Four Weeks of Kindergarten Teas

20 morning tea dishes and 20 evening tea dishes

Each menu entry links to its recipe. Evening tea is a light late-afternoon snack for children staying later. Batches make 10 provisional snack serves for ages 3–5.

	MORNING TEA	EVENING TEA
1 / Mon	Apple and oat mini muffins	Kūmara and spinach frittata bites
1 / Tue	Banana and blueberry yoghurt cups	Carrot and red lentil soup
1 / Wed	Pear and wholemeal pikelets	White bean and pumpkin dip with soft pita
1 / Thu	Avocado and ricotta soft sandwiches	Pea and potato soft cakes
1 / Fri	Peach and semolina spoon cups	Corn and cheese English muffin melts
2 / Mon	Broccoli and cheese mini scones	Soft tofu and tomato scramble
2 / Tue	Steamed banana and oat sponge cups	Turkey and kūmara soft meatballs
2 / Wed	Apple and pear compote	Wholemeal cheese and spinach quesadillas
2 / Thu	Carrot and apple soft oat bars	Tomato and courgette mini pasta
2 / Fri	Soft egg and tomato toast fingers	Chicken and vegetable congee cups
3 / Mon	Blueberry and banana smoothie cups	Broccoli and ricotta polenta fingers
3 / Tue	Pumpkin and cottage cheese breakfast-style scrolls	Egg and avocado soft filled rolls
3 / Wed	Feijoa and pear rice pudding	Soft steamed carrot dumplings
3 / Thu	Banana and date wholemeal loaf	Baked chickpea and vegetable savoury squares
3 / Fri	Soft cereal and milk bowls	Soft pumpkin gnocchi with yoghurt
4 / Mon	Baked pear and egg custard	Fish and kūmara mash cups
4 / Tue	Banana wholemeal waffle pieces	Soft vegetable and couscous spoon bowls
4 / Wed	Soft baked plum and oat crumble	Mini soft pizza rounds
4 / Thu	Creamy pumpkin and maize breakfast cups	Baked kūmara with cottage cheese
4 / Fri	Soft fruit tasting plate	Mini lentil shepherds pie

Serving and review notes

Serving and review notes

Menu design

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day's breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are 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.

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.

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

Apple and oat mini muffins

NZTE-001 · Morning tea · Week 1 / Monday · Source page 3

Yield: 10 mini muffins · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

120 g wholemeal flour

65 g rolled oats

6 g baking powder

1 egg

125 mL pasteurised milk

20 mL canola oil

180 g peeled cored apple



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam finely diced apple until tender. Whisk egg, milk and oil. Fold in flour, oats, powder and drained apple. Divide into 10 muffin wells. Bake at 175°C until set, about 15–20 min. Cool and break into soft pieces.

ALLERGEN CHECK

Egg, milk, wheat and oats (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

SERVING FOR TAMARIKI

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KITCHEN TESTING

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https://menunio.com/kindergarten/tea-menu/recipes/nzte-001/

AARTI REVIEW DRAFT

Banana and blueberry yoghurt cups

NZTE-002 · Morning tea · Week 1 / Tuesday · Source page 4

Yield: 10 small cups · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

430 g plain unsweetened yoghurt

170 g peeled banana

150 g blueberries



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook blueberries until soft, following pack directions for any frozen fruit. Mash berries and chill under centre procedures. Mash the banana, divide yoghurt into 10 cups and swirl in the fruit. Keep chilled until service.

ALLERGEN CHECK

Milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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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

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.

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/tea-menu/recipes/nzte-002/

AARTI REVIEW DRAFT

Pear and wholemeal pikelets

NZTE-003 · Morning tea · Week 1 / Wednesday · Source page 5

Yield: 20 mini pikelets · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

160 g wholemeal flour

6 g baking powder

1 egg

160 mL pasteurised milk

170 g peeled cored pear

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam pear until soft and mash. Whisk flour, powder, egg, milk and pear. Pan-cook 20 small pikelets using the oil until both sides and centres are set. Serve two tender pikelets per starter portion.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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NEW ZEALAND REFERENCES

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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.

