

# Sample autumn menu B 2yrs +



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
<b>Morning tea</b> Kai ō te ata	Peanut butter* on wholemeal toast. Fruit.  *For <b>NF</b> : use hummus	Munch and crunch platter with <a href="#">tzatziki dip</a> .	<a href="#">Oaty banana balls</a> and plain yoghurt.	<a href="#">Bircher muesli</a> *.  *For <b>NF</b> : make without almond flakes	Monkey rolls*. Fruit and plain yoghurt.  *For <b>NF</b> : mini egg muffins
<b>Drinks: Ngā Inu</b>	Water	Water	Water	Water	Water
<b>Lunch</b> Kai ō te tina	<a href="#">Corn and lentil fritters</a> *. Salad plate.  *Pescatarian option: add canned tuna	<a href="#">Mac n' cheese with white and green beans</a> steamed. broccoli and carrot.	Vegetable rice cakes with tofu*. Salad plate.  *Pescatarian option: add canned salmon	<a href="#">Red lentil and vegetable curry</a> served with brown rice.	<a href="#">Courgette meatballs</a> sprinkled with cheese. Wholemeal pasta and steamed carrots.
<b>Drinks: Ngā Inu</b>	Water	Water	Water	Water	Water
<b>Afternoon tea</b> Kai ō te ahiahi	Fruit and vegetable sticks, cheese slices and <a href="#">onion dip</a> .	Feijoa muffins. Seasonal fruit.	Rainbow platter: fruit, vegetable pita triangles and <a href="#">black bean dip</a> .	Corn thins, cottage cheese and diced tomato. Seasonal fruit.	Vegetable sticks and hummus. Fruit salad.
<b>Drinks: Ngā Inu</b>	Milk and water	Milk and water	Milk and water	Milk and water	Milk and 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](#)

**NF** = Nut Free