

Teach Leanbh



## HEALTHY EATING

The early years of a child's life are critically important for the formation of good lifestyle habits, including a positive attitude towards healthy eating. At Teach Leanbh, we promote and encourage healthy eating. Healthy eating habits started in childhood will stay with your child forever. The choices we have made preparing their menus will influence their chance of a healthier life in years to come. Children grow and develop fast, so they need a high quality, varied diet, with a good balance of energy, protein, vitamins and fibre. Healthy eating is about having a varied, balanced diet and enjoying lots of different food. We use a good working knowledge of the food pyramid in preparing our menus.

The Healthy Food Pyramid is a fun way of teaching your children about the different food groups. The pyramid is divided into five shelves, each representing a different food group. Choosing a variety of foods from each shelf ensures that your children have a balanced and healthy diet. You should select most of your children's food from the bottom two shelves of the Healthy Food Pyramid. Smaller amounts of food should be chosen from the next two shelves, while food at the top of the pyramid should be eaten sparingly.

***Children in full day care in Teach Leanbh receive breakfast, 2 meals and 2 snacks.***

### **What are our meals?**

Our meals contain at least one serving from each of the four bottom shelves of the food pyramid. Carbohydrate group, Protein group, Fruit and the Vegetable shelf?

### **What are our snacks?**

Our snacks contain food from at least 2 shelves of the four bottom shelves of the food pyramid i.e. Protein and Carbohydrate, Carbohydrate and Dairy, Fruit, Vegetables and Carbohydrate, Dairy and Fruit/Vegetables.

The following menus have been developed; keeping in mind, any special dietary requirements and special emphasis is placed on being culturally aware. We follow this by involving parents from different cultures to give a demonstration, with the possibility of including this in our menu; this to date has been a huge success.

At Teach Leanbh, we operate the HACCP system, where there is traceability and accountability, ensuring all food used at Teach Leanbh is of top quality and presented to our children at quality standards. To ensure this, all staff receives training in food handling, ensuring a quality service for our children. We continually involve parents, staff and children in our menu selection.

***Children in our daycare should receive 70% of their daily food in the service, thus, the importance of our daily food (service) selection.***

## ENVIRONMENT

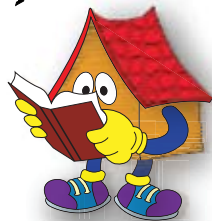
The fact that families have brought each of their children to the service is verification of the degree of trust they have in the care provided at Teach Leanbh. There are families who have been coming to us since the establishment of the facility, ones who have returned to us and of course new families. We value the respect that each family has in us and continually work to maintain and even better our performance. A Home from Home as described by one of our parent's is a huge compliment, which all in Teach Leanbh value.

***This has changed see policy Our centre has received an "All Ireland Centre of Excellence Award" in 2008, an "Enterprise Award" in 2003 and an "Outstanding Achievement Award" in 2008.***

When creating our Home from Home, parents, staff and children work in a harmonious setting where everyone's input is valued. Staff, parents, and children work together to create a healthy promotion policy, which is visible in the hallway. When drawing up this policy, physical activities, food practice, nutrition practice, dental health and confidence building are all taken into account. It is prepared using the whole school approach; which we evaluate and review regularly.

The physical environment is bright, airy and spacious; it is aesthetically pleasing to the eye. The layout is spacious and its layout is such that it allows free flow for staff and children. There is sufficient space indoors for physical, active movement and we have a specially constructed Gross Motor Room.

Teach Leanbh



The entrance hall will greet you with its colourful display of our Healthy Incentive Project. Included is our policies on our whole school, healthy eating policy, menus, physical play, outdoor timetable, hygiene, healthy options and photographic evidence of our children, on view for parents, staff and potential customers.

All of the rooms are laid out with evidence of at least 3 food related materials, which are visible for all to see and experience that healthy eating is not just talked about, it is an everyday experience. Fruit bowls and water stations are in each of the rooms for our children to enjoy. Outdoors has both man-made and natural surfaces for physical play to allow for agility and enjoyment. Our outdoor walks allow safety and enjoyment for our daily nature walks.

All staff on induction are taken through our policy on our healthy eating incentive. Staff are given formal training on food handling and HACCP, which ensures food reaching our children is of the highest standard. Staff take time to sit with children at meal times and experience different food textures themselves. Staff are involved at every aspect of our project to the drawing up of our menu, timetable for physical play, walk/outdoor time, dental hygiene and our healthy reward system. Staff present food in such a way, taking into account that we are encouraging children to self-help themselves and to encourage a family style service.

