

Winter 4-week cycle menu

Designed to meet the Pā-Harakeke award level of the
Tohu Manawa Ora | Healthy Heart Award, for ages 2-5 years



Introducing our four-week winter sample menu for children aged 2-5 years, designed to sustain active and growing tamariki. We take the hassle out of menu planning, providing you with inspiration for morning tea, lunch and afternoon tea.

This 4-week cycle menu meets our highest (Pā-Harakeke) level of our Tohu Manawa Ora | Healthy Heart Award. You can use it as a starting point for any of our award levels or use in its entirety. Being seasonal, this helps to keep the cost of food down.

We understand that providing wholesome, affordable kai for tamariki can be a bit tricky. This collection of budget-friendly recipes has been designed to provide your hungry eaters with long lasting energy, flavours they enjoy, all while meeting the Ministry of Health's food and nutrition guidelines.

With our sample menu, you can feel confident in knowing that you're providing nutritious and safe food to tamariki, fostering their confidence as well-rounded food explorers.

While most of the items on this menu are suitable for children under two years, a few options will need to be modified or left out. Please refer to the [Healthy Food and Drink Guidance](#) or speak with your local Heart Foundation Nutrition Advisor for advice or a copy of our sample menus for children under two.

For more information or to sign up to our Tohu Manawa Ora | Healthy Heart Award, please visit heartfoundation.org.nz/educators

If you have any questions, comments or valuable feedback, please chat with your Heart Foundation Nutrition Advisor, or email education@heartfoundation.org.nz.

Pā-Harakeke winter sample menu- week 1

This menu meets the Pā-Harakeke level of the Tohu Manawa Ora | Healthy Heart Award



	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
Morning tea Kai ō te ata	Wholegrain crackers and cheese. Fruit	Banana bread. Fruit.	Porridge made with milk with diced banana.	Cheesy scrambled egg on wholemeal toast.	Carrot muffins. Fruit.
Drinks: Ngā Inu	Milk	Milk	Milk	Milk	Milk
Lunch Kai ō te tina	Fish pie.	Mild beef curry served on brown rice.	Egg, bean and pasta salad.	Sapasui.	Chicken risotto.
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ō te ahiahi	Wholemeal egg sandwiches. Fruit.	Corn thins with hummus.	Quick quesadillas.	Corn and cheese roll ups. Fruit.	Beetroot hummus with wholemeal pita bread triangles and softened carrot sticks.
Drinks: Ngā Inu	Water	Water	Water	Water	Water

Children can choke on food at any age, but those under five are at higher risk (especially children under three). Foods that pose a high choking risk are not to be served unless prepared in accordance with best practice as set out in [Ministry of Health: Reducing food-related choking for babies and young children at early learning services](#). Visit [Health.govt.nz](https://www.health.govt.nz)

Fish pie

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Potatoes	700g	1.75kg	3.5kg
Milk	¼ cup	125ml	250ml
Milk	1 ½ cups	950ml	1.9L
Finely diced celery	1 ½ cups	385g	770g
Finely diced carrot	1 ½ cups	385g	770g
Finely diced onion	1 cup	285g	570g
Fish fillets	500g	1.25kg	2.5kg
Oil	2 Tbsp	60ml	120ml
Flour	2 Tbsp	60g	120g
Cheese, grated	¾ cup	150g	300g

Method

1. Peel, cut and boil potatoes until soft. Drain, and mash with the first measure of milk.
2. Place second measure of milk, celery, carrot and onion in a pot, cover with a lid and bring to a low simmer. Cook for 15 minutes or until the vegetables are soft.
3. Place fish on top of vegetables, replace lid and continue to cook for 5-10 minutes or until the fish is cooked through.
4. Remove the fish and set aside.
5. In a separate pot heat the oil and add the flour.
6. Stir and cook for approximately one minute.
7. Gradually add milk and vegetables in small amounts, mixing until smooth with each amount.
8. Continue until all milk and vegetables have been added.
9. Stir through grated cheese to melt.
10. Break fish into small pieces and lay across the bottom of a roasting dish.
11. Pour sauce over the top of the fish.
12. Spread mashed potato over the top.
13. Bake at 180°C for 15-20 minutes or until the filling is hot and the potato topping is lightly browned.



Egg sandwich

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Eggs	8	20	40
Finely chopped spring onion	½ cup	100g	200g
Mayonnaise	⅓ cup	225g	550g
Lemon juice	1 Tbsp	50ml	100ml
Wholemeal bread slices	10	25	50

Method

1. Place eggs in boiling water and boil for 10 minutes.
2. Drain eggs and immerse in cold water to cool quickly.
3. Peel shells from eggs.
4. Mash eggs then mix through spring onion, mayonnaise and lemon juice.
5. Divide egg mixture between half the slices of bread then top with remaining slices and cut into quarters.

Banana bread

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Bananas, mashed	4	800g	1.6kg
Eggs	2	4	8
Oil	¼ cup	130ml	260ml
Milk	¼ cup	130ml	260ml
Wholemeal flour	1 cup	320g	640g
White flour	1 cup	320g	640g
Baking powder	2 tsp	20g	40g

Method

1. Heat oven to 180°C.
2. Grease a loaf tin with oil and lightly dust with flour.
3. In a mixing bowl mash the ripe bananas until smooth.
4. Add the egg, oil and milk and mix.
5. Sift in flour and baking powder and fold gently into wet ingredients.
6. Pour mixture into the loaf tin and bake for approximately 1 hour, or until a skewer inserted into the centre comes out clean.
7. Remove from the oven and allow to cool for 15 minutes before removing from the tin.



