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

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-011/

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