



Gate Pā School

Pukehinahina

Lunches for Learners

We have recently reviewed our *Lunches for Learners* programme. This involved two whānau hui . Our caterers and the Ministry of Education attended.

Gate Pā School remains committed to the *Lunches for Learners* scheme. Our main objective is to encourage children to try more foods and therefore enjoy a balanced , nutritious diet.

To encourage more children to eat the kai we have made the following changes:

- we will work more closely with our caterers to adapt the menu so our children enjoy the kai
- encourage children to eat the provided lunch. Special circumstances will apply.
- make explicit the links between what is in the school garden/orchard and the kai served
- look for opportunities to increase the ‘connectedness’ associated with kai-time ie.karakia, tuakana-teina...
- for the untouched lunches replace the word ‘waste’ with ‘koha’
- keep sending untouched lunches home as seeing others in their whānau eat it is encouraging.

Daily Timetable

- 8:55 - 10:35 am - **Learning Block 1**
- 10:35- 11:00 am - Morning Play
- 11:00 -11:20 am - Kai Time - Bay Catering Lunch. Exceptions will exist.
- 11:20 - 1:00 pm - **Learning Block 2** . Includes Brain Break of 10mins. During this time children will be encouraged to eat sandwiches and healthy snacks from their lunchboxes. Fruit will also be available.
- 1:00 - 1:30pm - Lunch Play
- 1:30 -1:45pm - Afternoon Tea (from own lunchbox)
- 1:45- 2:55pm - **Learning Block 3**

Term 2

MONDAY	<ul style="list-style-type: none"> • Chicken Pasta Salad • Muesli Slice • Carrot Sticks 	MONDAY	<ul style="list-style-type: none"> • Slow Roasted Beef and Pasta Salad • Blueberry Muffin • Fruit
TUESDAY	<ul style="list-style-type: none"> • Ham, Salad & Cheese Roll • Bliss Puck • Fruit 	TUESDAY	<ul style="list-style-type: none"> • Apricot Chicken Pita Pocket • Apple Shortcake • Fruit
WEDNESDAY	<ul style="list-style-type: none"> • Texas Bbq Meatball Tortilla • Carrot Cake • Fruit 	WEDNESDAY	<ul style="list-style-type: none"> • Texas Bbq Meatball Tortilla • Carrot Cake • Fruit
THURSDAY	<ul style="list-style-type: none"> • Chicken, Cranberry, & Cheese on Tuscan • Raspberry Muffin • Fruit 	THURSDAY	<ul style="list-style-type: none"> • Corned Beef, Slaw And Swiss Cheese on Rye • Banana Cake • Fruit
FRIDAY	<ul style="list-style-type: none"> • Thai Chicken & Noodle Salad with Rainbow Slaw • Cheese & Pineapple • Fruit 	FRIDAY	<ul style="list-style-type: none"> • Healthy Beef Sausage Roll with Mixed Salad • Yoghurt Suckie • Fruit

Dietries Term 2

MONDAY	<ul style="list-style-type: none"> • GF Chicken Pasta Salad or Vegan Pasta Salad • Banana Chips & Raisins • Carrot Sticks 	MONDAY	<ul style="list-style-type: none"> • GF Slow Roasted Beef And Pasta Salad or Vegan Jack Fruit Pasta Salad • Blueberry Muffin or GF Blueberry Vegan Cake • Fruit
TUESDAY	<ul style="list-style-type: none"> • Ham, Salad & Cheese Roll/ GF Option or Smashed Chickpea and Beetroot Roll • Carrot Cake/Vegan/GF Carrot Cake • Fruit 	TUESDAY	<ul style="list-style-type: none"> • GF Apricot Chicken Wrap or Roasted • Chickpea & Cauliflower Pita Pocket • Apple Shortcake DF or GF /Vegan Apple Muffin • Fruit
WEDNESDAY	<ul style="list-style-type: none"> • Bbq Blackbean & Guacamole Wrap/ GF Option • Bliss Puck or GF Vanilla Cake • Fruit 	WEDNESDAY	<ul style="list-style-type: none"> • Bbq Blackbean & Guacamole Wrap/ GF Option • Gluten free chocolate cake or vegan bliss puck • Fruit
THURSDAY	<ul style="list-style-type: none"> • Chicken, Cranberry, & Cheese on Tuscan/ GF Option or Tofu Scramble, Salad & Vegan Cheese Sandwich • Raspberry Muffin or Vegan Scone • Fruit 	THURSDAY	<ul style="list-style-type: none"> • Corned silverside, slaw and cheese on rye/GF option • Smashed chickpea and slaw • Banana cake or GF vegan banana muffin • Fruit
FRIDAY	<ul style="list-style-type: none"> • Thai Chicken & Noodle Salad Or Thai Tofu Noodle Salad with Rainbow Slaw • Cheese & Pineapple or Vegan Rice Bar • Fruit 	FRIDAY	<ul style="list-style-type: none"> • Healthy Beef Sausage Roll with Mixed Salad or Falafels with Salsa • Yoghurt Suckie or Kea Vanilla Biscuit