Beef curry

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Finely chopped onion	1 ⅓ cups	350g	700g
Finely chopped carrot	1 cup	225g	450g
Crushed garlic	2 tsp	15g	30g
Crushed ginger	2 tsp	15g	30g
Mild curry powder	1 ½ Tbsp	20g	40g
Garam masala	1 tsp	5g	10g
Beef mince	450g	1.125kg	2.25kg
Peeled and finely diced potato	1 ½ cups	550g	1.1kg
Canned chopped tomatoes	½ cup	450g	900g
Vegetable stock powder	1 tsp	5g	10g
Water	1 cup	550ml	1.1L
Unsweetened yoghurt	⅔ cup	375g	750g
Cornflour	½ Tbsp	10g	20g
Water	¼ cup	140ml	280ml
Brown rice	2 cups	1kg	2kg
Water	4 cups	2.5L	5L

Method

1. Place all ingredients except cornflour and water in a large pot, cover with a lid and bring to a gentle simmer.
2. Cook for approximately 1 ½ hours covered until the meat is soft.
3. Mix the cornflour and ¼ cup of water together and pour slowly into the curry, stirring constantly.
4. Rinse the rice under cold running water.
5. Combine rice and water and cook in a saucepan with lid.
6. Bring water to the boil then turn down to low.
7. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes before serving.



Hummus

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Canned chickpeas, drained and rinsed	1 ½ cups	625g	1.25kg
Crushed garlic	½ tsp	10g	20g
Tahini	¼ cup	160g	320g
Lemon juice	3 Tbsp	110ml	220ml
Ground cumin	¼ tsp	½ tsp	1 tsp
Ground pepper	¼ tsp	½ tsp	1 tsp
Olive oil	2 Tbsp	75ml	150ml
Water	1 Tbsp	35ml	70ml

Method

1. Place all ingredients in a food processor and blend until smooth.
2. Keep refrigerated for up to three days.



Egg, bean and pasta salad

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Eggs	10	25	50
Dry pasta	200g	500g	1kg
Finely sliced green beans	2 ½ cups	700g	1.4kg
Finely chopped spinach	1 ½ cups	360g	720g
Finely chopped spring onion	¼ cup	125g	250g
Plain unsweetened yoghurt	½ cup	300g	600g
Mayonnaise	⅓ cup	200g	400g
Lemon juice	1 Tbsp	40ml	80ml

Method

1. Boil eggs for 10 minutes then drain and cool in cold water.
2. Peel and chop the eggs into small pieces.
3. Boil pasta for 10 minutes or until just cooked then drain and allow to cool.
4. Boil beans for 3 minutes then drain and cool in cold water, drain when cold.
5. Mix all ingredients together and serve.



Bean quesadillas

Ingredients

	10 SERVES	25 SERVES	50 SERVES
15cm tortillas or wraps	12	24	48
Canned refried beans	1 ½ cups	880g	1.76kg
Grated cheese	1 cup	160g	320g

Method

1. Place half of the tortillas or wraps on benchtop.
2. Spread evenly with refried beans.
3. Sprinkle cheese on top of beans.
4. Cover with remaining tortillas or wraps.
5. Cook in a dry frying pan over a medium heat until golden brown on each side.
6. Remove from pan and allow to cool before cutting and serving.



Sapasui

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Vermicelli noodles	125g	300g	600g
Carrot, finely chopped	1 cup	300g	600g
Broccoli, cut into small florets	4 cups	1kg	2kg
Green beans, finely sliced	1 cup	280g	560g
Oil	1 Tbsp	45ml	90ml
Beef mince	500g	1.25kg	2.5kg
Garlic, crushed	1 Tbsp	45g	90g
Ginger, crushed	1 Tbsp	45g	90g
Lemon juice	2 Tbsp	75ml	150ml
Soy sauce	2 Tbsp	75ml	150ml

Method

1. Cover vermicelli with hot water and allow to soak for 10 minutes.
2. Boil carrots until soft.
3. Add broccoli and cook until soft then add beans and bring back to the boil.
4. Drain and refresh vegetables in cold water.
5. Heat oil in a large frying pan and cook the mince. Break up the mince into small pieces and cook until browned.
6. Add garlic and ginger and cook for a further minute.
7. Add cooked vegetables, lemon juice and soy sauce and heat through.
8. Drain vermicelli noodles and reserve ½ cup water.
9. Chop the noodles into small pieces.
10. Add noodles and reserved water to mince mixture and mix to combine, cook until the noodles are hot, soft and translucent.
11. Remove from heat and serve.



Corn and cheese roll ups

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Sandwich sliced bread	10 slices	25 slices	50 slices
Creamed corn	1 cup	730g	1.46kg
Grated cheese	$\frac{3}{4}$ cup	140g	280g

Method

1. Pre-heat oven to 180°C.
2. Cut the crusts off 3 sides of the bread.
3. Spread the corn over the bread slices.
4. Sprinkle cheese over the corn.
5. Roll up each slice (leaving the crust edge on the outside) and place in a lightly oiled baking dish.
6. Bake for 20–25 minutes then remove from oven and leave for about 10 minutes before serving as the filling is very hot.

Tips

Make your own creamed corn by pureeing cooked fresh or frozen or canned corn kernels until smooth.



