

Ministry of Education

Ka Ora, Ka Ako

Healthy School Lunches Programme



term 1 | week 1

*Commencing on 31st
January 2022*

| | Standard Main | Vegetarian Main | Accompanied by |
|-----------|---|---|--|
| Monday | Ham, Edam Cheese & Baby Spinach Wholemeal Croissant | Edam Cheese, Tomato Chutney & Baby Spinach Wholemeal Croissant | Secret Pumpkin Muffin Seasonal Fresh Fruit |
| Tuesday | Sliced Roast Beef, Grated Carrot, Lettuce & Mayo Sandwich | Edam Cheese, Grated Carrot, Piccalilli and Baby Spinach Sandwich | Shortbread Biscuit Seasonal Fresh Fruit |
| Wednesday | Hot Macaroni and Cheese served with Green Beans | Hot Macaroni and Cheese served with Green Beans | Sweet Apple Compote |
| Thursday | Coronation Chicken, Cucumber & Lettuce Sandwich | Coronation Chickpea, Cucumber & Lettuce Sandwich | Mini Pikelets & Strawberry Seasonal Fresh Fruit |
| Friday | Hot Beef Mince and Beans served with Chunky Roast Potatoes | Hot Diced Mushroom and Beans served with Chunky Roast Potatoes | Mixed Seasonal Vegetables |



term 1 | week 2

*Commencing on 7th
February 2022*

Standard Main

Vegetarian Main

Accompanied by

Monday

Ham, Edam Cheese & Salad Sandwich

Edam Cheese, Carrots & Salad Sandwich

Grapes & Pineapple
Seasonal Fresh Fruit

Tuesday

Build Your Own Taco – Chicken, Beans,
Corn, Carrots, Salad & Yoghurt

Build Your Own Taco – Beans, Grated
Carrots, Corn, Salad & Yoghurt

Corn Chips
Seasonal Fresh Fruit

Wednesday

Hot slow cooked Beef Stew served with
Mashed Potatoes

Hot Mushroom & Grain Koftas served with
Mashed Potatoes

Mixed Seasonal Vegetables

Thursday

Ham, Edam Cheese, Cucumber & Spinach
Wholemeal Croissant

Pumpkin Lentil Patties, Lettuce, Carrot &
Cucumber Wholemeal Croissant

Apples with Custard
Seasonal Fresh Fruit

Friday

Sweet & Sour Pork served
with Egg Noodles

Sweet & Sour Tofu served
with Egg Noodles

Mixed Seasonal Vegetables





COMPASS
GROUP



MINISTRY OF EDUCATION
TE TĀHUHU O TE MĀTAURANGA