Week 1 · Kindergarten Teas

Morning tea alternatives and optional evening tea · Monday to Friday

Day	Morning tea	Evening tea (optional)
Monday	Apple and oat mini muffins NZTE-001 · Source p. 3	Kūmara and spinach frittata bites NZTE-021 · Source p. 23
Tuesday	Banana and blueberry yoghurt cups NZTE-002 · Source p. 4	Carrot and red lentil soup NZTE-022 · Source p. 24
Wednesday	Pear and wholemeal pikelets NZTE-003 · Source p. 5	White bean and pumpkin dip with soft pita NZTE-023 · Source p. 25
Thursday	Avocado and ricotta soft sandwiches NZTE-004 · Source p. 6	Pea and potato soft cakes NZTE-024 · Source p. 26
Friday	Peach and semolina spoon cups NZTE-005 · Source p. 7	Corn and cheese English muffin melts NZTE-025 · Source p. 27

AARTI REVIEW DRAFT V2

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.

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.