Carrot muffins

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Eggs	2	4	8
Oil	¼ cup	130ml	260ml
Plain, unsweetened yoghurt	½ cup	250ml	500ml
Milk	½ cup	250ml	500ml
Brown sugar	¼ cup	80g	160g
Carrot, grated	1	200g	400g
Wholemeal flour	2 cups	640g	1.28kg
Baking powder	2 tsp	20g	40g
Baking soda	2 tsp	20g	40g
Ground cinnamon	¼ tsp	10g	20g

Method

1. Preheat oven to 180°C.
2. Mix the eggs, oil, yoghurt, milk, sugar and carrot together in a bowl.
3. Sift the flour, baking soda and cinnamon into a different bowl and mix to combine.
4. Gently mix the dry ingredients into the wet ingredients until just combined.
5. Spoon mixture into a greased medium-sized muffin tray.
6. Bake for approximately 20 minutes or until golden brown and cooked through.
7. Remove from oven and allow to cool slightly before removing from the tray and cooling completely on a wire rack.



Chicken risotto

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Water	4 cups	2.4L	4.8L
Stock powder	2 tsp	20g	60g
Oil	2 Tbsp	50ml	100ml
Finely chopped onion	2 ½ cups	600g	1.2kg
Chicken mince	385g	1kg	2kg
Crushed garlic	2 tsp	30g	60g
Risotto rice or medium grain	¾ cup	385g	770g
Finely chopped cooked spinach	1 ½ cups	675g	1.35kg
Lemon juice	1 ½ Tbsp	55ml	110ml
Lemon zest	1 Tbsp	5g	10g
Grated cheese	1 cup	200g	400g

Method

1. Bring the water to a boil with the stock powder.
2. In a separate pot heat the oil and gently cook the onion until soft.
3. Add chicken and garlic and continue to cook until chicken is cooked through and broken into small pieces.
4. Increase the heat and add the rice. Continue to cook for 2 minutes.
5. Add the stock one cup at a time to the rice, stirring often. Wait until most of the stock has been absorbed before adding the next cup.
6. Continue to add the stock until the rice is cooked through and has a thick consistency. You may need to use a little more or a little less stock to get the desired thickness.
7. Add the spinach and heat through.
8. Add lemon zest and juice and stir through.
9. Remove from heat and serve.

Tips

Use thawed frozen spinach to save time – this has been cooked already.



Beetroot hummus

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Canned chickpeas drained and rinsed	1x 400g can	600g	1.2kg
Canned beetroot, drained	1x 450g can	750g	1.5kg
Garlic, crushed	1 tsp	10g	20g
Tahini (optional)	¼ cup	100g	200g
Lemon juice	1 Tbsp	100ml	200ml
Ground cumin	¼ tsp	½ tsp	1 tsp
Ground pepper	¼ tsp	½ tsp	1 tsp
Olive oil	2 Tbsp	75ml	150ml

Method

1. Place all ingredients in a food processor and blend until smooth.
2. Keep refrigerated until ready to serve.



Pā-Harakeke winter sample menu- week 2

This menu meets the Pā-Harakeke level of the Tohu Manawa Ora | Healthy Heart Award



	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
Morning tea Kai ō te ata	Vegetable scones. Fruit	Chia seed pudding with fruit.	Wheat biscuits served with milk.	Bircher muesli.	Yoghurt and fruit with oaty crumble.
Drinks: Ngā Inu	Milk	Milk	Milk	Milk	Milk
Lunch Kai ō te tina	Savoury mince on brown rice.	Tuna and cauliflower mac n cheese.	Beef and lentil cottage pie.	Chicken and vegetable stir-fry.	Cauliflower dhal curry on brown rice.
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ō te ahiahi	Munch and crunch with hummus and pita triangles.	Baked bean and cheese wholemeal toasties.	Wholemeal mousetraps. Fresh fruit.	Mini wraps with hummus, chopped spinach, grated carrot and cheese.	Corn fritters.
Drinks: Ngā Inu	Water	Water	Water	Water	Water

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Vegetable scones

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Plain flour	2/3 cup	200g	400g
Wholemeal flour	2/3 cup	200g	400g
Baking powder	½ tsp	5g	10g
Baking soda	½ tsp	5g	10g
Oil	¼ cup	100ml	200ml
Yoghurt	1/3 cup	150g	300g
Milk	¼ cup	100ml	200ml
Grated cheese	1/3 cup	100g	200g
Finely chopped parsley	3 Tbsp	20g	40g
Grated carrot	2/3 cup	120g	240g

Method

1. Heat oven to 200°C.
2. Sift together the dry ingredients.
3. If adding sweet or savoury ingredients, add now and mix through the dry ingredients.
4. Gently mix in the oil, yoghurt, milk, cheese, parsley and carrot with the dry ingredients until just combined. Be careful not to knead too much or the dough will become stiff and make tough scones.
5. Press dough out into rectangle approximately 3cm thick.
6. Cut dough into even pieces and place on a greased baking tray.
7. Bake for approximately 10-15 minutes or until golden brown.
8. Remove from oven and allow to cool slightly before serving.



