

Sample summer menu B with special dietary options



	Monday Rāhina	Tuesday Rātu	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Morning tea Kai ō te ata	Fruit salad and yoghurt*. Hummus on whole grain crackers**. EF NF *For DF : use plain soy yoghurt **For GF : use gluten free toast, crackers, corn thins or rice cakes	Oaty banana balls *. Yoghurt**. EF NF *For GF : replace rolled oats with chia seeds **For DF : use plain soy yoghurt	Munch and crunch platter: seasonal fruit, cucumber sticks, roasted carrot and cumin dip, cheese sticks*. EF GF NF *For DF : remove cheese sticks and add toasted sesame seeds to the dip for extra calcium	Fruit and vegetable plate. Plain corn thins with toppings*. *For EF GF NF : use Edam cheese *For DF EF GF NF : use hummus *For DF EF GF NF : use avocado	Bircher pots: rolled oats* soaked in milk and yoghurt** layered with fruit. EF NF *For GF : replace rolled oats with chia seeds ** For DF : use soy milk and plain soy yoghurt
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Lunch Kai ō te tina	Potato tuna patties*. Rainbow salad. DF EF NF *For GF : Do not dust with flour	Beef and eggplant bake with mixed vegetables and brown rice. DF EF GF NF	Spiced pumpkin, lentil and tofu salad topped with plain yoghurt* with garden green salad. EF GF NF *For DF : use plain soy yoghurt	Diced crispy lettuce salad with chicken and rice noodles*. DF EF NF *For GF : replace soy sauce with sweet chilli sauce	Beef chilli con carne * with tortilla chips and avocado salsa and baked potato rounds. EF GF NF *For DF : use plain soy yoghurt
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ō te ahiahi	Quesadilla toasties*. EF NF *For GF : use gluten-free wraps	Whole grain toast* with choice of spread**, top with sliced apple banana diced tomato or cucumber. *For GF : use gluten free bread, crackers, corn thins or rice cakes. **For EF NF : use cottage cheese **For DF EF NF : use avocado	Fruit parfait: layers of fruit, fresh or canned in juice and yoghurt*. EF GF NF *For DF : use plain soy yoghurt	Mini wraps*. NF *For GF : use gluten free wraps, corn tortillas or a thin egg omelette. *For DF EF : replace lite mayo with hummus or avocado.	Munch and crunch platter: Seasonal fruit and carrot sticks, hummus and hard-boiled eggs*. DF GF NF *For EF : remove eggs and replace with falafel.
Drinks: Ngā Inu	Milk* *For DF : use soy milk	Water and milk* *For DF : use soy milk	Water	Water and milk* *For DF : use soy milk	Water and milk* *For DF : use soy milk

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](#)

DF = Dairy Free **EF** = Egg Free **GF** = Gluten Free **NF** = Nut Free