



Little Moa's Menu I

MONDAY

MT: Fresh Seasonal Fruit & Homemade Jam on Maria' bread
L: Ginger Pumpkin Soup and baked Bread
AT: Fresh Seasonal Fruit and Nice cream (Summer) or Porridge
with fruit stew (Winter)

TUESDAY

MT: Fresh Seasonal Fruit with Andalusian Rice Pudding
L: Chicken and Lentil Yellow Curry with Rice and Steamed
Fresh Veges
VEG: Vege Lentil Yellow curry with rice and Steamed Fresh
Veges
AT: Fresh Seasonal Fruit and Healthy Pikelets

WEDNESDAY

MT: Fresh Seasonal Fruit & Lemon Loaf
L: Macaroni Cheese with Spinach and Steamed Fresh Veges
AT: Fresh Seasonal Fruit, Fruit Scones

THURSDAY

MT: Fresh Seasonal Fruit & Frittata
L: Meatballs in Tomato Sauce with Rice and Steamed Fresh
Veges
VEG: Vege Fried Rice and Steamed Fresh Veges
AT: Fresh Seasonal Fruit & Apple Bread

FRIDAY

MT: Superfood Smoothie Bowl with Housemade Granola
L: Chicken Noodles and Steamed Veges
VEG: Noodles with Steamed Veges
AT: Fresh Seasonal Fruit and English Muffins

Little Moa's Menu II

MONDAY

MT: Fresh Seasonal Fruit & Homemade Jam on Maria's Bread

L: Turmeric Lentil Soup with Veggies and Homebaked Bread

AT: Fresh Seasonal Fruit and Cheese & Herb Muffins

TUESDAY

MT: Fresh Seasonal Fruit & Porridge with Stew

L: Butter Chicken with Rice and Steamed Fresh Veggies

VEG: Butter Pioneer with Rice and Steamed Veggies

AT: Fresh Fruits and Date Muffins

WEDNESDAY

MT: Fresh Seasonal Fruit & Zucchini Slice

L: Spaghetti Bolognese and Steamed Fresh Veggies

VEG: Tomato pasta

AT: Fresh Seasonal Fruit & Oregano Crostini or Cheeky Crackers

THURSDAY

MT: Fresh Seasonal Fruit & Cinnamon French Toast

L: Margherita and Steamed Fresh Veggies

AT: Fresh Seasonal Fruit & Brazilian Cheese Bread

FRIDAY

MT: Superfood Spirulina Smoothie with Homemade Granola

L: Roast Chicken Breast with Roast Potatoes and Steamed Veggies

VEG: Warm Veggie Salad

AT: Fresh Seasonal Fruit and Cheesy Toast



Little Moa's Menu III

MONDAY

MT: Fresh Seasonal Fruit & Homemade Jam on Artisan Bread

L: Fried Rice & Steamed Fresh Veges

AT: Fresh Seasonal Fruit & Fruit Popsicles (Summer) or Chicken
Pâté on French Bread (Winter)

TUESDAY

MT: Fresh Seasonal Fruit & Overnight Oats

L: Lamb Kofta/Kebab with Rice & Steamed Fresh Veges

VEG: Vegetarian Kebab Sticks

AT: Fresh Fruits and Date & Orange Muffins

WEDNESDAY

MT: Fresh Seasonal Fruit & Rice cakes with Stewed Apple

L: Creamed Polenta & Magic Mince with Steamed Fresh
Vegetables

AT: Fresh Seasonal Fruit & Super Energy Slice Bites/Balls

THURSDAY

MT: Fresh Seasonal Fruit & Egg Muffins

L: Tuna Sandwiches and Steamed Fresh Vegetables
Veg: vegan sandwiches

AT: Fresh Seasonal Fruit & Oat Cookies

FRIDAY

MT: Superfood Smoothie Bowl with Homemade Muesli

L: Coconut Chicken Curry & Steamed Fresh Vegetables

VEG: Coconut Curry & Steamed Fresh Vegetables

AT: Fresh Seasonal Fruit & Home Baked Fruit Bread

Little Moa's Menu IV

MONDAY

MT: Fresh Seasonal Fruit and Homemade Jam on Maria's Bread

L: Vegetable Soup with Home Baked Bread

AT: Fresh Seasonal Fruit and Savoury Muffins

TUESDAY

MT: Fresh Seasonal Fruit & Healthy Pudding

L: Kumara and Lentil Red Curry with Rice and Steamed Veggies

AT: Fresh Seasonal Fruit and Banana Pancakes

WEDNESDAY

MT: Fresh Seasonal Fruit & Oregano, Cheese and Tomato on
Toast

L: Shepherd's Pie & Steamed Vegetables

VEG: Lentil Mince & Steamed Vegetables

AT: Fresh Seasonal Fruit & Yoghurt, Orange Cake

THURSDAY

MT: Fresh Seasonal Fruit & Vege Quiche

L: Chicken Sandwiches & Steamed Fresh Vegetables

VEG: Vege Sandwiches & Steamed Veggies

AT: Fresh Seasonal Fruit & Berry muffins

FRIDAY

MT: Superfood Smoothie Bowl with Housemade Granola

L: Chicken Balls with Rice & Steamed Fresh Vegetables

VEG: Lentil balls with Rice & Steamed Veggies

AT: Fresh Seasonal Fruit & Oat and Banana Cake