Savoury mince

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	30ml	60ml
Finely chopped onion	1 ½ cups	360g	720g
Finely chopped carrot	1 cup	250g	500g
Beef mince	450g	1.1kg	2.2kg
Stock powder	1 tsp	15g	30g
Grated kūmara	2 cups	550g	1.1kg
Canned chopped tomatoes	1 ½ cups	900g	1.8kg
Finely chopped silverbeet stalks and leaves	1 ½ cups	450g	900g
Water	2 cups	1.1L	2.2L
Brown rice	2 cups	1kg	2kg
Water	4 cups	2.5L	5L

Method

1. Heat the oil over a medium heat in a large saucepan.
2. Add onion and carrot and cook until soft.
3. Add the mince, increase heat and brown.
4. Add the stock cube, kūmara, tomato, silverbeet and water. Cook for 45 minutes or until most of the liquid has evaporated and the meat is tender.
5. Rinse the rice under cold running water.
6. Combine rice and water and cook in a saucepan with lid.
7. Bring water to the boil then turn down to low.
8. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes before serving.



Chia seed pudding

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Chia seeds	$\frac{3}{4}$ cup	300g	600g
Rolled oats	1 cup	300g	600g
Milk	3 cups	1.9L	3.8kg
Finely chopped fruit	2 cups	1.5kg	3kg

Method

1. Mix the chia seeds, oats and milk and refrigerate covered overnight. If possible, mix once or twice during this time as well.
2. Serve the following day with finely chopped fruit.



Tuna and cauliflower mac n cheese

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Dry pasta	150g	400g	800g
Finely chopped cauliflower	2 ½ cups	625g	1.25kg
Fresh, frozen or canned corn kernels	1 cup	625g	1.25kg
Oil	1 ½ Tbsp	50ml	100ml
Flour	2 Tbsp	50g	100g
Milk	1 ½ cups	785ml	1.57L
Grated cheese	¾ cup	125g	250ml
Squashed peas	1 ½ cups	300g	600g
Drained canned tuna	1 ½ cups	625g	1.25kg

Method

1. Boil the pasta for 7 minutes.
2. Add cauliflower to pasta and boil for a further 5 minutes.
3. Drain and set aside.
4. Blend corn until nearly smooth with no big lumps.
5. Heat oil in saucepan and add flour.
6. Stir and cook for approximately one minute.
7. Gradually add milk in small amounts, mixing until smooth with each amount.
8. Continue until all milk has been added then add cheese and stir to melt.
9. Return to a low heat and bring to a simmer, stirring often.
10. Add corn, peas, tuna and cooked pasta and cauliflower.
11. Heat through and serve.



Beef and lentil cottage pie

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Potatoes	800g	2kg	4kg
Milk	3 Tbsp	125ml	250ml
Oil	1 Tbsp	30ml	60ml
Onion, finely chopped	1 cup	275g	550g
Carrot, finely chopped	1 ¼ cups	325g	650g
Celery, finely chopped	1 ¼ cups	325g	650g
Crushed garlic	1 Tbsp	30g	60g
Beef mince	200g	500g	1kg
Canned chopped tomatoes	2 cups	1.25kg	2.5kg
Dry split red lentils	½ cup	265g	530g
Water	2 ½ cups	1.5L	3L

Method

1. Peel, then boil potatoes until soft. Drain and mash with the milk.
2. Heat oil in a large pot and gently sauté the onion, carrot and celery until soft.
3. Add mince and garlic, stir to break up and brown evenly.
4. Add all other ingredients.
5. Bring to the boil then reduce heat to a gentle simmer.
6. Simmer gently for approximately 45 minutes.
7. Preheat oven to 180°C.
8. Spread mince mixture evenly over a roasting dish.
9. Top with mashed potato and spread out evenly.
10. Bake for approximately 30 minutes or until hot through and golden brown on top.



Bircher muesli

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Rolled oats	2 cups	650g	1.3kg
Milk	2 cups	1.25L	2.5L
Grated apple	2 cups	600g	1.2kg

Method

1. Mix the oats and milk and refrigerate while covered overnight.
2. The following day, mix through the grated apple just before serving.



Chicken stir fry

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Boneless chicken meat	500g	1.25kg	2.5kg
Finely chopped onion	1 cup	250g	500g
Finely chopped carrot	1 ½ cups	425g	850g
Finely chopped broccoli	3 cups	750g	1.5kg
Oil	1 Tbsp	45ml	90ml
Crushed ginger	1 Tbsp	25g	50g
Crushed garlic	1 Tbsp	40g	80g
Soy sauce	2 Tbsp	75ml	150ml
Vinegar	1 Tbsp	35ml	70ml
Water	½ cup	300ml	600ml
Cornflour	1 Tbsp	25g	50g
Brown rice	2 cups	1kg	2kg
Water	4 cups	2.5L	5L

Method

1. Place chicken in a pot and cover with water.
2. Bring to a simmer, cover and cook until the chicken is cooked through then remove chicken and allow to cool.
3. Finely chop cooked chicken.
4. Add onion and carrot to pot and boil until soft, then add broccoli and cook until broccoli has softened as well. Strain and reserve cooking liquid to use for stock.
5. Heat oil in a large frying pan over a high heat.
6. Add ginger and garlic.
7. Add chicken, onion, carrot and broccoli. Continue to stir-fry for another minute until hot.
8. Mix together the soy sauce, vinegar, water and cornflour then add slowly to the pan while stirring and cook until the sauce has thickened.
9. Remove from heat and serve with rice.



