



The Professional Nursery Kitchen Provides our meals

Breakfast - Snacks - Lunch - Dessert - Tea



"Prepared by us, cooked by you"

www.TheProfessionalNurseryKitchen.co.uk




Seasonal sample menu

Winter Menu - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 1	Apricot Yoghurt	Sultana and Raisin Slice	Strawberry Yoghurt	Mixed Fruit Flapjack	Peach Yoghurt
Breakfast 2	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal
Snack 1	Cucumber Sticks	Corn Cakes	Naan Bread	Rice Cakes	Cheese Sticks
Snack 2	Wholemeal Pitta Bread	Mango Yoghurt	Pear	Watermelon Slices	Apple
Snack 3	Banana	Carrot Sticks	Pineapple Slices	Orange Segments	Melon Slices
Lunch 1	Shepherd's Pie	Roast Turkey with Roast Potatoes	Creamy Pasta with Chicken and Butternut squash	Beef Casserole with Dumplings	Fish Fingers
Lunch 2	Vegetable Couscous	Vegetable Roast	Broccoli and Sweet Potato Bake	Vegetable Casserole with Dumplings	Jamaican Chicken
Simple Lunch/ Tea	Lentil Bake	Patatas Bravas	Bean Cassoulet	Vegetarian Bean Pot	Jamaican Vegetable
Simple Lunch/ Tea	Butternut Squash and Butter Bean Stew	Homemade Baked Beans with Jacket Potatoes	Vegetable Chilli	Mild Lentil Tikka	Cauliflower and Coconut Curry
Side Dish	Sweetcorn	Peas	Carrots	Broccoli	Peas / Mash Potatoes
Dessert 1	Apple and Sultana Traybake	Lemon Sponge	Orange and Cinnamon Sponge	Blackcurrant Yoghurt	Spiced Sponge
Dessert 2	Pineapple Slices	Watermelon Slices	Braised Apples	Fruit Salad	Banana
Afternoon Tea	Chicken and Pea Pasta	Jacket Potatoes	Mild Thai Turkey Curry	Mascarpone Pasta	Paprika Macaroni Beef

Seasonal sample menu		Winter Menu - Week 2				
	Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast 1	Sultana and Raisin Slice	Strawberry Yoghurt	Mixed Fruit Flapjack	Mango Yoghurt	Sultana and Raisin Slice	
Breakfast 2	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	
Snack 1	Apricot Yoghurt	Corn Cakes	Grissini Sticks	Wholemeal Pitta Bread	Rice Cakes	
Snack 2	Cheese Sticks	Pear	Blackcurrant Yoghurt	Melon Slices	Orange Segments	
Snack 3	Apple	Pineapple Slices	Cucumber Sticks	Banana	Carrot Sticks	
Lunch 1	Cottage Pie	Tikka Turkey	Mediterranean Fish	Chicken Goujons	Lamb Hot Pot with Dumplings	
Lunch 2	Vegetarian Cottage Pie	Mild Lentil Tikka	Pineapple Chicken	Smokey BBQ Beef	Vegetable Hot Pot with Dumplings	
Simple Lunch/ Tea	Cauliflower and Coconut Curry	Bean Cassoulet	Pineapple Quinoa	Madras Potato Curry	Mexican Bean Chilli	
Simple Lunch/ Tea	Vegetable Chilli	Ratatouille with Gluten Free Pasta	Patatas Bravas	Lentil Dahl with Vegetables	Homemade Bakes beans with Jacket Potatoes	
Side Dish	Peas	Rice / Tortilla	Sweetcorn	Broccoli	Carrots	
Dessert	Lemon Sponge	Spiced Sponge	Apple and Sultana Traybake	Orange and Cinnamon Sponge	Peach Yoghurt	
Simple Dessert	Melon Slice	Fruit Salad	Banana	Watermelon Slice	Poached Pears	
Afternoon Tea	Mini Jackets with Sweet Chicken	Whole Grain Tomato Pasta	Beef Chilli	Herby Tomato Turkey with Potatoes	Jacket Potatoes	

