Soft vegetable and couscous spoon bowls

NZTE-037 · Evening tea · Week 4 / Tuesday · Source page 39

Yield: 10 small bowls · Provisional 10 snack serves · Ages 3–5

INGREDIENTS

140 g wholemeal couscous

280 mL boiling drinking water

150 g peeled carrot

150 g courgette

95 g plain yoghurt



Illustrative serving; follow ingredients and serving-texture guidance.

PREPARATION

Cover couscous with boiling water until completely hydrated. Steam finely diced carrots and courgette until soft and mash. Mix vegetables and yoghurt through the couscous, adding drinking water as needed for a moist spoonable texture.

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-037/

AARTI REVIEW DRAFT