Baked egg and tomato breakfast cups

NZBR-027 · Extra breakfast option - not assigned a date · Source page 29

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

INGREDIENTS

10 eggs

350 g no-added-salt crushed tomatoes

110 g finely diced onion

12 mL canola oil

200 g tender seedless wholemeal bread



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Soften onion in oil and reduce tomatoes to a thick sauce. Divide into 10 ovenproof cups. Break an egg into each. Bake at 175°C until both yolks and whites are fully set, about 14–20 minutes. Break egg into small soft pieces and serve with tender bread.

ALLERGEN CHECK

Egg, 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-027/

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