# 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

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-015/

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