Corn and courgette omelette roll

NZBR-025 · Extra breakfast option - not assigned a date · Source page 27

Yield: 10 slices · Provisional 10 breakfast serves · Ages 3–5

INGREDIENTS

9 eggs

120 mL pasteurised milk

190 g courgette

120 g no-added-salt drained sweetcorn

10 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Finely grate and cook courgette until soft, then press out excess moisture. Cook corn until soft and crush kernels. Add both to eggs whisked with milk. Bake in a shallow oiled sheet at 165°C until set. Roll loosely while warm and slice. Serve soft and moist.

ALLERGEN CHECK

Egg, 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-025/

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