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