Seasonal sample menu

Winter Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 1	Peach Yoghurt	Mixed Fruit Flapjack	Blackcurrant Yoghurt	Sultana and Raisin Slice	Strawberry Yoghurt
Breakfast 2	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal	Whole Fruit and Cereal
Snack 1	Garlic and Coriander Naan	Cheese Sticks	Rice Cakes	Watermelon Slice	Corn Cakes
Snack 2	Melon Slice	Wholemeal Pitta Bread	Banana	Apricot Yoghurt	Melon Slice
Snack 3	Pear	Pineapple Slices	Carrot Sticks	Apple	Cucumber Sticks
Lunch 1	Roast Chicken with Roast Potatoes	Traditional Fish Pie	Cheese and Tomato Pizza with Fresh Peppers	Pasta Bolognese	Turkey and Cannellini bean Tagine
Lunch 2	Vegetable Roast	Brazilian Chicken	Irish Stew with Dumplings	Quorn Bolognese	Butternut Squash and Chickpea Tagine
Simple Lunch/ Tea	Bean Hash	Lentil Bake	Cajun vegetables	Quinoa Potato Stew	Lentil Dahl with Vegetables
Simple Lunch/ Tea	Butternut Squash Curry	Mexican Casserole	Cauliflower and Chickpea Balti	Potato Bake	Cauliflower and Coconut Curry
Side Dish	Carrots	Peas	Sweetcorn	Broccoli	Rice / Tortilla
Dessert 1	Orange and Cinnamon Sponge	Mango Yoghurt	Spiced Sponge	Apple and Sultana Traybake	Lemon Sponge
Dessert 2	Fruit Salad	Orange Segments	Poached Peaches	Pineapple Slices	Banana
Afternoon Tea	Scandinavian Beef Hash	Lemon Chicken with Orzo	Cheesy Peasy Pasta	Chilli Chicken with Crushed Potatoes	Lamb and Chickpea Stew

Baby Led Weaning

Baby Led Weaning is letting your child feed themselves from the very start of weaning. According to recent research, most babies reach for food at around six months, which is also the time that mothers are being encouraged to wean. The distinct advantage of weaning at around six months is that by then, children are developmentally capable of feeding themselves.



Baby Led Weaning

How to get Baby Led Weaning Started

The easiest finger foods for young babes are those that are chip-shaped, or have a natural handle, such as broccoli spears. When your baby first tries solids they won't have developed a pincer grip and can only clasp foods in their fists. At first your baby may just play with the food. Continue giving your baby milk feeds between mealtimes and as your baby gradually eats more solids, the number of milk feeds will start to decrease.

Benefits of Baby Led Weaning

Baby Led Weaning gives babies the chance to explore food themselves and encourages them to try different food textures at the beginning of weaning. As long as your baby is ready, it is important to give them foods in soft lumps for them to chew.

It is understandable to worry about your baby choking when they are trying to eat whole foods. As babies can handle and control the amount they eat, the risk of choking is minimal. Remember, babies should never be left alone whilst eating. Try and avoid hard foods, such as chunks of raw apple, until they are older.

Baby Led Weaning Food Ideas

Banana is a great fruit to begin baby led weaning and is best served in large chunks for the baby to hold and gnaw. Avocados are full of important nutrients, and are another good food to try served in larger chunks. A great vegetable to try with your baby is roasted red bell peppers, which are a good source of vitamin C. Broccoli is also highly recommended as a food for baby led weaning as the florets are a great source of vitamins, minerals and fibre, and are easy for babies to hold.

Basic Cooking Skills for pre-school children

Being able to cook is a great skill to have. And whilst it can sometimes feel like a chore to adults, it's an exciting and fun activity for children. So, put on an apron, take a look at our list of basic cooking skills and have some fun!

The basics



Basic Cooking Skills for pre-school children

1. Buttering a slice of bread.
2. Cracking eggs by tapping the centre of the egg over the rim of a small bowl, and then using thumbs to pull the two halves apart.
3. Decorating fairy cakes or biscuits – spreading on the icing or butter icing and then adding the sprinkles, toppings.
4. Kneading and rolling out dough using a rolling pin.
5. Cutting shapes out using cookie cutters.
6. Using a sieve – by holding the sieve over a larger bowl and gently shaking.
7. Cutting soft fruit or vegetables, such as a banana, with a non-sharp knife.
8. Grating cheese – especially good if you've got a rotary grater.
9. Crushing biscuits for bases in a plastic bag with a rolling-pin.
10. Rubbing in butter and flour for crumble.
11. Crushing garlic in a garlic press.
12. Greasing cake tins.
13. Mashing fresh fruit with the back of a fork.
14. Mashing potato with a potato masher.
15. Peeling vegetables with a vegetable peeler.

Healthy Bodies, Healthy Minds

Healthy Eating

Babies and young children are lively, active little people who are growing all the time. They need a well-balanced, nutritious diet to help them stay healthy and provide plenty of energy. Because children only have small stomachs, they need a series of small meals and snacks throughout the day to keep them going.

A healthy diet for a toddler is different to that for an older child or an adult because toddlers need more fat and less fibre than that recommended for others. Under-5s will get adequate amounts of all the nutrients and energy they need if their diet is based on combining foods from the five food groups; carbohydrates, proteins, fruit and vegetables, milk and dairy, and foods high in fat or sugar.

