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/

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