### Children

Children attending Teach Leanbh are encouraged to practice a family style food service, where adequate time is allowed for meal times. Children are encouraged with good hygiene practice of washing hands before meal times, setting the table and serving themselves. Children and staff sit together in a homely style, that provides encouragement and confidence to children, to experience new tastes and to feed themselves. Conversation flows, which gives a holistic experience to our environment. Tables have tablecloths and flower dressing to enhance the atmosphere.

### ACTIVE LIFE STYLE

***"To aid life leaving it free to unfold itself is the basic task of an educator."***

The Ethos of Teach Leanbh is that we want to develop the whole child prospective; where diet, physical play, educational needs and hygiene all take equal importance. We strive to ensure that each child's individual needs are met. It has been said that the more play experience we have as a child will support us in later life. Thus, the importance of ensuring that children have an active outdoor lifestyle.

It promotes:

**Healthy weight**

**Healthy bones**

**Psychological wellbeing**

Helping children to become strong and healthy, develops self-esteem and therefore encourages children to have a go at new activities. Children naturally learn so many skills through play e.g. Communication, socialising, thinking, movement and imitating.

At Teach Leanbh we are fortunate to have a rural setting, where we have the opportunity for long walks, at least 3 times daily and opportunities to enjoy the nature of the countryside. A timetable has been developed to ensure that children have opportunity for physical play daily (indoor/outdoor.) A Gross Motor room has also been constructed, to support children's play. Rain proof clothing, wellingtons and coat's are available for children on rainy days.

### HYGIENE and DENTAL HEALTH

**see policy for missing old text**

At Teach Leanbh, healthy eating is a very important part of our ethos and daily routine. Pre school is the perfect time for children to learn about healthy food, bodies and activities that will support them with good health, fitness and attitudes towards nutritious food. Children need a wide variety of food for a well-balanced diet, which we continuously promote at Teach Leanbh, but healthy eating and attitudes toward food, initially, begin at home where children form their attitudes towards all aspects of life under the guidance of their parents. Having a healthy packed lunch, from home, is a great way for your child to learn about healthy food.

Teach Leanbh



A child's success in many areas, including school, can be affected positively or negatively by having a healthy lunch and the benefits to eating healthy, should not be taken for granted when considering what our children are eating for lunch. Packing a healthy lunch, for your child or advocating healthy eating, will benefit your child in many ways not just now, but for the rest of their life.

Kids Health reports that one in three children is overweight or obese. With this increase in child obesity, we feel that it is important to work together with parents, by considering what our children are eating for lunch and how to make sure that they have adequate nutrition. This will lead them to make healthy choices.

By promoting healthy lunches and practicing healthy eating, we aid our children in maintaining a healthy body weight and having less risk of developing chronic health problems i.e. diabetes or cardiovascular disease.

### Healthy Lunch Ideas

At Teach Leanbh we only promote:  
HEALTHY LUNCHES.

We ask all parents to aid us in developing healthy eating practices, by ensuring that children's lunch boxes only contain:

- Sandwiches / pitta bread with cheese, lean meat and salad.
- Low-Sodium cheeses, crackers with spread.
- Washed and cut up raw vegetables / fruit.
- Unsweetened Natural yoghurt.
- Plain water and milk.

Lunch boxes should not contain:

- Highly processed, sugary, fatty and salty foods.
- Processed meats / cheeses / foods.
- Crisps, salted / sweetened popcorn, sweets, cakes, biscuits.
- Breakfast / fruit bars.
- Yoghurts / fruit tubes (except 100% unsweetened Natural yoghurt)
- Cordials, sweetened juices and soft drinks.

### FLUID INTAKE

At Teach Leanbh, it is our policy to ensure that children attending our service are having enough liquid everyday.

### Fluid Rules to be Cool

Having enough liquid everyday is very important for you. Being tired, not able to concentrate or having headaches are all signs that you are not drinking enough. At Teach Leanbh, we have water stations in each room, visible and accessible for children. Milk and tap water are the drinks offered to children in our service. At least 6 water drinks are offered during the day, milk, and water at meals and snack times.

