

Healthy School Lunches Term 4 two-week sample menu

Week 1 Lunch Menu	Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
					
	<u>Chicken sandwich</u>	<u>Spaghetti and meatballs</u>	<u>Chicken pesto pasta salad</u>	<u>Savoury soy and beef noodles</u>	<u>Fish burger wrap</u>
	• Chicken • Edam cheese	• Beef meatballs • Edam cheese	• Chicken • Bacon	• Beef mince	• Fish bites • Cheese
	• Lettuce • Tomato	• Onion • Canned tomatoes	• Onion • Cucumber • Tomato • Baby spinach	• Onion • Mixed vegetables	• Lettuce • Tomato
	• Wholemeal bread	• Pasta	• Pasta	• Bean vermicelli noodles	• Wholemeal wraps

Tips for Creating Your Healthy School Lunches Menu

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.

Healthy School Lunches Term 4 two-week sample menu

Week 2 Lunch Menu	Monday Rāhina	Tuesday Rātū	Wednesday Rāapa	Thursday Rāpare	Friday Rāmere
					
	<u>Spaghetti and toast</u>	<u>Creamy chicken and broccoli pasta</u>	<u>Egg sandwich</u>	<u>Chicken noodles</u>	<u>Chilli mince and beans loaded fries</u>
	Protein • Ham • Edam cheese	Protein • Chicken • Edam cheese	Protein • Egg • Cheese	Protein • Chicken	Protein • Beef mince • Kidney beans • Edam cheese
	Vegetables or salad Items • Onion • Capsicum • Canned tomatoes	Vegetables or salad Items • Broccoli	Vegetables or salad Items • Lettuce • Cucumber	Vegetables or salad Items • Onion • Capsicum • Mixed vegetables	Vegetables or salad Items • Onion • Carrot • Canned tomatoes • Corn • Lettuce
	Grain foods and starchy vegetables • Pasta • Wholemeal bread	Grain foods and starchy vegetables • Pasta	Grain foods and starchy vegetables • Wholemeal bread • Hidden vegetable brownie	Grain foods and starchy vegetables • Noodles	Grain foods and starchy vegetables • Potato fries

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.