh Seasonal Fruit and Bruschetta with Chicken Pâté

Little Moa's Menu IV

MONDAY

MT: Fresh Seasonal Fruit & Andalusian
L: Hearty Vegetable Soup and Bread
AT: Fresh Seasonal Fruit and Spinach Muffins

TUESDAY

MT: Fresh Seasonal Fruit and
Oregano Crostini with hummus
L: Lamb Shepherd's Pie with Quinoa & Brown Rice
VEG: Lentil Shepherd's Pie
AT: Fresh Seasonal Fruit and Creamy Vanilla Custard

WEDNESDAY

MT: Fresh Seasonal Fruit & Corn Thin with Fresh Steamed Apple
L: Tuna and Veggie Pasta Salad
VEG: Veggie Pasta Salad
AT: Fresh Seasonal Fruit & Date + Orange Muffins

THURSDAY

MT: Fresh Seasonal Fruit & Overnight Oats
L: Lamb Kofta with Couscous and Kumara Chips
VEG: Lentil Kofta with Cousous and Kumara Chips
AT: Fresh Seasonal Fruit & Banana N'ice'cream

FRIDAY

MT: Superfood Smoothie Bowl with Housemade Granola
L: Spanish Prawn Paella VEG: Spanish Tomato Paella
AT: Fresh Seasonal Fruit and Brazillian Cheese Bread