



Ka Ora, Ka Ako | Healthy School Lunches Programme

Eat My Lunch was founded on the belief that “No child should go hungry at school” and since inception, has always been driven by this mission. We value the opportunity to leverage our experience gained over the past five years to help deliver positive outcomes for even more schools and kiwi kids through the Ka Ora, Ka Ako Healthy School Lunches programme.



Kindest,

Kellie Burbidge - General Manager

We are really excited to join the Ka Ora, Ka Ako | Healthy School Lunches programme and provide lunches for students at your school. Providing a regular nutritious lunch can make a big difference to students' learning and participation at school and will go some way to helping families and whānau to support their children and tamariki.

Our lunches will cater for the diet, health, and cultural needs of all students, and we will work closely with your school and the Ministry of Education to make sure they are healthy and nutritious. Like all suppliers we are required to meet New Zealand food safety standards and make sure food is handled safely and hygienically.

Our menu

We offer a standard menu across all the schools and kura we provide lunches for. Below is a sample of the menu we will be offering to your school.



DAY ONE

BBQ Chicken Wrap
Carrots and Hummus
Apple*



DAY TWO

Frittata
Cookie
Orange*



DAY THREE

Couscous Salad
Blueberry Muffin
Apple*



DAY FOUR

Chicken Sandwich
Cheese and Crackers
Nectarine*



DAY FIVE

Beef Bap
Pretzels
Pear*



DAY SIX

Ham Salad Sandwich
BBQ Corn Nibbles
Plum*



DAY SEVEN

Chicken Salad Roli
Apple Muffin
Dried Fruit Mix*



DAY EIGHT

(International Menu Day)
Mexican Salad
Corn Chips
Apple*



DAY NINE

Chicken Salad Wrap
Cookie
Mandarin*



DAY TEN

Pizza Slice
Carrots and Hummus
Apple*

*Or equivalent seasonal fruit

Healthy School Lunches Programme

Our sample ten-day menu is based on feedback and the experience we have gained through our existing 'Give' school lunch programme.

We welcome all feedback from teachers, students and parents and will have a website hub available for schools to contact us at any time with feedback.

We will cater for any special dietary/allergen needs as required. We have existing production processes in place to ensure all dietary/religious/cultural requirements can be catered for.

Our menus are all Nut Free. Given the high risk of nut-based allergies Eat My Lunch has a policy to never use ingredients containing nuts in our lunches.

Recognising the cultural and religious requirements of our school customers is important to us. We have many years' experience supplying lunches to ethnically diverse communities we have gained a respectful understanding of different cultural, ethnic and religious requirements around meal preparation and the importance of ensuring appropriate menu items. We welcome menu suggestions from schools to create new menu ideas.

Our commitment to our ten-day menu will be one International menu day every two weeks (changes monthly). Our international/cultural menus have been designed to reflect the population demographics of our schools. These menus have been created to help introduce our young people to new flavours from around the world.

Our menus are designed to utilise the freshest produce each season and menus will adjust accordingly throughout the year providing variety and ensuring the highest quality of fresh produce possible. We also aim to provide menus to suit the climate they will be consumed in and therefore in Terms 2 and 3 we will provide menu options that contain some more hearty/hot meal items.

Ka Ora, Ka Ako is a new programme for us, students, schools and kura. We know that it can be challenging to provide healthy food that children want to eat and that getting children to enjoy new foods can take time. We have undertaken to provide lunches that meet the basic standards of nutrition set out in the [Ka Ora, Ka Ako nutrition guidelines](#) and in the coming weeks we will continue to work with your school to gradually introduce new menu items and make lunches even healthier.

Our delivery

Our lunches will be produced in our commercial kitchen and delivered to your school at lunchtime each day. Each lunch will be individually served in a compostable lunchbox. Any allergen or special dietary lunches will be clearly marked on each lunchbox. To remain as sustainable as possible our lunches will have no internal packaging whenever possible, in order to reduce packaging waste. Our lunchboxes and any food waste will be removed from the school and taken to be commercially composted by our waste management partners.

We are excited to be a part of this programme and are looking forward to providing lunches to your school.

You can find out more about Eat My Lunch at <https://eatmylunch.nz/>

If you have any questions you can contact us at schools@eatmylunch.nz

You can find out more about Ka Ora, Ka Ako at www.education.govt.nz/free-and-healthy-school-lunches