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

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-012/

AARTI REVIEW DRAFT