


PORT AHURIRI CHILDREN'S CENTRE - MENU PLANNER

(Note: this is a sample menu based on an actual week. The lunch menu changes on a daily basis, however morning and afternoon teas only change depending on seasonal availability of fruit etc.)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Toast Fruit Water	Muffins Fruit Water	A variety of sandwiches Fruit Water	Pikelets Fruit Water	Toast Fruit Water
Lunch	Fish Potatoes Carrot and cucumber	Beef Casserole Rice Vegetables	Chicken Nibbles, Potatoes, Broccoli	Mince and vegetables	Chicken Pasta Bake Vegetables
Afternoon Tea	Raspberry buns Crackers and cheese Plain biscuits Fruit Water	Sandwiches Plain biscuits Fruit Water	Popcorn Plain biscuits Fruit Water	Sandwiches Crackers Fruit Water	Crackers Fruit Yoghurt Water

LINK TO TE WHARIKI

"Children experience and environment where their health is promoted"
(Ministry of Education, 1996 p.48)

- Increasing understanding of their bodies and how they function;
- Knowledge about how to keep themselves healthy
- Self-help and self-care skills for eating, drinking, food preparation, toileting, resting, sleeping, washing and dressing;
- Positive attitudes towards eating, sleeping and toileting.

Evaluation of Weeks Menu