Four Weeks of Kindergarten Breakfasts

20 different dishes in the rotation and 10 extra options

Each weekday has a different dish. Select a breakfast below to open its recipe. Recipes are provisional batches for 10 children aged 3–5.

Week 1

Mon Feijoa and oat porridge

Tue Kūmara and spinach frittata

Wed Apple and yoghurt breakfast muffins

Thu Homemade baked beans on wholemeal toast

Fri Banana wholemeal pikelets

Week 2

Mon Peach and yoghurt breakfast cups

Tue Soft egg and spinach breakfast wraps

Wed Pea and potato breakfast cakes

Thu Pear baked French toast

Fri Tomato and kūmara breakfast soup

Week 3

Mon Broccoli and cheese breakfast scone bites

Tue Chicken and vegetable rice congee

Wed Blueberry and banana breakfast smoothie

Thu Tofu and tomato breakfast scramble

Fri Soft polenta fingers with white bean dip

Week 4

Mon Soft wholewheat cereal and milk bowl

Tue Steamed lentil and carrot cakes

Wed Soft kūmara gnocchi with ricotta

Thu Avocado and egg soft sandwiches

Fri Peach and rice breakfast custard

More breakfasts and kitchen notes

Extra breakfast options

Serving and review notes

Serving and review notes

Menu design

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

Serving for tamariki

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

Kitchen testing

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre's food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

New Zealand references

Healthy Food and Drink Toolkit for Early Learning Services

KidsHealth New Zealand breakfast and meal ideas

Bowen Early Childhood Education Centre meal examples

Ministry of Health early learning choking guidance

Feijoa and oat porridge

NZBR-001 · Week 1 / Monday · Source page 3

Yield: 10 small bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

220 g rolled oats

650 mL water

350 mL pasteurised milk

300 g feijoa flesh



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Scoop out feijoa flesh, discard skins and simmer flesh with a splash of the measured water until soft. Simmer oats in remaining water and milk until spoon-soft. Mash any coarse fruit and stir it through. Portion and check serving temperature.

ALLERGEN CHECK

Milk, oats (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

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https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-001/

AARTI REVIEW DRAFT

Kūmara and spinach frittata

NZBR-002 · Week 1 / Tuesday · Source page 4

Yield: 10 wedges · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

450 g peeled kūmara

100 g spinach

9 eggs

100 mL pasteurised milk

12 mL canola oil

250 g seedless wholemeal bread



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam diced kūmara until soft. Trim, finely chop and wilt spinach, then drain. Oil a shallow baking dish. Add vegetables and eggs whisked with milk. Bake at 170°C until completely set, about 22–30 minutes. Serve soft wedges with tender bread fingers.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-002/

AARTI REVIEW DRAFT

Apple and yoghurt breakfast muffins

NZBR-003 · Week 1 / Wednesday · Source page 5

Yield: 10 muffins · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

220 g wholemeal flour

8 g baking powder

2 eggs

160 g plain unsweetened yoghurt

35 mL canola oil

260 g peeled cored apple

2 g cinnamon



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam finely diced apple until soft and drain. Whisk eggs, yoghurt and oil. Fold in flour, baking powder, cinnamon and apple. Divide into 10 muffin cases and bake at 175°C for about 18–24 minutes, until set and a skewer comes out clean. Serve in soft pieces.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-003/

AARTI REVIEW DRAFT

Homemade baked beans on wholemeal toast

NZBR-004 · Week 1 / Thursday · Source page 6

Yield: 10 starter serves · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

490 g drained canned no-added-salt white beans

320 g no-added-salt crushed tomatoes

100 g finely chopped onion

10 mL canola oil

250 g seedless wholemeal bread



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Soften onion in oil, add tomatoes and beans, and simmer until the beans are spoon-soft. Mash the beans well before serving. Lightly toast bread, keep it tender and remove tough crusts. Spread beans thinly on soft toast fingers.

