Pumpkin and lentil breakfast dahl

NZBR-023 · Extra breakfast option - not assigned a date · Source page 25

Yield: 10 small bowls · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

170 g dried red lentils

380 g peeled pumpkin

700 mL water

12 mL canola oil

1 g ground cumin

220 g soft seedless wholemeal flatbread



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Rinse lentils. Simmer lentils, finely diced pumpkin and cumin in water until soft throughout. Mash evenly and stir in oil. Offer small spoon portions with soft pieces of flatbread, avoiding tough or folded pieces.

ALLERGEN CHECK

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-023/

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