

Healthy School Lunches Term 3 two-week sample menu

Week 1

	Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Lunch meal	<u>BBQ beans, eggs and bread</u>	<u>Lasagna-style pasta bake</u>	<u>Satay chicken noodle salad</u>	<u>Ham & cheese salad sandwich</u> + side of seasonal fruit	<u>Chicken tenders, mash, peas and gravy</u>
Protein	• Cannellini beans • Eggs	• Beef mince • Edam cheese	• Chicken	• Ham • Edam cheese	• Crumbed chicken tenders
Vegetables or salad items	• Onion • Carrot • Capsicum • Tomatoes	• Onion • Carrot • Capsicum • Tomato paste • Crushed tomatoes	• Coleslaw • Carrot	• Lettuce • Carrots	• Peas
Grain foods and starchy vegetables	• Wholemeal bread	• Flour • Pasta	• Noodles	• Wholemeal bread	• Potatoes

Tips for Creating Your Healthy School Lunches Menu

- **Balance costs across the menu cycle.** Higher-cost meals can be balanced with lower-cost options - **it's the average cost per meal that counts.**
- **Make the most of your protein budget.** A vegetarian meal once a week, or adding beans and lentils to meat dishes, can reduce costs while boosting fibre and nutrition.
- **Keep variety in mind.** Mix up proteins, grains, starchy vegetables, salads, and vegetables to keep menus interesting.
- **Serve meals students enjoy.** Include familiar favourites like mac 'n' cheese and butter chicken alongside new dishes to prevent menu fatigue.
- **Plan for your team.** Balance more labour-intensive meals with quicker, simpler options throughout the week to match staff availability.
- **Consider delivery schedules.** Plan meals around supplier delivery days and ingredient availability.
- **Review the whole menu.** Check that it offers a good balance of variety, nutrition, cost-effectiveness, and student appeal.

Healthy School Lunches Term 3 two-week sample menu

Week 2

	Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
Lunch Meal	<u>Bacon and salad sandwich</u>	<u>Butter chicken</u>	<u>Cottage pie</u>	<u>Creamy chicken and broccoli pasta</u>	<u>Chilli mince and beans with loaded fries</u>
Protein	Bacon	Chicken	- Beef mince - Brown lentils - Edam cheese	- Chicken - Edam cheese	- Beef mince - Kidney beans - Edam cheese
Vegetables or salad items	- Lettuce - Avocado - Carrot	- Onion - Pumpkin - Canned tomatoes	- Onion - Pumpkin - Carrot - Tomatoes - Peas - Potato	Broccoli	- Onion - Carrot - Tomatoes - Corn kernels
Grain foods and starchy vegetables	Bread	Rice		Pasta	Fries

Tools to help with menu planning and ordering.

[Cost-effective recipes](#) are developed with input from schools and kitchen kaimahi. These popular recipes are costed to fit current funding levels and meet programme dietary requirements. Mix and match them with your own favourites to add variety while helping manage your budget.

[Recipe costs per serve](#) help you quickly estimate meal costs. Each recipe includes a per-serve cost for each year group, based on the latest Gilmour's product pricing. Multiply by your student numbers, to get an estimated cost for the meal.

[The cost-effective recipe quantity calculator](#) takes the pressure out of ordering by calculating exactly how much of each ingredient you need. Simply select a recipe, enter your student numbers for each year group, and the calculator will do the rest. You'll find this handy Excel tool available to download at the bottom of the [cost-effective recipes](#) page.

This two-week sample menu is available on the Ministry website. If you plan to use this menu, please inform us at schoollunches.nutrition@education.govt.nz before the next term starts.