












# FUELLED4LIFE SUMMER MENU FOR EARLY CHILDHOOD EDUCATION SERVICES

This menu meets the Whānau level of Healthy Heart Award.

	MONDAY <i>Rāhina</i>	TUESDAY <i>Rātū</i>	WEDNESDAY <i>Rāapa</i>	THURSDAY <i>Rāpare</i>	FRIDAY <i>Rāmere</i>
Morning tea <i>Kai ō te ata</i>					
Snack 	Wholemeal crackers and cheese Seasonal fruit	<b>Berry-licious Smoothie</b> 	Avocado on toast Seasonal fruit 	<b>Apple and Blueberry Pikelets</b>	Seasonal fruit and yoghurt dip 
Drink <i>Ngā Inu</i>	Water	Water	Water	Water	Water
Lunch <i>Kai ō te tina</i>					
Main dish	<b>Courgette Fritters</b> 	<b>Cottage Pie</b> (including vegetables)	<b>Tuna Pasta Salad</b> 	Baked Chicken Frittata (including vegetables)	<b>Beef Burgers</b> (including salad) 
Extras	Salad plate				
Drink <i>Ngā Inu</i>	Water	Water	Water	Water	Water
Afternoon tea <i>Kai ō te ahiahi</i>					
Snack	Fruit toast Seasonal fruit 	<b>Corn and Cheese roll-ups</b> Seasonal fruit 	<b>Beetroot Dip</b> and Seasonal vegetable sticks 	Mini ham and cheese wholemeal sandwiches Seasonal fruit	<b>Oaty Slice</b> 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](http://health.govt.nz)

You can download the recipes for the **coloured items** from [fuelled4life.org.nz](http://fuelled4life.org.nz)

## PLANNING A MENU

One way to control the quality and cost of food served at your early childhood education service is to plan a menu, rather than making it up as you go along. It also makes it easier for staff to order and buy food.

A rotating or cycle menu is probably the easiest to use. You can choose a 12- to 14-day cycle, but a four-week cycle menu is more likely to provide a better variety and selection of food for the children.

When planning your menu, remember to include a variety of sensory qualities: taste, texture, flavours, colours and temperature. This helps children learn about and enjoy their food. Early and repeated exposure to a food also helps children learn to like it in the long term.

Another tip is to vary your menu across the seasons. Your winter, spring, summer and autumn menus could each run for three months. Simply create a four-week cycle and use it three times during the season.

Think about the skills and workload of those preparing the food, and the equipment available.

- Does the cook have enough time to prepare the food item?



- Is there enough space in the kitchen to prepare the food item?
- Does the cook have the required skills?

When planning your menu, remember to consider children from different cultures and also those with special nutritional needs.

If you're also planning morning and afternoon snacks, children should be offered (each day) at least:

- 2 servings of breads or cereals
- 1 serving of vegetables
- 1 serving of fruit
- 1 - 1.5 servings of milk or milk products
- 0.5 - 1 serving of meat or an alternative

It is often easier to decide on your main lunch dishes first. Then add lunch extras, morning and afternoon snacks, and drinks.

