

Sample winter 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
Morning tea Kai ō te ata	Toast. Seasonal fruit.	Wholemeal crackers and cheese. Seasonal fruit.	Hummus with soft vegetable sticks. Seasonal fruit.	Cheesie tomato toast. Seasonal fruit.	Seasonal fruit and yoghurt dip.
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Lunch Kai ō te tina	Mild lamb curry including vegetables and served with rice.	Baked chicken frittata with spinach. Chopped cooked vegetables.	Courgette pizza. Baked kumara 'chips'.	Beef and lentil bolognese. Pasta.	Fish burgers including salad.
Drinks: Ngā Inu	Water	Water	Water	Water	Water
Afternoon tea Kai ō te ahiahi	Munch and crunch platter.	Mini wholemeal sandwiches with tomato and lettuce. Seasonal fruit.	Banana toastie. Seasonal fruit.	Mini frittata muffins. Seasonal fruit.	Mini wrap pinwheels. Seasonal fruit.
Drinks: Ngā Inu	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)