


CITY 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	A variety of sandwiches Toast Fruit Water Hot chocolate	A variety of sandwiches Toast Fruit Water Hot chocolate	A variety of sandwiches Toast Fruit Water Hot chocolate	A variety of sandwiches Toast Fruit Water Hot chocolate	A variety of sandwiches Toast Fruit Water Hot chocolate
Lunch	Meatballs, pasta sauce, mashed potatoes and vegetables	Corned Beef, mashed potatoes, carrot fingers and peas	Roast Chicken, roast vegetables, peas	Fish Pie, vegetables	Devilled Sausages, mashed potatoes, vegetable sticks
Afternoon Tea	Yoghurt Sandwiches Fruit Water	Yoghurt Sandwiches Fruit Water	Yoghurt Sandwiches Fruit Water	Yoghurt Sandwiches Fruit Water	Yoghurt Sandwiches Fruit 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