Crumble mixture

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Eggs	1	3	6
Oil	1 Tbsp	30ml	60ml
Wholemeal flour	$\frac{1}{3}$ cup	160g	320g
Rolled oats	$\frac{2}{3}$ cup	200g	400g
Dessicated coconut	2 Tbsp	25g	50g
Ground cinnamon	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	1 tsp
Corn flakes	$\frac{1}{2}$ cup	80g	160g
Brown sugar	2 tsp	30g	60g

Method

1. Pre-heat oven to 175°C.
2. Beat eggs and oil.
3. Mix dry ingredients then mix through egg mixture.
4. Spread mixture evenly over a large roasting tray.
5. Bake for approximately 30 minutes, mixing often and breaking up any large lumps, until crunchy and golden brown.
6. Remove from oven and allow to cool before storing in a sealed container.
7. This will last for at least a week.

Cauliflower dhal curry

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Onion, finely chopped	$\frac{3}{4}$ cup	180g	360g
Crushed garlic	2 tsp	15g	30g
Crushed ginger	2 tsp	15g	30g
Curry powder	1 Tbsp	15g	30g
Dry split red lentils	$\frac{1}{2}$ cup	250g	500g
Water	3 cups	1.8L	3.6L
Canned chopped tomatoes	1 cup	500g	1kg
Cauliflower, finely chopped	1 $\frac{1}{2}$ cups	500g	1kg
Frozen spinach, thawed and finely chopped	1 cup	450g	900g

Method

1. Heat oil in a large pot.
2. Gently cook onion over low heat until soft.
3. Add garlic, ginger and curry powder. Cook for 1 minute.
4. Add red lentils, water and tomatoes. Cook for approximately 30 minutes or until the lentils are soft.
5. Add cauliflower and spinach and cook for approximately 5-10 minutes or until the cauliflower is soft.
6. Remove from heat and serve with brown rice.



Corn and lentil fritters

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Fresh, frozen or canned corn kernels	1 ½ cups	1kg	2kg
Drained and rinsed canned lentils	¾ cup	325g	650g
Eggs	2	5	10
Wholemeal flour	½ cup	200g	400g
Baking powder	1 tsp	15g	30g
Finely chopped parsley	2 Tbsp	20g	40g
Oil	1 Tbsp	20ml	40ml

Method

1. Blend the corn kernels until nearly smooth.
2. Gently mix the flour, baking powder, lentils, pureed corn, eggs and parsley until just combined.
3. Heat a well-seasoned skillet or non-stick frying pan.
4. Oil the pan.
5. Fry fritters in pan until golden brown on each side.



Pā-Harakeke winter sample menu- week 3

This menu meets the Pā-Harakeke level of the Tohu Manawa Ora | Healthy Heart Award



	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
Morning tea Kai ō te ata	Carrot muffins. Fruit	Porridge made with milk.	Baked beans on wholemeal toast.	Yoghurt and fruit with oaty topping.	Oaty banana balls. Fruit.
Drinks: Ngā Inu	Milk	Milk	Milk	Milk	Milk
Lunch Kai ō te tina	Chicken curry on brown rice.	Carrot, kūmara and lentil soup.	Fish fritters with potato wedges and coleslaw.	Meatloaf with steamed vege.	Beef and lentil bolognese.
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ō te ahiahi	Cheese sandwiches.	Monkey rolls with wholemeal wraps. Fruit.	Spinach and cheese bread cases. Fruit.	Rice cakes with hummus and cheese.	Vege puffs. Fruit.
Drinks: Ngā Inu	Water	Water	Water	Water	Water

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Carrot muffins

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Eggs	2	4	8
Oil	¼ cup	130ml	260ml
Plain, unsweetened yoghurt	½ cup	250ml	500ml
Milk	½ cup	250ml	500ml
Brown sugar	¼ cup	80g	160g
Carrot, grated	1	200g	400g
Wholemeal flour	2 cups	640g	1.28kg
Baking powder	2 tsp	20g	40g
Baking soda	2 tsp	20g	40g
Ground cinnamon	¼ tsp	10g	20g

Method

1. Preheat oven to 180°C.
2. Mix the eggs, oil, yoghurt, milk, sugar and carrot together in a bowl.
3. Sift the flour, baking soda and cinnamon into a different bowl and mix to combine.
4. Gently mix the dry ingredients into the wet ingredients until just combined.
5. Spoon mixture into a greased medium-sized muffin tray.
6. Bake for approximately 20 minutes or until golden brown and cooked through.
7. Remove from oven and allow to cool slightly before removing from the tray and cooling completely on a wire rack.



Chicken curry

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	30ml	60ml
Onion, finely chopped	2 ½ cups	550g	1.1kg
Carrot, finely chopped	1 ¼ cups	350g	700g
Crushed garlic	1 Tbsp	30g	60g
Chicken mince	500g	1.25kg	2.5kg
Curry powder	1 Tbsp	30g	60g
Garam masala	2 tsp	15g	30g
Tomato paste	¼ cup	140g	280g
Water	1 ½ cups	875ml	1.75L
Broccoli, finely chopped	2 ½ cups	500g	1kg
Evaporated milk	1 cup	560ml	1.12L
Brown rice	2 cups	1kg	2kg
Water	4 cups	2.5L	5L

Method

1. Heat oil in a large pot.
2. Add onion and carrot and cook over a low heat until soft.
3. Add garlic and chicken mince and cook until chicken is cooked through and broken into small pieces.
4. Add curry powder, garam masala, tomato paste, water and broccoli. Cover with a lid and cook until broccoli is soft.
5. Add evaporated milk and bring back to a simmer.
6. Rinse the rice under cold running water.
7. Combine rice and water and cook in a saucepan with lid.
8. Bring water to the boil then turn down to low.
9. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes before serving.



