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/

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