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