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/tea-menu/recipes/nzte-003/

AARTI REVIEW DRAFT

Avocado and ricotta soft sandwiches

NZTE-004 · Morning tea · Week 1 / Thursday · Source page 6

Yield: 10 small sandwiches · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

240 g soft seedless wholemeal bread

170 g avocado flesh

140 g pasteurised plain ricotta

8 mL lemon juice



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Mash avocado with lemon and ricotta. Spread thinly between bread slices, remove tough crusts and portion into 10 small sandwiches. Refrigerate promptly if holding. Cut to a manageable size.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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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

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.

KITCHEN TESTING

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https://menunio.com/kindergarten/tea-menu/recipes/nzte-004/

AARTI REVIEW DRAFT

Peach and semolina spoon cups

NZTE-005 · Morning tea · Week 1 / Friday · Source page 7

Yield: 10 small cups · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

90 g plain semolina

470 mL pasteurised milk

150 mL water

220 g peeled stoned peach



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook peach until spoon-soft and mash. Whisk semolina into simmering milk and water and cook gently until smooth. Fold in peach, portion and cool to a suitable serving temperature.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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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

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.

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/tea-menu/recipes/nzte-005/

AARTI REVIEW DRAFT

Broccoli and cheese mini scones

NZTE-006 · Morning tea · Week 2 / Monday · Source page 8

Yield: 10 mini scones · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

200 g wholemeal flour

8 g baking powder

35 g butter

95 g broccoli florets

65 g finely grated mild cheese

115 mL pasteurised milk



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam broccoli until very soft, drain and mince. Rub butter into flour and baking powder, then stir in broccoli and cheese. Add enough milk to form a soft dough. Divide into 10 and bake at 195°C until cooked, about 13–18 min. Serve soft interiors.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-006/

AARTI REVIEW DRAFT

Steamed banana and oat sponge cups

NZTE-007 · Morning tea · Week 2 / Tuesday · Source page 9

Yield: 10 mini cups · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

220 g peeled banana

85 g oat flour

35 g wholemeal flour

1 egg

70 mL pasteurised milk

4 g baking powder

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Mash banana and whisk with egg and milk. Fold in both flours and baking powder. Divide into 10 oiled heatproof cups. Steam covered over simmering water until set, about 13–19 min. Cool and offer moist spoonfuls.

ALLERGEN CHECK

Egg, milk, wheat and oats (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-007/

AARTI REVIEW DRAFT

Apple and pear compote

NZTE-008 · Morning tea · Week 2 / Wednesday · Source page 10

Yield: 10 small serves · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

300 g peeled cored apple

300 g peeled cored pear

140 mL water

1 g cinnamon



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Dice both fruits and simmer with water and cinnamon until fully spoon-soft. Mash coarse pieces and divide into 10 portions. Serve cooled or chill under centre procedures.

ALLERGEN CHECK

Check ingredient labels and cross-contact

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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NEW ZEALAND REFERENCES

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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.

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/tea-menu/recipes/nzte-008/

AARTI REVIEW DRAFT

Carrot and apple soft oat bars

NZTE-009 · Morning tea · Week 2 / Thursday · Source page 11

Yield: 10 soft bars · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

135 g rolled oats

130 g peeled carrot

170 g peeled cored apple

2 eggs

130 mL pasteurised milk

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Grate carrot and apple finely, steam until soft and drain. Soak oats in milk for 15 min. Whisk in eggs and produce. Bake in an oiled shallow tin at 170°C until fully set, about 22–29 min. Cut into 10 soft bars.

ALLERGEN CHECK

Egg, milk, oats (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

NEW ZEALAND REFERENCES

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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.

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/tea-menu/recipes/nzte-009/

AARTI REVIEW DRAFT

Soft egg and tomato toast fingers

NZTE-010 · Morning tea · Week 2 / Friday · Source page 12

Yield: 10 starter serves · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

6 eggs

55 mL pasteurised milk

160 g peeled tomato

190 g seedless wholemeal bread

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Dice tomato and cook until soft. Whisk eggs with milk and scramble in oil until fully set. Lightly toast bread, keep it tender and remove hard crusts. Spread soft egg and tomato thinly and cut into manageable fingers.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-010/

AARTI REVIEW DRAFT

Blueberry and banana smoothie cups

NZTE-011 · Morning tea · Week 3 / Monday · Source page 13

Yield: 10 small cups · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

200 g blueberries

220 g peeled banana

290 mL pasteurised milk

160 g plain unsweetened yoghurt



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook blueberries until soft, following pack directions if frozen. Cool under centre procedures. Blend until smooth with banana, milk and yoghurt. Serve promptly in 10 small cups. Provide water separately.

