Week 3 · Kindergarten Teas

Morning tea alternatives and optional evening tea · Monday to Friday

Day	Morning tea	Evening tea (optional)
Monday	Blueberry and banana smoothie cups NZTE-011 · Source p. 13	Broccoli and ricotta polenta fingers NZTE-031 · Source p. 33
Tuesday	Pumpkin and cottage cheese breakfast-style scrolls NZTE-012 · Source p. 14	Egg and avocado soft filled rolls NZTE-032 · Source p. 34
Wednesday	Feijoa and pear rice pudding NZTE-013 · Source p. 15	Soft steamed carrot dumplings NZTE-033 · Source p. 35
Thursday	Banana and date wholemeal loaf NZTE-014 · Source p. 16	Baked chickpea and vegetable savoury squares NZTE-034 · Source p. 36
Friday	Soft cereal and milk bowls NZTE-015 · Source p. 17	Soft pumpkin gnocchi with yoghurt NZTE-035 · Source p. 37

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.