ALLERGEN CHECK

Wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

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KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-004/

AARTI REVIEW DRAFT

Banana wholemeal pikelets

NZBR-005 · Week 1 / Friday · Source page 7

Yield: 20 small pikelets · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

260 g ripe peeled banana

190 g wholemeal flour

7 g baking powder

2 eggs

205 mL pasteurised milk

10 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Mash banana into the wet ingredients. Whisk in flour and baking powder. Cook 20 small pikelets in a lightly oiled pan, turning each and cooking until the centre is set. Divide into 10 portions and cut into easy-to-manage pieces.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-005/

AARTI REVIEW DRAFT

Peach and yoghurt breakfast cups

NZBR-006 · Week 2 / Monday · Source page 8

Yield: 10 small cups · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

650 g plain unsweetened yoghurt

350 g peeled and stoned peach

80 g rolled oats

230 mL drinking water



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook oats in water until soft and cool under the centre's food control procedures. Steam peach pieces until spoon-soft and cool. Fold chilled oats into yoghurt, add soft peach and divide into 10 cups. Keep chilled until serving.

ALLERGEN CHECK

Milk, oats (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-006/

AARTI REVIEW DRAFT

Soft egg and spinach breakfast wraps

NZBR-007 · Week 2 / Tuesday · Source page 9

Yield: 10 halves · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

5 soft wholemeal wraps

8 eggs

80 mL pasteurised milk

100 g spinach

10 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Remove coarse spinach stems, finely chop and wilt, then drain. Scramble eggs and milk in oil until fully set. Stir through spinach. Warm wraps gently so they stay soft and spread filling thinly. Roll loosely, halve and cut into manageable pieces for service.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-007/

AARTI REVIEW DRAFT

Pea and potato breakfast cakes

NZBR-008 · Week 2 / Wednesday · Source page 10

Yield: 10 cakes · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

610 g peeled potato

210 g peas

1 egg

65 g wholemeal flour

15 mL canola oil

150 g plain yoghurt



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam potatoes and peas until very soft. Mash thoroughly so no whole peas remain. Mix with egg and flour. Form 10 thin cakes and pan cook in oil until browned lightly and the centres are set. Serve tender with a small spoonful of yoghurt.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-008/

AARTI REVIEW DRAFT

Pear baked French toast

NZBR-009 · Week 2 / Thursday · Source page 11

Yield: 10 portions · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

300 g seedless wholemeal bread

5 eggs

420 mL pasteurised milk

300 g peeled and cored pear

10 mL canola oil

2 g cinnamon



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cut bread into soft pieces and soak in whisked eggs, milk and cinnamon. Dice and steam pear until spoon-soft. Fold pear through bread, spread into a shallow oiled dish and bake at 170°C until fully set, about 25–35 minutes. Cut into 10 soft portions.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-009/

AARTI REVIEW DRAFT

Tomato and kūmara breakfast soup

NZBR-010 · Week 2 / Friday · Source page 12

Yield: 10 small bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

450 g peeled kūmara

350 g no-added-salt crushed tomatoes

150 g peeled carrot

650 mL water

12 mL canola oil

200 g soft seedless wholemeal bread



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Simmer diced kūmara and carrot in water and tomatoes until very soft. Blend smooth with oil, adjusting with drinking water as needed. Serve warm by the spoonful with soft bread pieces, keeping the bread and soup separate until serving.

ALLERGEN CHECK

Wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-010/

AARTI REVIEW DRAFT

Broccoli and cheese breakfast scone bites

NZBR-011 · Week 3 / Monday · Source page 13

Yield: 10 scones · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

240 g wholemeal flour

10 g baking powder

45 g cold butter

110 g broccoli florets

85 g grated mild cheese

155 mL pasteurised milk



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam broccoli until very soft and chop finely. Rub butter into flour and baking powder, stir in broccoli and cheese, and add just enough milk to bind. Scoop into 10 pieces. Bake at 195°C for about 14–19 minutes until cooked through. Serve tender interiors in soft pieces.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

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https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-011/

AARTI REVIEW DRAFT

Chicken and vegetable rice congee

NZBR-012 · Week 3 / Tuesday · Source page 14

Yield: 10 small bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

170 g dry rice

1.25 L water

360 g skinless chicken thigh

150 g peeled carrot

110 g courgette



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Simmer rice with water and finely diced vegetables until falling-apart soft. Separately cook chicken using the centre’s validated procedure, then finely shred and check for gristle and bones. Stir into congee with enough cooking liquid for a moist, spoonable texture and serve promptly.