ALLERGEN CHECK

Milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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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

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.

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/tea-menu/recipes/nzte-011/

AARTI REVIEW DRAFT

Pumpkin and cottage cheese breakfast-style scrolls

NZTE-012 · Morning tea · Week 3 / Tuesday · Source page 14

Yield: 10 small scrolls · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

200 g wholemeal flour

7 g baking powder

140 g plain unsweetened yoghurt

130 g peeled pumpkin

80 g plain cottage cheese



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam pumpkin until tender and mash with cottage cheese. Mix flour, powder and yoghurt to a soft dough. Roll out, spread a thin layer of filling, roll up and slice into 10. Bake at 180°C until set, about 16–21 min. Serve soft centres in pieces.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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NEW ZEALAND REFERENCES

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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.

KITCHEN TESTING

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https://menunio.com/kindergarten/tea-menu/recipes/nzte-012/

AARTI REVIEW DRAFT

Feijoa and pear rice pudding

NZTE-013 · Morning tea · Week 3 / Wednesday · Source page 15

Yield: 10 small cups · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

110 g dry rice

400 mL water

380 mL pasteurised milk

100 g scooped feijoa flesh

130 g peeled cored pear



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Simmer rice in water until very tender. Add milk and stir until spoonable. Simmer feijoa and pear separately until soft and mash. Fold fruit into the rice just before portioning. Serve promptly.

ALLERGEN CHECK

Milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

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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

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.

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/tea-menu/recipes/nzte-013/

AARTI REVIEW DRAFT

Banana and date wholemeal loaf

NZTE-014 · Morning tea · Week 3 / Thursday · Source page 16

Yield: 10 small slices · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

150 g wholemeal flour

6 g baking powder

210 g peeled banana

45 g pitted dates

70 mL water

1 egg

20 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Simmer dates until very soft, then mash. Combine dates, banana, egg and oil. Fold through flour and baking powder. Bake in a lined small tin at 170°C until cooked through, about 28–38 min. Cool and serve soft slices in pieces.

ALLERGEN CHECK

Egg, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

NEW ZEALAND REFERENCES

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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.

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/tea-menu/recipes/nzte-014/

AARTI REVIEW DRAFT

Soft cereal and milk bowls

NZTE-015 · Morning tea · Week 3 / Friday · Source page 17

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

INGREDIENTS

130 g low-added-sugar wholewheat cereal biscuits

530 mL pasteurised milk

140 g peeled ripe banana



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Crumble cereal into cups. Add milk and wait until every piece is fully softened. Mash banana and portion evenly. Serve immediately with a spoon.

ALLERGEN CHECK

Milk, wheat (gluten). Check cereal for barley.

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-015/

AARTI REVIEW DRAFT

Baked pear and egg custard

NZTE-016 · Morning tea · Week 4 / Monday · Source page 18

Yield: 10 small cups · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

220 g peeled cored pear

400 mL pasteurised milk

3 eggs

3 mL vanilla extract



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Dice and steam pear until very soft. Divide into 10 heatproof cups. Whisk eggs with milk and vanilla and pour over. Bake cups in a water bath at 155°C until fully set, about 24–33 min. Cool before serving and follow centre procedures if holding.

ALLERGEN CHECK

Egg, milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-016/

AARTI REVIEW DRAFT

Banana wholemeal waffle pieces

NZTE-017 · Morning tea · Week 4 / Tuesday · Source page 19

Yield: 10 small waffles · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

150 g wholemeal flour

6 g baking powder

160 g peeled banana

1 egg

155 mL pasteurised milk

12 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Mash banana, whisk in egg, milk and oil, then add flour and powder. Cook 10 small waffles until cooked through and tender. Remove crisp edges and serve in manageable 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

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-017/

AARTI REVIEW DRAFT

Soft baked plum and oat crumble

NZTE-018 · Morning tea · Week 4 / Wednesday · Source page 20

Yield: 10 spoon serves · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

400 g peeled stoned plum

100 g rolled oats

65 g wholemeal flour

35 g unsalted butter

75 mL water



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Simmer finely diced plums until soft. Rub butter into flour and oats, then mix in enough water for soft, moist clumps. Spread over fruit in a shallow dish and bake at 170°C until oats are tender and the topping is cooked, about 21–27 min. Break up any dry edges and serve moist by the spoonful.

