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