

# Sample spring menu B 2yrs +



This menu meets the Whānau 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	Fruity yoghurt cups.	Whole grain crackers with cottage cheese. Seasonal vegetables and fruit.	Vegetable scone. Seasonal fruit.	Avocado on plain corn thins. Seasonal fruit.	Munch and crunch platter.
<b>Drinks: Ngā Inu</b>	Water	Water	Water and milk	Water and milk	Water and milk
<b>Lunch</b> Kai ō te tina	<a href="#">Macaroni cheese with white and green beans</a> with wholemeal pasta and salad plate.	Moroccan lamb pizza. Steamed seasonal vegetables.	Potato tuna patties. Salad plate.	Eggplant bake with mixed vegetables and brown rice.	Chicken curry with carrot and mashed potato.
<b>Drinks: Ngā Inu</b>	Water	Water	Water	Water	Water
<b>Afternoon tea</b> Kai ō te ahiahi	Pikelets topped with mashed banana.	Eggplant chips. Seasonal fruit.	Yoghurt and banana.	<a href="#">Spinach and cheese bread cases</a> . Seasonal fruit.	<a href="#">Cinnamon and pumpkin pinwheels</a> . (Excluding dried fruit) Seasonal fruit.
<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](https://www.health.govt.nz)