ALLERGEN CHECK

Milk, wheat and oats (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-018/

AARTI REVIEW DRAFT

Creamy pumpkin and maize breakfast cups

NZTE-019 · Morning tea · Week 4 / Thursday · Source page 21

Yield: 10 small cups · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

95 g fine polenta

410 mL water

240 g peeled pumpkin

95 g pasteurised ricotta



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam pumpkin until spoon-soft and mash. Whisk polenta into simmering water and cook according to packet until smooth. Fold through pumpkin and ricotta. Portion and serve warm by spoon.

ALLERGEN CHECK

Milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-019/

AARTI REVIEW DRAFT

Soft fruit tasting plate

NZTE-020 · Morning tea · Week 4 / Friday · Source page 22

Yield: 10 small plates · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

240 g peeled ripe banana

220 g peeled cored pear

190 g peeled stoned peach



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam pear and peach separately until spoon-soft, then cool. Mash banana just before serving. Divide the three prepared fruits evenly into 10 small portions, sizing or mashing pieces for each child.

ALLERGEN CHECK

Check ingredient labels and cross-contact

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-020/

AARTI REVIEW DRAFT

Kūmara and spinach frittata bites

NZTE-021 · Evening tea · Week 1 / Monday · Source page 23

Yield: 10 bites · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

300 g peeled kūmara

75 g spinach

5 eggs

65 mL pasteurised milk

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam kūmara until soft. Remove coarse spinach stems, mince and wilt. Divide vegetables into 10 oiled wells and add whisked eggs and milk. Bake at 165°C until fully set, about 15–22 min. Cool slightly and serve soft pieces.

ALLERGEN CHECK

Egg, milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-021/

AARTI REVIEW DRAFT

Carrot and red lentil soup

NZTE-022 · Evening tea · Week 1 / Tuesday · Source page 24

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

INGREDIENTS

110 g dry red lentils

260 g peeled carrot

80 g finely chopped onion

680 mL water

10 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Soften onion in oil. Add diced carrot, rinsed lentils and water and simmer until everything is soft. Blend smooth, loosen as needed and serve warm by spoon.

ALLERGEN CHECK

Check ingredient labels and cross-contact

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-022/

AARTI REVIEW DRAFT

White bean and pumpkin dip with soft pita

NZTE-023 · Evening tea · Week 1 / Wednesday · Source page 25

Yield: 10 starter serves · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

270 g drained no-added-salt white beans

200 g peeled pumpkin

60 mL water

10 mL canola oil

170 g soft wholemeal pita



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam pumpkin. Rinse beans and simmer until very soft. Mash both smooth with water and oil. Spread a thin layer on soft warmed pita portions, avoiding tough or crisp edges.

ALLERGEN CHECK

Wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-023/

AARTI REVIEW DRAFT

Pea and potato soft cakes

NZTE-024 · Evening tea · Week 1 / Thursday · Source page 26

Yield: 10 small cakes · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

430 g peeled potato

115 g peas

1 egg

45 g wholemeal flour

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam potato and peas until very soft and mash thoroughly so no whole peas remain. Mix with egg and flour. Shape 10 small cakes and cook in oil until set in the centre. Keep tender and serve in soft pieces.

ALLERGEN CHECK

Egg, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-024/

AARTI REVIEW DRAFT

Corn and cheese English muffin melts

NZTE-025 · Evening tea · Week 1 / Friday · Source page 27

Yield: 10 halves · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

5 soft wholemeal English muffins

150 g no-added-salt drained sweetcorn

125 g grated mild cheese

75 g plain unsweetened yoghurt



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook corn until very soft and crush each kernel. Mix with cheese and yoghurt. Spoon on split muffins and warm until cheese melts without crisping edges. Cut into manageable pieces.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-025/

AARTI REVIEW DRAFT

Soft tofu and tomato scramble

NZTE-026 · Evening tea · Week 2 / Monday · Source page 28

Yield: 10 starter serves · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

350 g firm plain tofu

200 g peeled tomato

65 g spinach

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Dice tomato finely, remove coarse spinach stems and cook both until soft. Finely crumble tofu and heat it through in oil. Mix with vegetables, mash larger lumps and serve moist.