Carrot, kūmara and red lentil soup

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Finely chopped onion	2 ½ cups	500g	1kg
Finely chopped carrot	1 ½ cups	400g	800g
Crushed garlic	2 tsp	30g	60g
Peeled and finely chopped kūmara	1 ½ cups	400g	800g
Stock powder	1 tsp	15g	30g
Ground coriander	2 tsp	15g	30g
Ground paprika	2 tsp	15g	30g
Dry red lentils	⅓ cup	200g	400g
Water	4 ½ cups	3.2L	6.4L

Method

1. Roughly chop onion, carrot and kūmara.
2. Place all ingredients in a large pot and bring to the boil.
2. Reduce heat to a simmer and cook until the vegetables are soft, approximately 30 minutes.
3. Remove from heat and blend until smooth.
4. Serve with bread.



Monkey rolls

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Nut butter	½ cup	750g	1.5kg
15cm wholemeal tortilla wraps	5	13	25
Peeled banana	5	1.25kg (13 bananas)	2.5kg (25 bananas)

Method

1. Spread the nut butter evenly over the entirety of each wrap.
2. Place a banana across the middle of each wrap and roll up.
3. Slice into small rounds to resemble sushi.



Fish fritters

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Egg	2	5	10
Plain yoghurt	½ cup	325g	650ml
Milk	½ cup	325ml	650ml
Fish fillets, chopped	600g	1.5kg	3kg
Lemon zest (optional)	1 Tbsp	10g	20g
Wholemeal flour	1 cup	450g	900g
Baking powder	1 tsp	15g	30g
Oil	2 Tbsp	75ml	150ml

Method

1. Break the eggs into a bowl.
2. Add yoghurt, milk, fish, lemon zest, flour and baking powder; mix well to blend (do not over-mix as this will make the mixture tough).
3. Heat oil in a large frying pan.
4. When the pan is hot, add tablespoons of the mixture to the pan.
5. Cook until golden brown on each side and cooked through.



Spinach and cheese bread cases

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Wholemeal sandwich bread	12 slices	24 slices	48 slices
Finely chopped cooked spinach	1 cup	720g	1.44kg
Chopped parsley (optional)	2 Tbsp	30g	60g
Grated cheese	1 cup	160g	320g
Eggs	4	8	16
Milk	1 cup	500ml	1L

Method

1. Preheat the oven to 180°C fan bake or 200°C conventional. Spray a 12-pan muffin tray (or more depending on how many you're making).
2. Cut crusts from bread.
3. Press the bread slices into the muffin pans.
4. Divide the spinach between the bread cases. Scatter over the cheese and parsley (and spring onion if using).
5. Beat eggs and milk together. Divide the egg mixture between the bread cases.
6. Bake for 10-15 minutes until egg is set and bread cases are golden. Serve warm or cold.

Tip

To speed up this recipe use thawed frozen spinach. This has been cooked already.



Meatloaf

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Beef mince	400g	1kg	2kg
Drained and rinsed canned lentils	1 cup	450g	900g
Egg	1	3	6
Dry breadcrumbs	½ cup	65g	130g
Grated carrot	1 ½ cups	400g	800g
Finely chopped parsley	⅓ cup	30g	60g
Tomato paste	2 ½ Tbsp	100g	200g

Method

1. Pre heat oven to 180°C.
2. Mix together the mince, lentils, egg, breadcrumbs, carrot, parsley and 2 tablespoons of the tomato sauce until thoroughly mixed.
3. Press mixture into a greased loaf tin or similar sized baking dish (can be free formed into a loaf shape and placed in a small roasting dish).
4. Spread remaining tomato sauce over the top.
5. Bake for approximately 45 minutes or until cooked through.
6. Remove from oven and allow to cool.
7. Serve with bread.



Oaty banana balls

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Rolled oats	1 cup	330g	660g
Cocoa powder	1 Tbsp	20g	40g
Mashed ripe banana	1 cup	240g	480g
Orange zest	2 tsp	10g	20g
Tahini (optional)	1 ½ Tbsp	50g	100g

Method

1. Blend oats and cocoa until fine.
2. Add remaining ingredients and blend until it forms a soft dough.
3. Roll into bite sized balls and refrigerate.

Tips

- The dough may seem quite soft initially, but they will become firmer in the fridge.
- This recipe has been adapted from Kuwi's Kitchen, Kiwi Kids' Cookbook by Kat Merewether.



Beef and lentil Bolognese

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	30ml	60ml
Onion, finely chopped	1 cup	275g	550g
Carrot, finely chopped	1 ¼ cups	325g	650g
Celery, finely chopped	1 ¼ cups	325g	650g
Crushed garlic	1 Tbsp	30g	60g
Beef mince	200g	500g	1kg
Canned crushed tomatoes	2 cups	1.25kg	2.5kg
Dry split red lentils	½ cup	265g	530g
Water	2 ½ cups	1.5L	3L

Method

1. Heat oil in a large pot and gently sauté the onion, carrot and celery until soft.
2. Add mince and garlic, stir to break up and brown evenly.
3. Add all other ingredients.
4. Bring to the boil then reduce heat to a gentle simmer.
5. Simmer gently for approximately 45 minutes.
6. Serve with wholemeal pasta.



