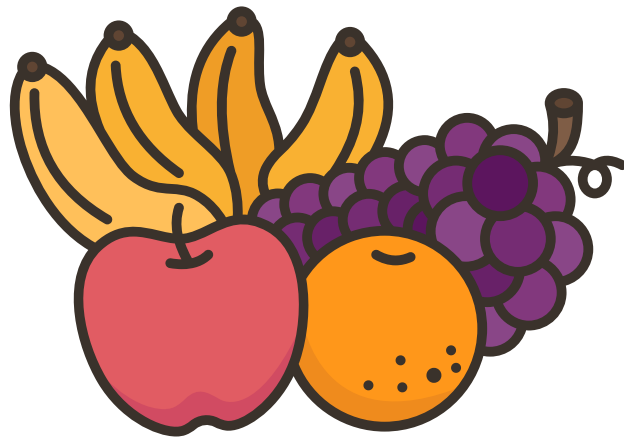


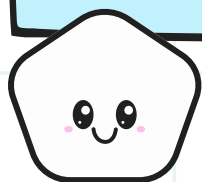


Clann Aire

Our Food



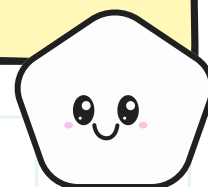
“It is the policy of Clondrohid Community Crèche, Pre-School and After-School to provide healthy and nutritious meals for the children attending our full-day care service and to provide a variety of different tastes and textures for each child to enjoy. Our service recognises the importance of safeguarding children’s well-being through healthy eating habits from a young age. Our mealtimes are treated as an opportunity for social interaction as well as gaining knowledge about nutrition and healthy eating. ”



Above is the statement from our Healthy Eating Policy

The Department of Children, Equality, Disability, Integration and Youth Affairs have recently published Nutrition Standards for Early Learning and Care Services.

We have used this publication as a guide to implement our 4 week menu plans.



**Here at Clann Aire we are
passionate about
providing nutritious,
homemade food to the
children within our care.**

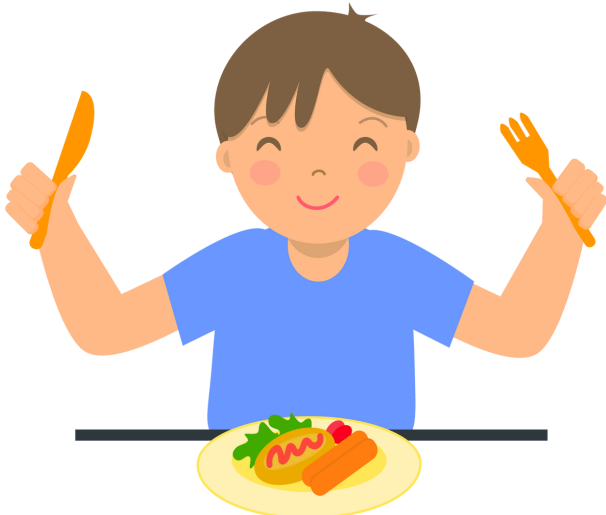
BAKED

FRESH

Every week our chef
bakes fresh brown bread
and scones for the
children.

Allergies;

If your child has an allergy
please make sure you put it
on your child's application
form and your child's
Educator and the Kitchen
staff will work with you to
make sure your child is safe
at Mealtimes.



**We have a purpose
built kitchen and a
trained Chef and
Kitchen staff to cater
for all the children's
hungry bellies!**

**WE TRY AND PACK AS
MANY VEGETABLES AS
WE CAN INTO OUR
MEALS. SOME ARE
BLITZED INTO OUR
SAUCES AND OTHERS
ARE LEFT WHOLE.**

**From time to time the
menu might have to be
adjusted and this will be
at the discretion of the
kitchen staff.**

DID YOU KNOW...

We try and source our ingredients as local as possible

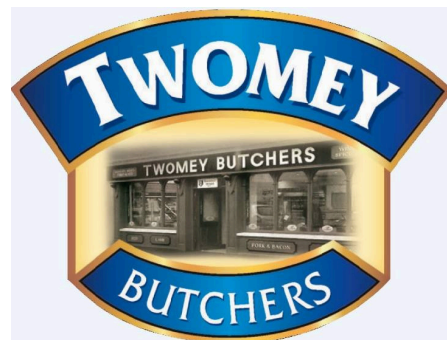
Our fruit and vegetables are delivered twice a week from McCarthy's Fruit and Veg



Our bread comes from Lynch's bakery in Macroom and is delivered twice a week.



Our meat comes from Twomey's butcher in Macroom and is delivered fresh every week.



We also use our local Spar shop, here in Clondrohid village and Tesco and Musgrave's online for all our essentials.

Just a reminder we are a NO NUTS service.

Our Food

Our Curry;

The curry we serve here is homemade.

The sauce is made using;

- Mild curry spices
- Onion
- Garlic
- Coconut milk
- Stock cube
- Chickpeas

Our Bolognese;

The Bolognese we serve here is homemade. The

sauce is made using;

- Onions and Garlic
- Tins of tomatoes
- Herbs
- Lentils

Our Stew;

The Stew we serve is homemade.