ALLERGEN CHECK

Check ingredient labels and cross-contact

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

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https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-012/

AARTI REVIEW DRAFT

Blueberry and banana breakfast smoothie

NZBR-013 · Week 3 / Wednesday · Source page 15

Yield: 10 small cups · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

350 g ripe peeled banana

250 g blueberries

450 mL pasteurised milk

250 g plain unsweetened yoghurt



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook blueberries according to the packet if frozen, mash and cool under the centre’s food control procedures. Blend with banana, chilled milk and yoghurt until smooth. Serve in 10 small cups immediately. Offer drinking water separately.

ALLERGEN CHECK

Milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-013/

AARTI REVIEW DRAFT

Tofu and tomato breakfast scramble

NZBR-014 · Week 3 / Thursday · Source page 16

Yield: 10 starter serves · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

500 g plain firm tofu

220 g tomato

90 g spinach

12 mL canola oil

250 g seedless wholemeal bread



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Remove tomato skin and coarse spinach stems. Cook both until soft. Finely crumble tofu, heat it through in oil and mix with the vegetables. Serve moist with tender toast fingers, removing hard crusts.

ALLERGEN CHECK

Soy, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-014/

AARTI REVIEW DRAFT

Soft polenta fingers with white bean dip

NZBR-015 · Week 3 / Friday · Source page 17

Yield: 10 starter serves · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

160 g fine plain polenta

640 mL water for polenta

65 g grated mild cheese

300 g drained no-added-salt white beans

90 mL water for dip

10 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Whisk polenta into simmering water and cook to pack timing until soft. Stir in cheese, spread in a shallow dish and let set enough to cut into soft fingers. Simmer beans until very soft, mash with cooking liquid and oil and serve as a thin spread. Avoid crisp edges.

ALLERGEN CHECK

Milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

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https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-015/

AARTI REVIEW DRAFT

Soft wholewheat cereal and milk bowl

NZBR-016 · Week 4 / Monday · Source page 18

Yield: 10 small bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

200 g low-added-sugar wholewheat cereal biscuits

720 mL pasteurised milk

300 g peeled ripe banana



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Break each cereal biscuit into a bowl, divide milk over the cereal and wait until completely softened. Mash banana and divide evenly into the bowls. Serve promptly with a spoon, adjusting liquid if necessary.

ALLERGEN CHECK

Wheat (gluten), milk. Check cereal for barley.

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-016/

AARTI REVIEW DRAFT

Steamed lentil and carrot cakes

NZBR-017 · Week 4 / Tuesday · Source page 19

Yield: 10 small cakes · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

180 g dry red lentils

140 mL drinking water plus soaking water

130 g peeled carrot

1 egg

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Rinse lentils, soak under refrigeration for 4 hours and drain. Blend with measured water. Steam finely grated carrot until soft. Whisk carrot and egg into batter. Divide between 10 lightly oiled heatproof cups. Steam covered over simmering water until firm and fully cooked, about 20–25 minutes. Serve moist in soft pieces.

ALLERGEN CHECK

Egg

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-017/

AARTI REVIEW DRAFT

Soft kūmara gnocchi with ricotta

NZBR-018 · Week 4 / Wednesday · Source page 20

Yield: 10 starter bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

510 g peeled kūmara

135 g plain flour plus up to 20 g for shaping

1 egg

180 g plain ricotta

90 mL pasteurised milk



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam kūmara until soft and mash. Cool, then mix with egg and plain flour just until a soft dough forms. Roll ropes and cut into small pieces. Simmer in batches until they float and the centres are cooked and soft. Whisk ricotta and milk over gentle heat. Coat gnocchi and cut or mash pieces into a manageable texture.