Vege puffs

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Finely chopped cooked vegetables	2 cups	750g	1.5kg
Grated cheese	½ cup	150g	300g
Finely chopped parsley	¼ cup	25g	50g
Crushed garlic	1 tsp	10g	20g
Eggs	3	8	16
Curry powder	1 tsp	5g	10g
Baking powder	½ tsp	5g	10g
Flour	¼ cup	115g	230g

Method

1. Preheat oven to 200°C.
2. Mix all ingredients together.
3. Drop tablespoon sized lumps of batter on a greased baking tray.
4. Bake for approximately 10-15 minutes or until golden brown and crispy around the edges.



Pā-Harakeke winter sample menu- week 4

This menu meets the Pā-Harakeke level of the Tohu Manawa Ora | Healthy Heart Award



	Monday / Rāhina	Tuesday / Rātu	Wednesday / Rāapa	Thursday / Rāpare	Friday / Rāmere
Morning tea Kai ō te ata	Wholemeal mousetraps. Fruit.	Wheat biscuits served with milk.	Yoghurt and fruit.	Chia seed pudding with fruit.	Banana pikelets. Fruit.
Drinks: Ngā Inu	Milk	Milk	Milk	Milk	Milk
Lunch Kai ō te tina	Sweet and sour pork on brown rice.	Smoked fish and potato cakes. Steamed broccoli and carrot sticks.	Chilli mince and beans on brown rice.	Lentil and vegetable curry on brown rice.	Baked chicken frittata.
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ō te ahiahi	Wholemeal crackers and cheese. Fruit.	Chilli bean pizza. Fruit.	Vegetable scones.	Tuna sandwiches. Fruit.	Munch and crunch platter with pita triangles.

Children can choke on food at any age, but those under five are at higher risk (especially children under three). Foods that pose a high choking risk are not to be served unless prepared in accordance with best practice as set out in [Ministry of Health: Reducing food-related choking for babies and young children at early learning services](#). Visit [Health.govt.nz](https://www.health.govt.nz)

Sweet and sour pork

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Canned crushed pineapple	1 ½ cups	825g	1.65kg
Soy sauce	1 Tbsp	30ml	60ml
White vinegar	1 Tbsp	30ml	60ml
Tomato sauce	2 Tbsp	85g	170g
Crushed ginger	2 tsp	15g	30g
Cornflour	1 Tbsp	10g	20g
Water	¼ cup	130ml	260ml
Oil	1 Tbsp	50ml	100ml
Finely chopped onion	2 cups	600g	1.2kg
Finely chopped carrot	1 ½ cups	450g	900g
Pork mince	600g	1.5kg	3kg
Finely chopped broccoli	3 cups	500g	1kg
Brown rice	2 cups	1kg	2kg
Water	4 cups	2.5L	5L

Method

1. Place pineapple (with juice), soy sauce, vinegar, tomato sauce and ginger in a small pot and bring to a boil.
2. Wet the cornflour with water and slowly pour into the simmering sauce, stirring constantly until thickened, then remove from the heat.
3. Heat oil in a large frying pan or wok.
4. Cook onion and carrots over a low heat until soft.
5. Increase heat and add the pork, cook until pork is browned and broken into small pieces.
6. Add broccoli and sauce, cover with a lid and cook until broccoli is soft.
7. Rinse the rice under cold running water.
8. Combine rice and water and cook in a saucepan with lid.
9. Bring water to the boil then turn down to low.
10. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes before serving.



Smoked fish and potato cakes

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Potatoes	1.25kg	3.125kg	6.25kg
Egg	2	6	12
Dry breadcrumbs	1 ½ cups	185g	370g
Flaked smoked fish fillets	375g	950g	1.9kg
Finely chopped parsley	¾ cup	65g	130g
Finely chopped spring onion	¾ cup	280g	580g
Oil	3 Tbsp	125ml	250ml

Method

1. Peel and cut potatoes in half.
2. Boil potatoes in water until soft.
3. Drain potatoes and mash until smooth.
4. Allow to cool slightly then mix through egg, breadcrumbs, smoked fish, parsley and spring onions.
5. Form into 65g patties.
6. Heat 1 Tbsp of the oil in frying pan over medium heat and cook fish cakes in batches that fit easily in the pan.



Chilli bean pizza

Ingredients

	10 SERVES	25 SERVES	50 SERVES
12cm pita bread	10	25	50
Canned chilli beans	2 ½ cups	1.5kg	3kg
Grated cheese	1 ½ cups	375g	750g
Finely chopped capsicum	1 cup	375g	750g
Finely chopped tomato	1 cup	625g	1.25kg

Method

1. Heat oven to 200°C.
2. Lay pita bread out on a baking tray.
3. Mash chilli beans and spread evenly over pita bread.
4. Sprinkle cheese over chilli beans.
5. Place chopped capsicum and tomato over cheese.
6. Bake for approximately 15 minutes or until lightly browned.



Chilli mince and beans

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	1 Tbsp	50ml	100ml
Finely chopped onion	1 ½ cups	350g	700g
Finely chopped carrot	1 cup	230g	460g
Crushed garlic	2 tsp	30g	60g
Beef mince	250g	580g	1.16kg
Canned chopped tomatoes	1 ½ cups	900g	1.8kg
Fresh, frozen or canned corn kernels	¾ cup	450g	900g
White vinegar	1 tsp	15ml	30ml
Ground cumin	2 tsp	5g	10g
Ground paprika	2 tsp	5g	10g
Canned refried beans	1 ½ cups	900g	1.8kg

Method

1. Heat oil in a large pot.
2. Add onion and carrot and cook over a low heat until soft.
3. Increase the heat and add the mince and garlic, stir and break up the mince until it is all browned and separated.
4. Puree the corn until nearly smooth with no big lumps.
5. Add tomatoes, corn, vinegar, cumin and paprika and cook over a low to medium heat for 30 minutes or until the mince is tender.
6. Add refried beans and bring back to a simmer before removing from the heat and serving.



