Date and banana wholemeal loaf

NZBR-026 · Extra breakfast option - not assigned a date · Source page 28

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

INGREDIENTS

290 g peeled ripe banana

200 g wholemeal flour

2 eggs

80 mL pasteurised milk

90 g pitted dates

130 mL water

30 mL canola oil

7 g baking powder



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Simmer dates in water until very soft and mash smooth. Mix with mashed banana, eggs, milk and oil. Fold in flour and baking powder. Bake in a lined small loaf tin at 170°C for about 35–45 minutes, until cooked through. Cool and serve thin, soft pieces.

ALLERGEN CHECK

Egg, 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-026/

AARTI REVIEW DRAFT