Being Active

Being physically active every day is important for the healthy growth and development of babies, toddlers and pre-schoolers. For this age group, activity of any intensity should be encouraged, including light activity and more energetic physical activity.

The recommended daily guideline for the amount of time that young children should be physically active for is 180 minutes every day. That is 3 hours of physical activity built up throughout a child's day!

Meeting the daily recommended guidelines for physical activity will promote the following development in babies and young children:

- Motor skills – balance and coordination.
- Development of strong bones, muscles and maintenance of a healthy weight.
- Social skills - turn taking, problem solving.
- Improved mental wellbeing - confidence and self-esteem.
- Better concentration levels, thus more able to learn.



Healthy Bodies, Healthy Minds

Here are the guidelines for how many portions of each Food type children should be eating on a daily basis:

- Protein - Meat, fish, poultry and eggs – 2 portions
- Fruit and vegetables – 5 portions
- Dairy produce and other calcium-rich foods – 4 portions
- Carbohydrates - Bread, cereals, rice, potatoes and pasta – 5 portions



Healthy, Happy Eaters

Children often go through phases of refusing to eat certain foods, or at times refusing to eat anything at all. Understandably this can be a worrying and stressful time for parents. It is important to recognise that fussy eating is very common, particularly when children are around 2-5 years. This is often a child's way of showing independence and expressing very definite likes and dislikes, having realised that mealtimes are one aspect of their day that they can have an element of control over. Whilst most children will naturally grow out of this phase, others will benefit from a little help and assistance to establish healthy eating patterns.

We recognise that the food preferences your child develops now in their early years will reflect the food choices they make later in life into adulthood. With this in mind we have put together some top tips to support your child in becoming a healthy and happy eater.

Here are our top 5 suggestions for making mealtimes manageable:

1. Introduce a new food slowly

If your child is unsure about trying new foods, try to make the food familiar first. Children need to experience a food with all senses, so seeing it, smelling it and touching it may all be needed before your child is willing to have a bite or even a lick! Having a small piece of a new food on your child's plate during a meal will enable them to have these sensory experiences and familiarise themselves with the new food. Patience is key as it may take several times of presenting the food before your child is willing to commit to tasting a piece.

It can take 15-20 exposures before a child accepts a new taste.

At Nursery children are able to experience new foods gradually. When new dishes are added to our menu we discuss the new food and the ingredients that have been used. The children are encouraged from our youngest rooms to self-serve, allowing them to choose the amount of food they would like to have on their plate. Children are praised and encouraged to smell, touch or lick a piece of new food.

Top Tip: Be a role model. Research suggests that 2-3 year old's food preferences are significantly related to foods that immediate family members like and dislike. The more excitement and enjoyment you express about the range of healthy foods, the more likely your child will want to eat them.

2. Involve your child in the process.

Allowing your child to really understand the process of what goes into a dish and seeing these different ingredients can help familiarise your child with a wider range of food.

Children love to help with cooking and involving them in the preparation of making dinner together or cutting some fruit for a snack give valuable opportunities for exploring the foods with all their senses. This can be extended even further by taking your child to the supermarket to choose a new food to try, or perhaps buy ingredients for a new recipe.

At nursery the children are given many opportunities to be involved in food preparation. Regular cooking sessions open up discussions about different foods, what ingredients are required and provide a hands-on experience in preparing these. Being able to see the individual ingredients can help with their understanding of what it is they are actually eating. Older children are encouraged to choose recipes and get to act out cooking experiences in the role play area where cooking utensils and recipe books are provided.

Food tasting sessions allow children the chance to try a range of different foods and really explore what they look, feel, smell and taste like. Children are encouraged to share their views using thumbs up/down or smiley/unhappy faces to vote for favourite foods or provide feedback on what they thought of a new food. In the nursery garden we encourage the children to become involved in growing their own produce, with vegetable patches and herb gardens providing the opportunity for children to deepen their understanding of where food comes from.

Top Tip: Why not have a go at planting some vegetables at home? It can be far more exciting to try a piece of lettuce that your child has planted, watered and watched grow than if it comes out of a bag from the shop! Fruit and vegetables can be grown in very small containers, strawberries can be grown in a hanging basket and herbs can be grown in pots along a windowsill, perfect even if you don't have access to a garden.

3. Praise even the tiniest achievement.

Even if your child has just tasted a tiny amount of food or smelt a piece of broccoli for the first time, it is so important to encourage them by praising this effort. Use positive praise and rewards such as a sticker for a chart, rather than using bribes such as 'eat your vegetables and then you can have dessert'.

At nursery children are rewarded for all efforts in trying new food. Stickers are given for both trying something new, even if only a tiny bit, as well as for children who eat a whole piece.