ALLERGEN CHECK

Soy

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-026/

AARTI REVIEW DRAFT

Turkey and kūmara soft meatballs

NZTE-027 · Evening tea · Week 2 / Tuesday · Source page 29

Yield: 20 mini balls · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

340 g lean turkey mince

165 g cooked peeled kūmara mash

35 g soft wholemeal breadcrumbs

1 egg

90 mL water



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Mix mince, kūmara, breadcrumbs and egg. Form 20 small balls and simmer gently in a shallow covered pan with water until fully cooked under the centre’s validated process. Break each ball into small moist pieces and serve two per starter portion.

ALLERGEN CHECK

Egg, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-027/

AARTI REVIEW DRAFT

Wholemeal cheese and spinach quesadillas

NZTE-028 · Evening tea · Week 2 / Wednesday · Source page 30

Yield: 10 wedges · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

5 soft wholemeal wraps

135 g finely grated mild cheese

110 g spinach

80 g plain unsweetened yoghurt



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Remove coarse spinach stems, chop finely, wilt and drain. Mix with cheese and yoghurt. Spread thinly inside wraps and warm until cheese melts, without crisping. Cut each wrap in half and into soft serving pieces.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-028/

AARTI REVIEW DRAFT

Tomato and courgette mini pasta

NZTE-029 · Evening tea · Week 2 / Thursday · Source page 31

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

INGREDIENTS

150 g small wholemeal pasta

250 g no-added-salt crushed tomatoes

150 g courgette

10 mL canola oil

65 g plain ricotta



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook pasta until soft. Finely grate courgette and cook it in oil with tomatoes until soft. Stir in ricotta and pasta and add drinking water as needed for a moist, spoonable texture.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-029/

AARTI REVIEW DRAFT

Chicken and vegetable congee cups

NZTE-030 · Evening tea · Week 2 / Friday · Source page 32

Yield: 10 small cups · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

110 g dry rice

780 mL drinking water

215 g skinless chicken thigh

115 g peeled carrot

65 g courgette



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Simmer rice and finely diced vegetables until falling-apart soft. Separately cook chicken using the centre’s validated procedure. Inspect for bones and gristle, finely shred, then combine with congee. Serve promptly and keep spoonable.

ALLERGEN CHECK

Check ingredient labels and cross-contact

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-030/

AARTI REVIEW DRAFT

Broccoli and ricotta polenta fingers

NZTE-031 · Evening tea · Week 3 / Monday · Source page 33

Yield: 10 soft portions · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

125 g fine polenta

530 mL water

125 g broccoli florets

105 g plain ricotta



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam broccoli until fully soft and mince. Cook polenta according to pack timing until tender. Stir in broccoli and ricotta, spread in a shallow dish and let set just enough to cut soft fingers. Avoid drying the edges.

ALLERGEN CHECK

Milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-031/

AARTI REVIEW DRAFT

Egg and avocado soft filled rolls

NZTE-032 · Evening tea · Week 3 / Tuesday · Source page 34

Yield: 10 mini portions · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

5 soft seedless wholemeal rolls

5 eggs

175 g avocado flesh

10 mL lemon juice



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Hard-boil eggs until fully set, cool under centre procedures and mash. Mash avocado with lemon and mix into the egg. Spread thinly inside split rolls. Remove tough crusts, divide into 10 starter portions and refrigerate if holding.

ALLERGEN CHECK

Egg, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-032/

AARTI REVIEW DRAFT

Soft steamed carrot dumplings

NZTE-033 · Evening tea · Week 3 / Wednesday · Source page 35

Yield: 20 mini dumplings · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

150 g wholemeal flour

5 g baking powder

150 g peeled carrot

1 egg

75 mL pasteurised milk

6 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam grated carrot until soft, drain and mash. Stir into flour and baking powder with egg and enough milk for a soft dough. Drop 20 small spoonfuls onto an oiled steamer tray. Steam until fluffy and fully cooked, about 12–17 min. Serve moist and in small 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

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-033/

AARTI REVIEW DRAFT

Baked chickpea and vegetable savoury squares

NZTE-034 · Evening tea · Week 3 / Thursday · Source page 36

Yield: 10 squares · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

115 g chickpea flour

270 mL water

120 g courgette

90 g peeled carrot

10 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Whisk flour into water and rest 15 min. Grate, steam and drain the vegetables. Fold them into batter and pour into a shallow oiled tin. Bake at 180°C until fully cooked and set, about 23–32 min. Portion into soft squares.

