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

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-008/

AARTI REVIEW DRAFT