Studies have shown that drinking lots of liquid improves how children are and how good they are at exercising concentration levels and general wellbeing. We encourage babies from 6 months to drink from a cup without a lid. A cup without a lid is the best chance of encouraging your baby to develop a sipping action when drinking, which encourages speech and language development, independence and sociability.

### HEALTHY REWARD SYSTEM

**A poster is available in each room.**

It is the policy of Teach Leanbh that there is a healthy reward scheme in operation. Fruit and vegetables are provided as treats during the day. No food from the top of the food pyramid or nuts are provided at Teach Leanbh, as either a reward or an incentive. Fruit is available in all rooms during the day. In the evening healthy options are available in the hallway for the children to take.

**This was drawn up in consultation with the parents and Teach Leanbh staff:**

|                           |                        |
|---------------------------|------------------------|
| <b>Margaret Connell</b>   | <b>Ciara Jones</b>     |
| <b>Bronagh Sheridan</b>   | <b>Laura McNally</b>   |
| <b>Laura Connell</b>      | <b>Catherine Duffy</b> |
| <b>Bernadette Doherty</b> | <b>Tara Lennon</b>     |
| <b>Marcela Valentova</b>  | <b>Georgina Cooper</b> |

**The next Annual Review date in January 2018.**



# Menu 1

1<sup>st</sup> December 2014

| <b>Mealtimes</b>     | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   |
|----------------------|---|---|---|---|---|
| <b>Breakfast</b>     | Choice of cereal<br>Porridge<br>Fruit<br>Water/Milk   | Choice of cereal<br>Porridge<br>Fruit<br>Water/Milk   | Choice of cereal<br>Porridge<br>Fruit<br>Water/Milk   | Choice of cereal<br>Porridge<br>Fruit<br>Water/Milk   | Choice of cereal<br>Porridge<br>Fruit<br>Water/Milk   |
| <b>Allergens</b>     | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts                  | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        |
| <b>Morning Snack</b> | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   |
| <b>Allergens</b>     | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                                       | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             |
| <b>Dinner</b>        | Boiling Bacon<br>Cabbage<br>Mashed Potatoes<br>Parsley Sauce<br>Fruit salad                         | Chicken Stew<br>Carrots<br>Parsnips<br>Potatoes<br>Fruit Salad                                      | Tuna Bake<br>Broccoli<br>Potatoes<br>Fruit Salad  | Lasagne<br>Mixed Veg<br>Potatoes<br>Fruit Salad   | Irish Stew(lamb)<br>Turnips<br>Carrots<br>Potatoes<br>Fruit Salad                                   |
| <b>Allergens</b>     | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk, Fish     | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk |
| <b>Tea</b>           | Scrambled Egg<br>Toast<br>Yogurt<br>Fruit salad<br>Milk/Water                                       | Wrap<br>Ham/Cheese<br>Sweetcorn<br>Sliced Apples<br>Milk/Water                                      | Homemade<br>Vegetable Soup<br>Homemade Scones<br>Sliced Cold Meat<br>Milk/Water                               | Sandwiches<br>Brown/White Bread<br>Ham/ Cheese<br>Cherry Tomatoes<br>Carrot Sticks<br>Milk/Water    | Tuna Bake Pasta<br>Rice pudding<br>Stewed apple<br>Milk/Water                                       |
| <b>Allergens</b>     | Egg<br>Bread: Wheat, Gluten, Soya<br>Milk<br>Butter, Cream<br>Yogurt, Milk                          | Wrap: Wheat<br>Ham, Celery<br>Cheese, Dairy<br>Bread: Wheat, Gluten, Soya<br>Butter, Cream, Milk    | Cornflour many contain Nut traces<br>Cold Meat, Celery<br>Bread: Wheat, Gluten, Soya<br>Butter, Cream<br>Milk | Bread: Wheat, Gluten, Soya,<br>Butter, Cream<br>Milk<br>Ham, Celery<br>Milk                         | Tuna Fish<br>Pasta: Wheat<br>Milk   |
| <b>Snack</b>         | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  |
| <b>Allergens</b>     | Milk  | Milk  | Milk  | Milk  | Milk  |

Signed:

*Margaret Lomel*

*1/12/2014*



# Menu 2

15<sup>th</sup> December 2014

| <b>Mealtime</b>      | <b>Monday</b>  | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>   |
|----------------------|--|---|--|---|---|
| <b>Breakfast</b>     | Choice of cereal<br>Porridge<br>Water/Milk   | Choice of cereal<br>Porridge<br>Water/Milk  | Choice of cereal<br>Porridge<br>Water/Milk   | Choice of cereal<br>Porridge<br>Water/Milk  | Choice of cereal<br>Porridge<br>Water/Milk  |
| <b>Allergens</b>     | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts   | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts                   | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        |
| <b>Morning Snack</b> | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk  | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk  | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   |
| <b>Allergens</b>     | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk  | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk  | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             |
| <b>Dinner</b>        | Roast Chicken<br>Carrots/Parsnips<br>Potatoes<br>Gravy<br>Fruit Salad  | Savory Mince<br>Green Peas<br>Sweetcorn<br>Potatoes<br>Fruit Salad                                  | Tuna Bake<br>Cabbage<br>Potatoes<br>Fruit Salad  | Beef Stew<br>Mixed Veg<br>Potatoes<br>Fruit Salad   | Shepard's Pie<br>Broccoli<br>Carrots<br>Fruit Salad   |
| <b>Allergens</b>     | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk  | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk, Tuna Fish | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk |
| <b>Tea</b>           | Cold Meats<br>Pineapple<br>Bread & Butter<br>Pudding<br>Water/Milk   | Wrap<br>Chicken, Cheese<br>Sweetcorn<br>Cherry Tomatoes<br>Water/Milk                               | Poached Eggs<br>Soldiers<br>Grilled Rashers<br>Water/Milk  | Fish Cakes<br>Custard<br>Apple<br>Water/Milk  | Toasted<br>Tuna Salad<br>Sliced Apple<br>Water/Milk   |
| <b>Allergens</b>     | Cold Meats, Celery<br>Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Bread: Wheat, Gluten, Soya<br>Milk, Butter, Cream | Wrap: Wheat<br>Cheese, Milk<br>Ham, Celery<br>Butter, Cream<br>Milk                                 | Eggs,<br>Bread: Wheat, Gluten, soya<br>Butter, Cream<br>Milk   | Fish, Fish Wheat<br>Custard, Cornflour<br>Milk<br>Bread: Wheat, Gluten, Soya<br>Butter              | Tuna, Fish<br>Bread: Wheat, Gluten, Soya<br>Butter, Cream<br>Milk                                   |
| <b>Snack</b>         | Fruit Chunks<br>Water/Milk   | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk   | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  |
| <b>Allergens</b>     | Milk   | Milk  | Milk   | Milk  | Milk  |

**Signed:**



# Menu 3

17<sup>th</sup> November 2014

| <b>Mealtime</b>      | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   |
|----------------------|---|---|---|---|---|
| <b>Breakfast</b>     | Choice of cereal<br>Porridge<br><br>Water/Milk  | Choice of cereal<br>Porridge<br><br>Water/Milk  | Choice of cereal<br>Porridge<br><br>Water/Milk  | Choice of cereal<br>Porridge<br><br>Water/Milk  | Choice of cereal<br>Porridge<br><br>Water/Milk  |
| <b>Allergens</b>     | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts  | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        |
| <b>Morning Snack</b> | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   |
| <b>Allergens</b>     | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk   | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             |
| <b>Dinner</b>        | Beef Casserole<br>Broccoli, Carrots<br>Potatoes<br><br>Fruit Salad  | Savory Mince<br>Mixed Veg<br>Potatoes<br><br>Fruit Salad  | Spring Lamb Stew<br>Mashed Potatoes<br>Mixed Veg<br><br>Fruit Salad                                 | Chicken Casserole<br>Vegetables<br>Potatoes<br><br>Fruit Salad                                      | Bacon<br>Cabbage<br>Mashed Potatoes<br>White Sauce<br>Fruit Salad                                   |
| <b>Allergens</b>     | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk   | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk |
| <b>Tea</b>           | Carrot & Potato<br>Soup<br>Brown Roll<br>Cold Meats<br>Fruit Salad<br>Water/Milk  | Scrambled Eggs<br>Toasted Soldiers<br>Cheese on Toast<br><br>Sliced Apple<br>Water/Milk             | Milk Pudding<br>Stewed Apple<br>Cold Meats<br><br>Fruit Salad<br>Water/Milk                         | Homemade Oven<br>Baked Wedges<br>Baked Beans<br><br>Fruit Salad<br>Water/Milk                       | Toasted<br>Ham/Cheese<br>French Salad<br><br>Water/Milk   |
| <b>Allergens</b>     | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts. Celery<br>Bread: Wheat, Gluten, Soya<br>Milk, Butter Cream | Eggs, Milk, Butter<br>Eggs, Milk, Cream<br>Bread: Wheat, Gluten, Soya,                              | Milk<br>Cold Meats & Celery<br>Bread: Wheat, Gluten, Soya,<br>Butter, Cream                         | Milk<br>Butter, Cream,<br>Bread: Wheat, Gluten, Soya,   | Milk<br>Ham, Celery, Cheese, Milk<br>Butter, Cream<br><br>Bread: Wheat, Gluten, Soya,               |
| <b>Snack</b>         | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  |
| <b>Allergens</b>     | Milk  | Milk  | Milk  | Milk  | Milk  |