ALLERGEN CHECK

Check ingredient labels and cross-contact

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-034/

AARTI REVIEW DRAFT

Soft pumpkin gnocchi with yoghurt

NZTE-035 · Evening tea · Week 3 / Friday · Source page 37

Yield: 10 starter serves · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

360 g peeled pumpkin

130 g plain flour plus up to 20 g for shaping

1 egg

120 g plain unsweetened yoghurt



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam pumpkin until soft, drain well and mash. Cool and mix with egg and enough flour to form a soft dough. Cut small pieces and simmer in batches until they float and are fully cooked. Drain and coat with yoghurt. Cut or mash as needed.

ALLERGEN CHECK

Egg, milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-035/

AARTI REVIEW DRAFT

Fish and kūmara mash cups

NZTE-036 · Evening tea · Week 4 / Monday · Source page 38

Yield: 10 small cups · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

230 g boneless fresh hoki fillet

340 g peeled kūmara

80 mL pasteurised milk

6 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam kūmara until soft. Cook fish using the centre’s validated process. Flake very finely and inspect carefully for bones. Mash kūmara with milk and oil, fold in the flaked fish and divide into 10 moist spoon portions.

ALLERGEN CHECK

Fish, milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-036/

AARTI REVIEW DRAFT

Soft vegetable and couscous spoon bowls

NZTE-037 · Evening tea · Week 4 / Tuesday · Source page 39

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

INGREDIENTS

140 g wholemeal couscous

280 mL boiling drinking water

150 g peeled carrot

150 g courgette

95 g plain yoghurt



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cover couscous with boiling water until completely hydrated. Steam finely diced carrots and courgette until soft and mash. Mix vegetables and yoghurt through the couscous, adding drinking water as needed for a moist spoonable texture.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-037/

AARTI REVIEW DRAFT

Mini soft pizza rounds

NZTE-038 · Evening tea · Week 4 / Wednesday · Source page 40

Yield: 10 mini rounds · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

5 small soft wholemeal flatbreads

170 g no-added-salt passata

150 g finely diced courgette

105 g finely grated mild cheese



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cook courgette in passata until soft and thick. Cut flatbreads into 10 portions, spread with sauce and top with cheese. Warm at 180°C just until cheese melts. Remove tough edges and cut into manageable pieces.

ALLERGEN CHECK

Milk, wheat (gluten)

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-038/

AARTI REVIEW DRAFT

Baked kūmara with cottage cheese

NZTE-039 · Evening tea · Week 4 / Thursday · Source page 41

Yield: 10 spoon portions · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

545 g peeled kūmara

175 g plain pasteurised cottage cheese

10 mL canola oil

40 mL drinking water



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cut kūmara into slices of even size and lightly oil. Cover and bake at 185°C until spoon-soft. Mash cottage cheese with enough water for a smooth topping. Scoop the soft flesh and portion with a thin layer of topping.

ALLERGEN CHECK

Milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

NEW ZEALAND REFERENCES

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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.

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/tea-menu/recipes/nzte-039/

AARTI REVIEW DRAFT

Mini lentil shepherds pie

NZTE-040 · Evening tea · Week 4 / Friday · Source page 42

Yield: 10 starter portions · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

240 g drained no-added-salt brown lentils

325 g peeled potato

150 g peeled carrot

130 g no-added-salt crushed tomatoes

55 mL pasteurised milk

8 mL canola oil



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Steam potatoes until soft and mash with milk. Simmer finely diced carrot, tomatoes and rinsed lentils until everything is very soft. Mash lentils well, stir in oil and spread in a shallow dish. Top with potato and bake at 175°C until heated through using the centre’s validated process. Divide into 10 soft spoon portions.

ALLERGEN CHECK

Milk

Verify product labels and serving texture before service. See page 2 for review and kitchen checks.

MENU DESIGN

Use the morning tea column as an alternative to the morning tea already scheduled in the annual programme. Offer evening tea as an optional late snack. Check the day’s breakfast, lunch and afternoon tea to avoid repeating preparations. Seasonal produce substitutions are changes to the same recipe.

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

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.

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/tea-menu/recipes/nzte-040/

AARTI REVIEW DRAFT