Healthy desserts are always offered even if children haven't finished their whole meal, allowing the children to feel supported through the whole process of familiarisation with food.

Top Tip: If your child is the stage where they are willing to try a food use a visual prompt for how many mouthfuls or bites you would like them to try. This could be as simple as three cards representing the three bites or mouthfuls that your child can turn over with each go.

4. Keep mealtimes calm, happy and relaxed.

If you are more relaxed around mealtimes your child will be too. Mealtimes can be a really special and fun family time and an opportunity to get together and talk about your day and other interesting topics of conversation. Keeping the tone relaxed and the emphasis away from the food itself can help take some of the pressure off of your child who may be feeling anxious about the food that will be presented to them.

If you are more relaxed around mealtimes, your child will be too.

Sitting together at a table and modelling a healthy attitude towards eating and trying a wide range of foods can have a big impact on how your child will perceive eating and mealtimes in general. It is well known that children thrive on routine, so where possible try to schedule 3 meals a day with small snack in-between.

At nursery, mealtimes are relaxed occasions and a chance for the children and team to sit and talk together. 'Snack and chat' boards, with a different picture to provide a talking point are used. This not only promotes children's communication and language but enables them to focus on topics of conversation rather than just their food. Children are also encouraged to help get tables ready for mealtimes, passing out the appropriate numbers or plates, cups, etc.

5. Make healthy foods fun and positive

The way we talk about different foods can really affect your child's view of them. Often we talk more positively about less healthy 'treat foods' than fruits and vegetables. Using words such as 'yummy' and 'delicious' when discussing a new fruit can make it seem a more appealing option!

At nursery, time is spent during mealtimes and cooking activities discussing the foods the children are eating, and coming up with colourful descriptions for their smell and taste. Trying a healthy snack such as a 'date and apricot slice' can sound very unfamiliar to a child, but when we talk about it as a 'yummy cake with delicious, sweet apricots' it can help encourage the children to have a go.

Top Tip: Why not come up with fun descriptions for different foods such as 'mini trees' for broccoli or 'princess peas'. You could even have a go at making some fun food creations with your child such as a funny face made from a cracker and vegetables or placing chopped fruit to look like their favourite animal.

Finally, it is important to remember that your child's tastes, palate, and experiences of food are constantly shifting and evolving. With nursery and home working together, plus a sprinkling of perseverance, we are confident mealtimes can become an enjoyable experience, with your child eating the right balance of foods to grow and learn.



Top Tips for Parenting 'Fussy Eaters'

Consistency! By having a consistent routine at mealtimes your child will know when to expect food and encourages good eating habits.

No distractions! It's best to avoid distractions such as toys, games and television during meal and snack times. Make sure that the eating environment is relaxed and calm.

Variety! Continually offer a good variety of healthy foods and allow your child to choose what they eat. A full plate of food can be overwhelming, so start with a small amount at first.

Get them involved! Children love to help with food preparation tasks such as pouring, stirring and spreading. Children who are involved in preparing food are more likely to try it. Try growing vegetables and fruit as it is a fun way to help children learn where food comes from.

Don't give up! It can take up to 10 times of seeing an unfamiliar food before a child feels comfortable enough to try it. Continue to offer new foods and consider different ways of presenting them. Encourage good eating behaviours by praising them when they have eaten well.

No bribes! Try not to use foods as bribes, for example, 'No pudding unless you eat your vegetables'. This makes the pudding more desirable than the vegetables.



Top Tips for Parenting 'Fussy Eaters'



Cookery

We believe that food is a fundamental part of early education. The tastes a child encounters in their early years can influence their dietary habits and preferences for the rest of their life. There is also an innate link between food and education so we support our partner nurseries to ensure that food and nutrition is a key part of the curriculum.



Our team of Chefs, Dietitians and Nutritionists are passionate about early year's cuisine. With such a specific focus they ensure that all meals and snacks are age appropriate, nutritionally balanced and delicious.



Our meals are prepared in the professional nursery kitchen which is specially designed and equipped to produce healthy meals for pre-school children. This allows us to offer wide range of cuisine and continually introduce new dishes and flavours into our menus. Meals are prepared in our kitchen in exactly the same way as you would at home only with the added benefit of professional chefs and equipment.

Our meals are prepared from the best locally sourced ingredients and are delivered fresh. All of our recipes and methods are available in the recipe page so that parents can make their child's favourite dishes at home.