ALLERGEN CHECK

Wheat (gluten), egg, milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

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KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-018/

AARTI REVIEW DRAFT

Avocado and egg soft sandwiches

NZBR-019 · Week 4 / Thursday · Source page 21

Yield: 10 small sandwiches · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

20 small slices soft seedless wholemeal bread about 360 g

7 eggs

220 g avocado flesh

10 mL lemon juice



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Hard-boil eggs until fully set, cool under the centre’s food control procedures and mash well. Mash avocado with lemon and fold through egg. Spread thinly between bread, remove tough crusts and cut into manageable portions. Refrigerate if there is a delay before serving.

ALLERGEN CHECK

Egg, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-019/

AARTI REVIEW DRAFT

Peach and rice breakfast custard

NZBR-020 · Week 4 / Friday · Source page 22

Yield: 10 small cups · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

155 g dry rice

520 mL water

500 mL pasteurised milk

2 eggs

300 g peeled stoned peach



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Simmer rice in water until very tender. Warm milk, whisk some into beaten egg, then stir the egg mixture into the rice with remaining milk. Cook gently while stirring until thickened and fully cooked without boiling. Steam peach until soft, mash and fold through. Portion and serve promptly.

ALLERGEN CHECK

Egg, milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-020/

AARTI REVIEW DRAFT

Cheese and tomato English muffin melts

NZBR-021 · Extra breakfast option - not assigned a date · Source page 23

Yield: 10 halves · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

5 soft wholemeal English muffins

240 g peeled tomato

155 g grated mild cheese

100 g no-added-salt tomato passata



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Split muffins and warm until tender. Simmer diced tomato in passata until soft and thick. Spread on each half and add finely grated cheese. Heat just until cheese melts, keeping edges soft. Cut into small manageable pieces.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-021/

AARTI REVIEW DRAFT

Banana and oat waffle quarters

NZBR-022 · Extra breakfast option - not assigned a date · Source page 24

Yield: 10 small waffles · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

185 g oat flour

8 g baking powder

2 eggs

210 mL pasteurised milk

180 g peeled ripe banana

12 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Mash banana and whisk with eggs, milk and oil. Add oat flour and baking powder. Cook small batches in a lightly heated waffle iron until cooked through but tender. Remove hard edges and cut into manageable quarters.

ALLERGEN CHECK

Milk, egg, oats (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-022/

AARTI REVIEW DRAFT

Pumpkin and lentil breakfast dahl

NZBR-023 · Extra breakfast option - not assigned a date · Source page 25

Yield: 10 small bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

170 g dried red lentils

380 g peeled pumpkin

700 mL water

12 mL canola oil

1 g ground cumin

220 g soft seedless wholemeal flatbread



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Rinse lentils. Simmer lentils, finely diced pumpkin and cumin in water until soft throughout. Mash evenly and stir in oil. Offer small spoon portions with soft pieces of flatbread, avoiding tough or folded pieces.

ALLERGEN CHECK

Wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-023/

AARTI REVIEW DRAFT

Soft spinach and cottage cheese breakfast pasta

NZBR-024 · Extra breakfast option - not assigned a date · Source page 26

Yield: 10 small bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

210 g small wholemeal pasta

340 g plain cottage cheese

135 g spinach

180 mL pasteurised milk



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook pasta past al dente until soft and drain. Remove coarse spinach stems, chop finely and cook until tender. Blend cottage cheese and milk, heat through and mix with spinach and pasta. Check texture and portion into small bowls.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-024/

AARTI REVIEW DRAFT

Corn and courgette omelette roll

NZBR-025 · Extra breakfast option - not assigned a date · Source page 27

Yield: 10 slices · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

9 eggs

120 mL pasteurised milk

190 g courgette

120 g no-added-salt drained sweetcorn

10 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Finely grate and cook courgette until soft, then press out excess moisture. Cook corn until soft and crush kernels. Add both to eggs whisked with milk. Bake in a shallow oiled sheet at 165°C until set. Roll loosely while warm and slice. Serve soft and moist.

