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

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-012/

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