5532-a-day

Perfect portions for little tumms (1-4 years)

Examples of foods and children's portion sizes:

5 -a-day Starchy Foods

(Potatoes, bread, rice & pasta)

- 1/2-1 slice bread
- 1-2 oat cakes
- 3-6 tbsp breakfast cereal
- 1-3 tbsp mashed potato
- 2-5 tbsp cooked pasta/rice

5 -a-day (or more) Fruit & Vegetables

- 2-6 carrot sticks
- 1/4-1 banana
- 3-10 grapes (halved)
- 1/2-2 tbsp peas
- 1/2-2 tbsp broccoli

3 -a-day Dairy Foods

(Milk, cheese & yogurt)

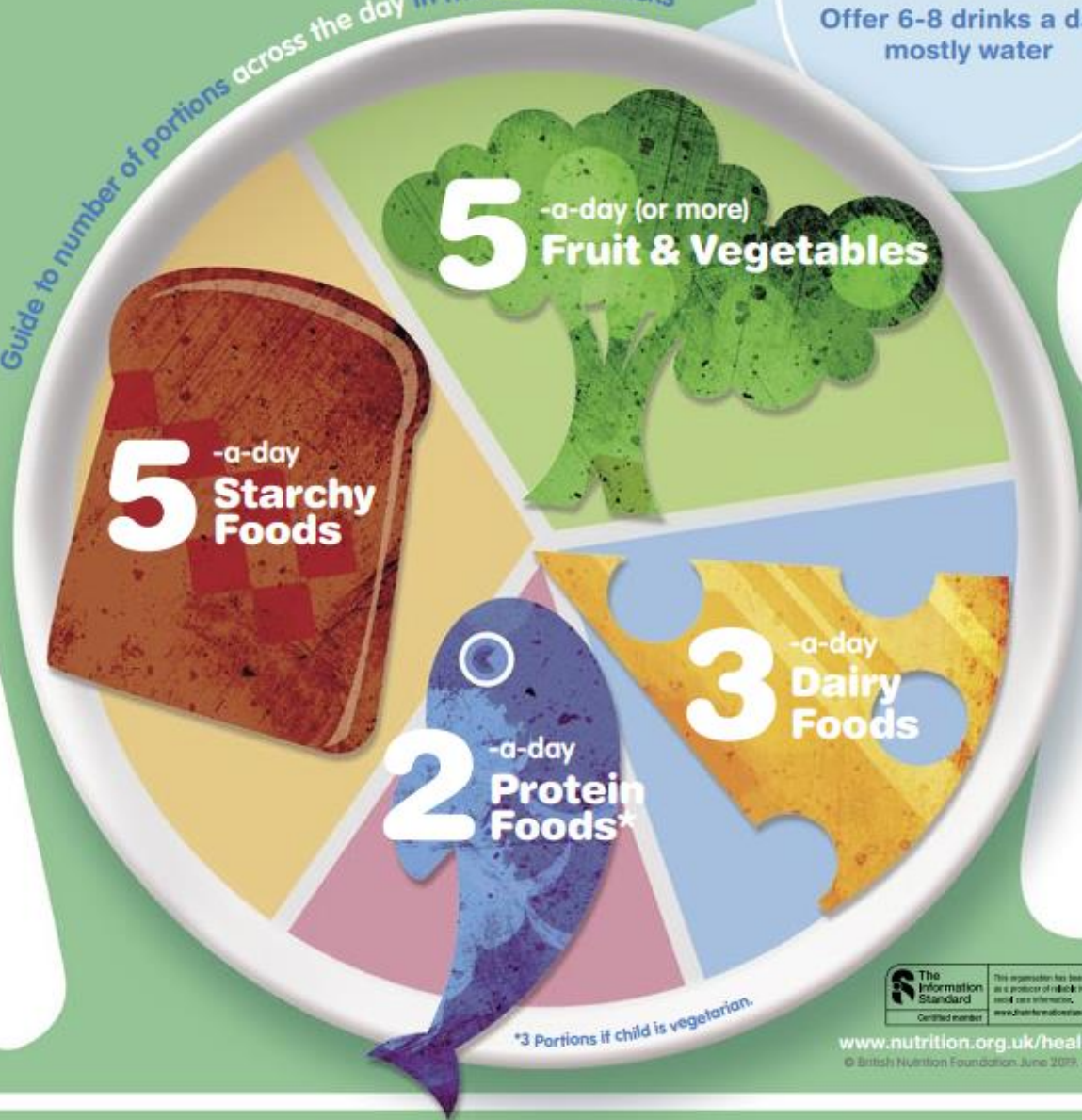
- 1 beaker of milk (100-120ml)
- 1 pot of yogurt (125ml)
- 1 cheese triangle

2 -a-day Protein Foods

3 portions if child is vegetarian
(Beans, pulses, fish, eggs, meat and other proteins)

- 2-4 tbsp chickpeas, kidney beans, dhal, lentils or beans
- 2-4 tbsp cooked minced meat
- 1/4-1 small fillet of fish

Guide to number of portions across the day in meals and snacks



*3 Portions if child is vegetarian.

