








FUELLED4LIFE EARLY LEARNING SERVICE

SAMPLE MENU: WINTER

This menu meets the Pā-Harakeke level of Healthy Heart Award.

	MONDAY <i>Rāhina</i>	TUESDAY <i>Rātu</i>	WEDNESDAY <i>Rāapa</i>	THURSDAY <i>Rāpare</i>	FRIDAY <i>Rāmere</i>
Morning tea <i>Kai ō te ata</i>					
Snack	Fruit toast Seasonal fruit 	Wholemeal crackers and cheese Seasonal fruit 	Seasonal vegetables and Hummus Seasonal fruit	Cheesie Tomato Toast Seasonal fruit	Seasonal fruit and yoghurt dip 
Drink <i>Ngā Inu</i>	Water	Water	Water	Water	Water
Lunch <i>Kai ō te tina</i>					
Main dish	Mild Lamb Curry (including vegetables)	Baked Chicken Frittata	Courgette Pizza 	Beef and Lentil Bolognese 	Fish Burgers (including salad)
Extras	Rice	Chopped vegetables	Baked kumara 'chips'	Pasta	
Drink <i>Ngā Inu</i>	Water	Water	Water	Water	Water
Afternoon tea <i>Kai ō te ahiahi</i>					
Snack	Munch and Crunch Platter 	Mini wholemeal sandwiches – tomato and lettuce Seasonal fruit	Banana Toastie Seasonal vegetables	Mini Frittata Muffins Seasonal fruit 	Mini Wrap Pinwheels Seasonal fruit
Drink <i>Ngā Inu</i>	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

Children can choke on food at any age but the risk is higher in children under 5 years. Refer to the Ministry of Health Guidelines to find out more. Search 'food and choking' at health.govt.nz

You can download the recipes for the **coloured items** from fuelled4life.org.nz

PLANNING A MENU

Planning a menu for an early learning service will help to control the quality and cost of food that is served. It will also make it easier for staff to order and buy the food needed.

A rotating or cycle menu is probably the easiest to use. Choose a 4-week cycle over a shorter cycle as a 4-week menu is more likely to provide a better variety and selection of food for the children. Plus it's a requirement for Whānau and Pā-Harakeke level of the Healthy Heart Award.

In planning a menu it is important to include a variety of sensory qualities, eg. taste, texture, flavours, colours and temperature. This will help children's learning and enjoyment of food. Early and repeated exposure to a food also helps children to accept it and learn to like it in the long term.

Vary the menu for different seasons, for example you could have a winter, spring, summer and autumn menu that each run for 3 months. If you developed a 4-week cycle menu you would cycle through the menu 3 times then move to the next 4-week menu.



Think about the skills and work load of those who prepare the food and the equipment available. For example;

- Does the cook have enough time to prepare the food planned?
- Is there enough space in the kitchen to prepare the food items planned?
- Does the cook have the skills to make the recipes?

Remember to consider children from different cultures and also those with special nutritional needs when planning your menu.

If the menu of an early childhood service includes morning and afternoon snacks as well as lunch, children should be offered (each day) at least:

- 2 servings of bread or cereal
- 2 serving of vegetables
- 1 serving of fruit
- 2 servings of milk or milk products
- ½ - 1 serving of meat or an alternative

It is often easier when planning a menu to decide on main lunch dishes first. Add lunch extras, morning and afternoon snacks and then drinks.

