Soft spinach and cottage cheese breakfast pasta

NZBR-024 · Extra breakfast option - not assigned a date · Source page 26

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

INGREDIENTS

210 g small wholemeal pasta

340 g plain cottage cheese

135 g spinach

180 mL pasteurised milk



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook pasta past al dente until soft and drain. Remove coarse spinach stems, chop finely and cook until tender. Blend cottage cheese and milk, heat through and mix with spinach and pasta. Check texture and portion into small bowls.

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-024/

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