Drinks

Offer 6-8 drinks a day, mostly water



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www.nutrition.org.uk/healthyliving/toddlers
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Your child needs a variety of foods from the 4 main food groups.

Each day offer about:

- 5 portions of starchy foods
- 5 (or more) portions of fruit & vegetables
- 3 portions of dairy foods
- 2 portions of protein foods (or 3 if vegetarian)

These foods can be offered as meals and snacks. This handy chart gives examples of portion sizes as a guide, but these will vary for children of different ages and appetites.

Children's food preferences and appetites vary from day to day so let your child decide how much to eat and keep offering new foods alongside familiar favourites.

Fats and oils contain essential nutrients and small amounts can be included in childrens' diets – use spreads sparingly and small amounts of oil in cooking.

Children under 5 should have a daily supplement of vitamins A, C and D – ask your GP, health visitor or pharmacist for more information.

Foods like chocolate, biscuits and cakes and higher salt snack foods like crisps or corn snacks are not needed in the diet and so shouldn't be a regular part of children's everyday foods. Small portions can be offered occasionally.

Offer
6-8 drinks
per day.
Water is a
good choice.

5-a-day

Starchy Foods

(Potatoes, bread, rice, pasta and other starchy carbohydrates)

Examples of portion sizes:



1/4-1/2 pitta bread



1-3 plain breadsticks



1-2 oat cakes



2-4 potato wedges



3-6 tbsp breakfast cereal



2-5 tbsp cooked rice



1/2-1 chapati



2-4 tbsp canned spaghetti hoops



2-4 tbsp cooked couscous



1/4-1/2 medium boiled or baked potato



1/2-1 scotch pancake



1/2-1 scone

5-a-day (or more)

Fruit & Vegetables

Examples of portion sizes:



1/4-1/2 medium apple



3-10 strawberries



1/4-1/2 peach



1-4 cherry tomatoes



1/4-1/2 medium orange



1/2-2 tbsp cooked vegetables



1/2-2 tbsp cooked spinach



2-6 vegetable sticks



2-4 tbsp canned fruit in juice



1-4 button mushrooms



1/2-2 tbsp roasted vegetables



1/2-2 tbsp sweetcorn

3-a-day

Dairy Foods

(Milk, cheese, yogurt and non dairy alternatives)

Examples of portion sizes:



2-4 tbsp grated cheese



2-5 tbsp rice pudding



1-3 tbsp yogurt dip e.g. raita



1-3 tbsp cheese sauce



1/2-1 tbsp cottage cheese



5-7 tbsp dairy dessert e.g. custard



3 tablespoons of plain yogurt



1-3 slices Mozzarella cheese



2 small pots (60ml each) fromage frais



1 cheese triangle



1 pot (120g) soya-based dessert (with calcium)



100-120ml cow's milk or breastmilk as a drink

2-a-day

Protein Foods*

*3 portions if child is vegetarian

(Beans, pulses, fish, eggs, meat and other proteins)

Examples of portion sizes:



1/2-1 slice of beef or lamb



1/2-2 tbsp shellfish



1/2-2 small slices of chicken, turkey or pork



1/2-1 poached, boiled, or fried egg



1/4-1 burger



peanut butter on bread/toast



1/4-1 small fillet of fish



1-2 tbsp chopped or ground nuts



1-2 fish fingers



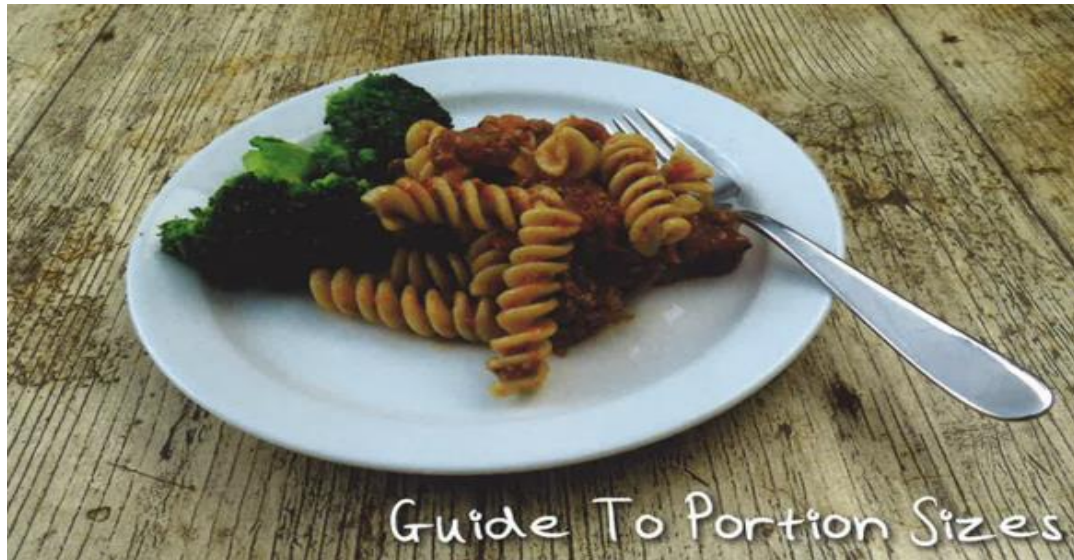
1-2 tbsp houmous



1/2-1 1/2 tbsp canned fish



2-3 tbsp baked beans



Julieta
Early Years Nutrition Consultant

The nutritional content a child will gain from food or drink will depend on the portion size that is offered. It is important to remember that the amount of food a young child eats varies from day to day and meal to meal, and that providing too much can have as many negative effects as providing too little. A survey of 850 nurseries found that very few were confident with the portions size they should be offering young children.

*It is best practice to
allow children to serve
themselves a portion
they are confident with
from a correctly
portioned serving dish*





Meals and Groceries

We deliver freshly prepared meals and groceries for children of all ages. This includes nutritionally planned breakfasts, snacks, lunch and evening tea.

Because we cater specifically for young children our meals are specially planned to be age appropriate. Menus for different age groups are designed to ensure all children have the right energy and nutrients to support their growth, development and learning. We use specialist chopping equipment to ensure that fruit and vegetables are cut into certain shapes to reduce the risk of choking.

Because all of the skilled planning and preparation takes place in our professional nursery kitchen our meals are simple to cook and do not require a dedicated chef or cook. We even pack away our deliveries so that Early Years Educators are not distracted from the children in their care.

We are skilled and experienced in supporting nurseries with all specialist dietary, nutritional or religious requirements.



Cornflakes (25g) with whole milk (100) and raisins (25g) with half a toasted crumpet (20g) and spread (4g) and a cup of water (100ml)



Sugar snap peas (40g) and houmous (40g) with a cup of water (100ml)



Main course: chickpea and vegetable curry (120g) with brown rice (90g)
Drink: Glass of water (100ml)



Main course: Tuna and sweetcorn whole meal pasta (150g) with red pepper sticks (40g) **Drink:** Glass of water (100ml)

BREAKFAST

SNACK

LUNCH & DESSERT

TEA

Porridge (100g) made with whole milk, and raisins (25g) with wholemeal toast (25g) and spread (4g) and a cup of water (100g)



Peach (40) and plain whole milk yoghurt (60g) with 2 rice cakes (16g) and a cup of water (100ml)



Dessert: Raspberry puree (40g) and fromage frais (60g)
Drink: Glass of water (100g)



Dessert: Fruit platter (40g)
Drink: Glass of water (100ml)



Food ALLergies And Intolerances



Antonio
Production Manager

A food allergy is caused when your immune system mistakenly treats proteins found in food as a threat. When this happens, a number of chemicals are released, causing an allergic reaction. Food allergic reactions range from the mild to very serious, with symptoms including rashes, swelling or vomiting. More serious cases of food allergies can result in anaphylaxis which can be life threatening.

There are 3 types of food allergies:

- **IgE- mediated food allergy**- the most common type, triggered by the immune system producing an antibody called immunoglobulin E (IgE). Symptoms occur a few seconds or minutes after eating. There's a greater risk of anaphylaxis with this type of allergy.

Non-IgE- mediated food allergy- these allergic reactions aren't caused by immunoglobulin E, but by other cells in the immune system. This type of allergy is often difficult to diagnose as symptoms take much longer to develop (up to several hours).

Mixed IgE and non-IgE-mediated food allergies – some people may experience symptoms from both types.

Interesting Fact:

It is estimated that around 1 in every 14 children under the age of 3 has at least one food allergy.

Oral allergy syndrome (pollen-food syndrome)

Some people experience itchiness in their mouth and throat, sometimes with mild swelling, immediately after eating fresh fruit or vegetables. This is known as oral allergy syndrome.



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Some people experience itchiness in their mouth and throat, sometimes with mild swelling, immediately after eating fresh fruit or vegetables. This is known as oral allergy syndrome.

Oral allergy syndrome is caused by allergy antibodies mistaking certain proteins in fresh fruits, nuts or vegetables for pollen.

Oral allergy syndrome generally doesn't cause severe symptoms, and it's possible to deactivate the allergens by thoroughly cooking any fruit and vegetables.

