



Stellar Kids Early Learning Centre – Food Philosophy & Menus

Philosophy

We believe early childhood is the perfect time to start promoting and creating lifelong healthy eating habits.

We believe in the importance of involving the children in learning experiences like gardening and meal preparation, as these are great ways to spark conversations about which foods fuel our bodies! By involving them, the children tend to be more interested in trying new foods this way.

Our incredible garden provides us with space to grow our own vegetables, herbs and fruit. The tamariki help to plant, water, and eventually pick the plants in our garden, and we incorporate these foods into our menus. Our preschoolers often participate in baking prep for things like muffins, or making smoothies.

As a team, we also recognise our place as role models to the tamariki, and we encourage our staff to role model healthy food choices.

Menu design

Our goal is to offer the tamariki nutritious and balanced meals. Our menus have been designed to limit additives, processed foods, and refined sugars. We've also had some valuable input from one of our parents who is a nutritionist. We welcome any additional whānau feedback on our menus!

Allergies / Food Preferences / Individual needs

All meals are adjusted for individual allergies/food preferences. We regularly consult with families about food requirements for our youngest tamariki; eg. infants who are introducing new foods.

Daily record of food served

We may make some adjustments to the menus from time to time, as sometimes ingredients/produce aren't available during our weekly grocery shop. We keep a record of all meals served daily. Please refer to our Food Record book (in file holder by front door) if you would like to check exactly what was served on any given day.

Summer Menu – Weeks 1 & 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Smoothies – Mango, Banana & Kale/Spinach Served with homemade baked oat slice	Muffin splits with a choice of homemade fruit/chia spread or marmite. Served with seasonal fruit	Fruit salad with yogurt (DF option: coconut yoghurt)	Pick your own veggies from the garden! Served with couscous & crackers.	Wholemeal toast with choice of homemade fruit/chia spread or marmite Served with seasonal fruit
Lunch	Basil pasta chicken with veggies (<i>V. substitute with tuna</i>)	Fish & vegetable pie	Pizza on wholemeal rolls with choice of ham or chicken, topped with veggies & cheese DF option: using DF cheese	Butternut squash & chickpea curry served with rice	Tui/Koru sandwich day (chicken & vegetable filling) Matariki: bring your own lunch & afternoon tea
Afternoon Tea	Corn fritters served with a side of fruit	Oaty banana bliss balls Served with seasonal fruit.	Veggie platter with cheese. Served with kale chips, homemade hummus & crackers	Chef's choice of homemade muffins (Preschool children will help with prep, as a fun learning experience) Served with seasonal fruit.	Veggie & fruit platter with crackers.
Late snack	Assortment of crackers and/or leftovers from afternoon tea				

Summer Menu – Weeks 2 & 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cheese on toast <i>DF option: marmite</i> Served with a side of seasonal fruit	Fruit salad with yogurt, served with crackers <i>(DF option: coconut yoghurt)</i>	Smoothie Banana, leafy greens, blueberry Served with wholemeal toast	Muffin splits with a choice of homemade fruit/chia spread or marmite. Served with seasonal fruit	Corn thins with cream cheese, topped with cucumber. Served with apples.
Lunch	Beef and vegetable pasta Bolognese	Beef / beetroot/ carrot burgers served with lettuce & cheese <i>(V. substitute with falafel)</i>	Chicken and vegetable fried rice <i>(V. option tuna/egg fried rice)</i>	Vegetarian chilli beans with rice	Sandwiches Tui/Koru (chicken, cheese and veggie fillings) Matariki lunchbox day
Afternoon Tea	Marmite rolls, using wholemeal wraps, and a side of seasonal fruit	Corn fritter, served with seasonal veggies Egg-free option available.	Veggie platter with cheese. Served with kale chips, homemade hummus & crackers or pita bread	Blueberry apple pikelets Served with seasonal fruit. (DF/Egg free)	Homemade oat slice Served with seasonal fruit.
Late snack	Assortment of crackers and/or leftovers from afternoon tea				