ALLERGEN CHECK

Egg, milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-025/

AARTI REVIEW DRAFT

Date and banana wholemeal loaf

NZBR-026 · Extra breakfast option - not assigned a date · Source page 28

Yield: 10 slices · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

290 g peeled ripe banana

200 g wholemeal flour

2 eggs

80 mL pasteurised milk

90 g pitted dates

130 mL water

30 mL canola oil

7 g baking powder



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Simmer dates in water until very soft and mash smooth. Mix with mashed banana, eggs, milk and oil. Fold in flour and baking powder. Bake in a lined small loaf tin at 170°C for about 35–45 minutes, until cooked through. Cool and serve thin, soft pieces.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-026/

AARTI REVIEW DRAFT

Baked egg and tomato breakfast cups

NZBR-027 · Extra breakfast option - not assigned a date · Source page 29

Yield: 10 cups · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

10 eggs

350 g no-added-salt crushed tomatoes

110 g finely diced onion

12 mL canola oil

200 g tender seedless wholemeal bread



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Soften onion in oil and reduce tomatoes to a thick sauce. Divide into 10 ovenproof cups. Break an egg into each. Bake at 175°C until both yolks and whites are fully set, about 14–20 minutes. Break egg into small soft pieces and serve with tender bread.

ALLERGEN CHECK

Egg, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-027/

AARTI REVIEW DRAFT

Warm pear and quinoa breakfast bowls

NZBR-028 · Extra breakfast option - not assigned a date · Source page 30

Yield: 10 small bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

205 g quinoa

620 mL water

300 mL pasteurised milk

320 g peeled cored pear



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Rinse quinoa. Simmer in water until tender, add milk and cook until spoon-soft. Steam finely diced pear until spoon-soft and fold through. Mash coarse lumps. Serve warm after checking temperature.

ALLERGEN CHECK

Milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-028/

AARTI REVIEW DRAFT

Chickpea and carrot breakfast spread with soft pita

NZBR-029 · Extra breakfast option - not assigned a date · Source page 31

Yield: 10 starter serves · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

440 g drained no-added-salt chickpeas

200 g peeled carrot

90 mL cooking water

12 mL canola oil

15 mL lemon juice

250 g soft wholemeal pita



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook chickpeas and carrot until very soft. Blend smooth with cooking water, oil and lemon. Serve as a thin spread on warm, tender pita pieces. Check that no whole chickpeas remain and avoid dried or crispy pita edges.

ALLERGEN CHECK

Wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-029/

AARTI REVIEW DRAFT

Soft breakfast couscous with vegetables

NZBR-030 · Extra breakfast option - not assigned a date · Source page 32

Yield: 10 small bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

200 g wholemeal couscous

410 mL boiling drinking water

250 g peeled kūmara

160 g courgette

120 g plain unsweetened yoghurt

10 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cover couscous with water and rest until fully hydrated. Steam diced vegetables until soft, mash and stir into couscous with yoghurt and oil. Add additional drinking water as needed to keep moist and spoonable.

ALLERGEN CHECK

Wheat (gluten), milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

The 20-day rotation changes the main dish and uses different methods across the month. The ten additional recipes offer replacements for equipment, supply or service constraints. Seasonal produce substitutions are treated as changes to the same recipe.

SERVING FOR TAMARIKI

Provide drinking water. Use starter portions and adjust for the child. Serve food seated and supervised, with age-appropriate textures and sizes. Keep bread tender and fillings moist. Review each individual feeding or allergy plan before service.

NEW ZEALAND REFERENCES

Healthy Food and Drink Toolkit for Early Learning Services KidsHealth New Zealand breakfast and meal ideas Bowen Early Childhood Education Centre meal examples Ministry of Health early learning choking guidance

KITCHEN TESTING

Weigh prepped edible portions, check actual yields, verify ingredient labels and cross-contact controls, and test the methods in the centre kitchen. Apply the centre’s food control procedures to cooling, reheating and service. Supplier costs and qualified review are pending.

https://menunio.com/kindergarten/breakfast/rotation/recipes/nzbr-030/

AARTI REVIEW DRAFT