Food intolerances

A food intolerance is not the same as a food allergy. Children with a food intolerance may have symptoms such as diarrhoea, bloating and stomach cramps, however no allergic reaction takes place.

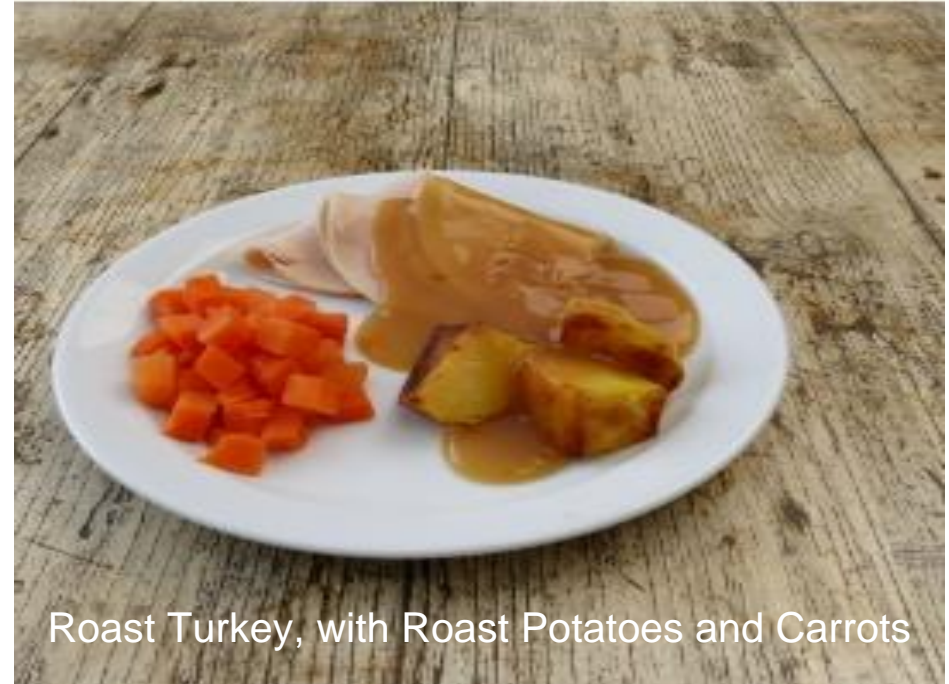
Important differences between a food allergy and a food intolerance include:

- the symptoms of a food intolerance usually occur several hours after eating the food
- you need to eat a larger amount of food to trigger an intolerance than an allergy
- a food intolerance is never life threatening, unlike an allergy.

Food samples



Jamaican Chicken



Roast Turkey, with Roast Potatoes and Carrots



Lamb Mousssa



Vegetable and Potato Curry Bake



Chickpea and Kale Tagine
with Apricots with Cous Cous



Pasta Bolognese with Broccoli



Turkey Thai Curry, French Beans and Potatoes



Lemon Chicken with Orzo

Health and Nutrition



Vegetable Sticks with Guacamole

Children have different nutritional needs to adults and as their bodies develop, these needs change. It is extremely important that the diets of young children are planned to be age appropriate to ensure they have the fuel to reach their potential.

Having a tasty, varied and nutritional diet from the outset helps develop a child's palate, creating healthy habits that will last a lifetime.

What makes up a healthy diet?

- **The more colour the better** – fruit and vegetables are low in calories but high in vitamins, minerals and fibre
- **Fuel for growth** - diets rich in calcium, protein and iron support growth, brain development, and healthy bones and teeth
- **Leave out the salt and sugar** – There is enough of these naturally occurring in foods. Too much can cause high blood pressure, kidney failure and dehydration in young children.
- **Super snacks** – Children require more regular meals than adults. Regular snacks and fruit support energy levels and concentration.
- **You choose?** - Choice allows children to experience different foods and develop a varied taste palate.

Ocean Pie with Seasonal Veg

Ingredients:

- 250g potatoes, peeled and chopped
- 180ml semi-skimmed milk
- 240g fresh fish
- 54g leek
- 18g white flour
- 6g butter
- 60g green beans
- 150g broccoli



Method:

1. Add the potatoes to boiling water and simmer for 15-20 minutes, until soft, mash and set aside.
2. Soften the leeks in a pan with butter.
3. Preheat the oven to 200°C
4. Mix the milk and flour in a saucepan and add the fish. Simmer on a low heat for 5 minutes. Place the leek into the mixture and stir well.
5. Add the fish, leeks and sauce mixture into an oven-proof dish, and add the potato onto the top.
6. Bake in the oven for 20-25 minutes at 200°C
7. Place the broccoli and green beans into boiling water and simmer until tender.

Allergens: Fish, Milk