Vegetable scones

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Plain flour	$\frac{2}{3}$ cup	200g	400g
Wholemeal flour	$\frac{2}{3}$ cup	200g	400g
Baking powder	$\frac{1}{2}$ tsp	5g	10g
Baking soda	$\frac{1}{2}$ tsp	5g	10g
Oil	$\frac{1}{4}$ cup	100ml	200ml
Yoghurt	$\frac{1}{3}$ cup	150g	300g
Milk	$\frac{1}{4}$ cup	100ml	200ml
Grated cheese	$\frac{1}{3}$ cup	100g	200g
Finely chopped parsley	3 Tbsp	20g	40g
Grated carrot	$\frac{2}{3}$ cup	120g	240g

Method

1. Heat oven to 200°C.
2. Sift together the dry ingredients.
3. If adding sweet or savoury ingredients, add now and mix through the dry ingredients.
4. Gently mix in the oil, yoghurt, milk, cheese, parsley and carrot with the dry ingredients until just combined. Be careful not to knead too much or the dough will become stiff and make tough scones.
5. Press dough out into rectangle approximately 3cm thick.
6. Cut dough into even pieces and place on a greased baking tray.
7. Bake for approximately 10-15 minutes or until golden brown.
8. Remove from oven and allow to cool slightly before serving.



Chia seed pudding

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Chia seeds	2/3 cup	300g	600g
Rolled oats	1 cup	300g	600g
Milk	3 cups	1.9L	3.8kg
Finely chopped fruit	2 cups	1.5kg	3kg

Method

1. Mix the chia seeds, oats and milk and refrigerate covered overnight. If possible, mix once or twice during this time as well.
2. Serve the following day with finely chopped fruit.



Lentil and vegetable curry

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Oil	2 tsp	35ml	70ml
Finely chopped onion	½ cup	185g	370g
Crushed garlic	2 tsp	25g	50g
Curry powder	2 tsp	15g	30g
Garam masala	2 tsp	10g	20g
Light coconut cream	¼ cup	175ml	350ml
Water	1 ½ cups	900ml	1.8L
Finely chopped carrot	¾ cup	185g	370g
Finely chopped pumpkin	1 ½ cups	315g	630g
Finely chopped broccoli	1 ½ cups	315g	630g
Finely chopped cauliflower	1 ½ cups	450g	900g
Drained and rinsed canned lentils	¾ cup	315g	630g
Evaporated milk	¾ cup	425ml	850ml
Brown rice	2 cups	1kg	2kg
Water	4 cups	2.5L	5L

Method

1. Heat oil in a large pot and add onion, cook gently until lightly browned.
2. Add garlic, curry powder and garam masala and continue to cook for a further minute.
3. Add coconut cream and water and bring to the boil. Reduce to a gentle simmer and cover with a lid.
4. Add carrot, pumpkin and cook until just about tender.
5. Add broccoli, cauliflower and lentils and cook for a further 10 minutes until vegetables are soft.
6. Add evaporated milk and heat until just simmering then remove from the heat.
7. Rinse the rice under cold running water.
8. Combine rice and water and cook in a saucepan with lid.
9. Bring water to the boil then turn down to low.
10. Once water is below the level of the rice, turn the heat off and leave covered for 10 minutes before serving.



Tuna salad sandwich

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Canned tuna, drained	1 cup	485g	970g
Mayonnaise	2 ½ Tbsp	100g	200g
Lemon juice	1 Tbsp	45ml	90ml
Sliced wholemeal bread	10 slices	25 slices	50 slices
Chopped lettuce	2/3 cup	100g	600g

Method

1. Mix the tuna, mayonnaise and lemon together.
2. Spread mixture over half of the slices of bread.
3. Top with lettuce, then remaining bread.
4. Cut into quarters and serve.



Banana pikelets

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Mashed banana	2 ½ cups	1.5kg	3kg
Egg	5	12	24
Oil	3 Tbsp	100ml	200ml

Method

1. Mix the mashed banana with the egg.
2. Heat a large non-stick or well-seasoned cast iron frying pan and add oil.
3. Cook pikelets in tablespoon amounts until browned on each side.



Baked chicken frittata

Ingredients

	10 SERVES	25 SERVES	50 SERVES
Potatoes	4 large	2.2kg	4.4kg
Chicken thigh fillets	300g	800g	1.6kg
Frozen (thawed) or cooked spinach	1 ½ cups	625g	1.25kg
Milk	½ cup	300ml	600ml
Eggs	6	16	32
Grated cheese	½ cup	200g	400g

Method

1. Heat oven to 180°C.
2. Peel and boil the potatoes until a fork can be inserted easily, strain and allow to cool then slice.
3. Cover the chicken with water and bring to a gentle simmer. Poach until cooked through then strain and allow to cool before chopping finely.
4. Grease and line a baking tin with baking paper.
5. Thaw the frozen spinach and chop finely.
6. Lay the potato, chicken and spinach on top of each other in the tin.
7. Mix together the milk, eggs and cheese. Then pour the egg mixture evenly over the ingredients.
8. Bake for approximately 30 minutes or until the egg has set.
9. Turn out of the tin.
10. Serve with salad and tomato relish.