Signed:

Maya Council 17 Nov 2014



# Menu 4

24<sup>th</sup> November 2014

| <b>Mealtime</b>      | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>  | <b>Thursday</b>   | <b>Friday</b>   |
|----------------------|---|---|---|---|---|
| <b>Breakfast</b>     | Choice of cereal<br>Porridge<br>Water/Milk  | Choice of cereal<br>Porridge<br>Water/Milk  | Choice of cereal<br>Porridge<br>Water/Milk  | Choice of cereal<br>Porridge<br>Water/Milk  | Choice of cereal<br>Porridge<br>Water/Milk  |
| <b>Allergens</b>     | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts                                  | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts              | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        | Porridge: Oats<br>Weetabix: Wheat, Barley<br>Rice Crispies: Barley<br>Milk, Raisins, No Nuts        |
| <b>Morning Snack</b> | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   | Sandwiches<br>Ham/Cheese<br>Fruit<br>Water/Milk   |
| <b>Allergens</b>     | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk   | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                                   | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             | Celery, Milk, Cream, Cheese<br>Bread: Wheat, Gluten,<br>Milk, Soya Milk                             |
| <b>Dinner</b>        | Roast Beef<br>Mixed Vegetables<br>Roast Potatoes<br>Fruit Salad   | Roast Chicken<br>Vegetables<br>Potatoes & Gravy<br>Fruit Salad                                      | Tuna Bake<br>Broccoli<br>Potatoes<br>Fruit Salad  | Spring Lamb<br>Sweetcorn<br>Veg & Potatoes<br>Fruit Salad   | Savoury Lean Mince<br>Mixed Vegetables<br>Potatoes<br>Fruit Salad                                   |
| <b>Allergens</b>     | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk                           | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk, Fish | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk | Thickener: Cornflour may contain<br>Traces of Nuts as packed<br>In a factory that uses nuts<br>Milk |
| <b>Tea</b>           | Homemade<br>Vegetable Lasagne<br>Cold Meats<br>Sliced Apple<br>Water/Milk   | Rice Pudding<br>Stewed Apple<br>Cherry tomatoes<br>Cold Meats<br>Water/Milk                         | Poached Eggs<br>Grilled Rashers<br>Soldiers<br><br>Water/Milk   | Egg Sandwiches<br>Meat Sandwiches<br>Fruit Salad<br><br>Water/Milk                                  | Homemade<br>Vegetable soup<br>Brown Bread<br>Cold Meats<br>Water/Milk                               |
| <b>Allergens</b>     | Bread: Wheat, Gluten, Soya<br>Butter, Cream<br>Cold Meat, Celery<br>Cheese, Milk<br>Lasagne Sauce Milk, Lactose Milk<br>Wheat | Bread: Wheat, Gluten, Soya,<br>Butter, Cream, Milk<br>Milk<br>Cold Meat, Celery                     | Bread: Wheat, Gluten, Soya,<br>Butter, Cream, Milk<br>Milk<br>Eggs  | Bread: Wheat, Gluten, Soya,<br>Butter<br>Milk<br>Egg<br>Cold Meats, Celery                          | Bread: Wheat, Gluten, Soya,<br>Butter, Milk,<br>Milk<br>Cold Meat, Celery                           |
| <b>Snack</b>         | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  | Fruit Chunks<br>Water/Milk  |
| <b>Allergens</b>     | Milk  | Milk  | Milk  | Milk  | Milk  |

Signed:

Megan Lounell 24 Nov 2014