

Lunchy

Passionate people dedicated to feeding Kiwi kids.

ABOUT US

We're a proud supplier for the New Zealand Ministry of Education Ka Ora, Ka Ako Healthy School Lunches Programme.

Our mission is clear: To feed young New Zealanders' healthy lunches so they can thrive at school.

Our team works hard to deliver tasty and nutritious lunches to Kiwi ākonga in schools across Tāmaki Makaurau Auckland.

We have parents, siblings and grandparents of our Ka Ora, Ka Ako schools working as part of our team, who see first hand how healthy, nutritious kai and food education help their tamariki.

Our team is culturally diverse, and our food is respectful of cultural, religious, and dietary needs.

Our lunches are specially crafted with the help of our NZ registered dietitians and follow the guidelines from the Ministry of Education.

MENU

At Lunchy we aim to nourish students with delicious, ready-to-eat lunches that help them thrive at school, while helping them to understand and appreciate new and healthy foods.

Our menus are designed by our team of Production Chefs and NZ Registered Dietitians, and made with fresh ingredients. They are developed in line with the Ministry of Education Nutritional Guidelines and are MOE approved.

Menus are based on a two-week cycle with a different meal each day.

Hot lunches alternate each day over the two-week cycle (one week there will be three hot lunches, and two in the second).

Menus are also updated each term to provide a variety of meals to satisfy and nurture young taste buds. We also take into consideration feedback we receive from schools, parents and students and adjust our menus accordingly.

View our current menu at lunchy.co.nz/menu



Examples of our meals, clockwise from top: No-Nut Chicken Satay Filled Roll with Cucumber Slice; Fruit Salad & Muffin; Huli Huli Chicken with Vegetable Fried Rice; Bang Bang Chicken Filled Roll with Pikelets & Moogurt; Filled Roll with Cheese, Lettuce & BBQ Mayo; Corned Beef & Salad Sandwich with Fruit Salad & Pineapple Crush Slice.

BENEFITS OF THE KA ORA, KA AKO HEALTHY SCHOOL LUNCHES PROGRAMME

The name Ka Ora, Ka Ako is about being healthy and well in order to be in a good place to learn.

The programme aims to:

- Improve wellbeing
- Support child development and learning
- Improve learners' levels of concentration, behaviour and school achievement
- Address barriers to children's participation in education and promotes attendance at school
- Boost learners' overall health

The Ka Ora, Ka Ako programme also broadens learners' experience with food and opens them up to discover new flavours in an inclusive environment.



FAQ'S

How do you make sure students are getting enough to eat?

Our menus are developed in line with the Ministry of Education Nutritional Guidelines, which outlines compulsory meal components and minimum weight requirements and portion sizes for each school year group.

The appropriate meal size will vary based on how filling the foods are in any given meal. We consider this in our menu planning and adjust meal sizes based on ākonga feedback and observation of any waste.

How do you cater for fussy eaters?

We work with schools to understand what meals students enjoy and adapt menus based on the feedback we receive. We also work to encourage learners as they learn to enjoy healthy food, and introduce new foods each term to keep the menus fresh and exciting.

Did you know? Taste buds are replaced every two weeks or so, so if there was something you didn't like last term, remember to give it another go!

What about students who have a food allergy or specific requirement?

As a standard, all our meals are made without nut-containing ingredients. Meals made with halal-suitable ingredients can be provided on request and we work with schools to prepare meals to cater for students with specific allergies or dietary requirements.

Read more at lunchy.co.nz/nutrition-guide

What are the cost benefits?

It is financially beneficial for your tamariki to participate in the programme.

Having lunches provided at school has been estimated to save a family with two ākonga, on average, around \$60 per week, or \$2,000 per year.

Who can I contact to find out more?

If you want to find out more about our menus, nutritional information or how we operate, you can email schools@lunchy.co.nz.