The sauce is made using;

- Onions and Garlic
- Beef stock cube
- Plenty of root vegetables

Our Soups;

Our soups are also Homemade and packed full of various vegetables, with a stock cube and herbs for added flavour.

We have a list of desserts that are given randomly over the 4 week menu planner, with 2 desserts given a week.

These are;

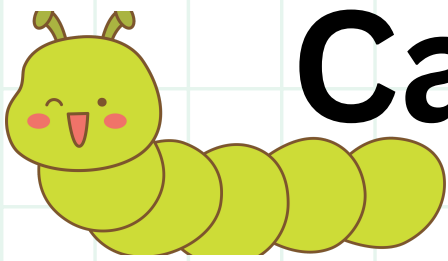
Ice-Cream Cone;
Allergens; Milk
Gluten

Home Made sponge cake;
Gluten, Milk, Egg

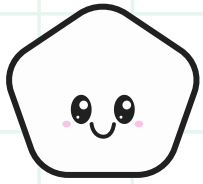
Fruity FlapJacks;
Allergens; Milk, Gluten

Chocolate Rice Krispie Cake;
Allergens; Milk, Gluten

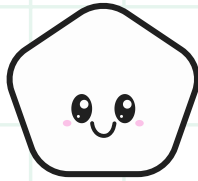
Home made Cookies;
Allergens; Gluten, Milk, Egg



Caterpillar Room



In the Caterpillar room, the children will be offered all the textures and tastes on offer to the older children.



Our younger Caterpillar's will be offered softer alternatives for breakfast, dinner and tea. Please make sure your child has tried the foods on offer at home first, incase of any allergies and make sure to speak with the Educator's in the Caterpillar room about this.

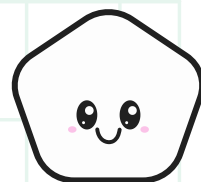
Up next is our weekly Menu plan.

The Kitchen staff uses the plan as a guide and each week will choose the days for each meal. Vegetarian options are available each day, so please speak with your child's Educator.

At certain points during the year, the menu will change to accommodate seasonal events within our service. Parents will be made aware of this change on Child Paths or on collection.

Milk or Water
will be served
during meals.

Week 1 Menu



Breakfast

Cereal With Toast.

Allergens;
Gluten, Milk, Egg

Dinner

Lentil and vegetable
Bolognese with Pasta

Allergens;
Gluten

Tea

Baked beans and Toast
Fruit; Apple slices

Allergens;
Gluten, Milk

Breakfast

Cereal With Brown
bread.

Allergens;
Gluten, Milk,

Dinner

Fish Goujons, Chips, Peas and
Sweetcorn

Allergens;
Gluten, Milk

Tea

Rice cakes with fresh fruit
and cheese

Allergens;
Milk

Breakfast

Cereal With Toast.

Allergens;
Gluten, Milk, Egg

Dinner

Chicken Curry & Rice

Allergens;
No Allergens

Tea

Scones, Fresh fruit

Allergens;
Gluten, Milk,

Breakfast

Cereal with scones.

Allergens;
Milk, Gluten

Dinner

Beef Stew and Potatoes

Allergens;
No Allergens

Tea

Leak and potao soup
Brown bread
Fruit; Apple slices

Allergens;
Gluten, Milk

Breakfast;

Cereal with toast.

Allergens;
Gluten, Milk, Egg.

Dinner;

Boiled Ham, Mashed
potatoes and selection of
vegetables

Allergens;
Sulphur Dioxide, Milk

Tea;

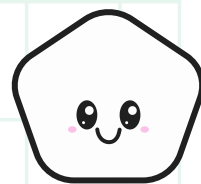
Crackers
Natural yogurt with
fresh fruit

Allergens;
Wheat, Milk



Milk or Water
will be served
during meals.

Week 2 Menu



Breakfast	Dinner	Tea
Cereal With Toast.	Ham, Potatoes, and a selection of root vegetables	Spaghetti hoops with waffles Fruit; Berries
Allergens; Gluten, Milk, Egg	Allergens; Milk, Sulphur Dioxide	Allergens; Gluten, Milk

Breakfast	Dinner	Tea
Cereal with scones.	Chicken Goujons, Chips, Peas and Sweetcorn	Vegetable Soup, brown bread Fruit; Apple slices
Allergens; Milk, Gluten	Allergens; Gluten	Allergens; Milk, Gluten, Celery

Breakfast	Dinner	Tea
Cereal With Toast.	Roast Chicken, Potatoes, Vegetables and Gravy	Pasta with dipping sauce Fruit; Banana
Allergens; Milk, Egg, Barley, Gluten	Allergens; Gluten	Allergens; Gluten, Egg, Milk

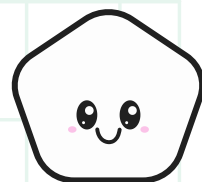
Breakfast	Dinner	Tea
Cereal With Brown bread.	Pasta Bolognese	Scones, fresh fruit and yogurt
Allergens; Milk, Gluten.	Allergens; Gluten	Allergens; Gluten, Milk

Breakfast	Dinner	Tea
Cereal with toast.	Creamy pork curry and Rice	Rice cakes, Cheese and Fresh fruit
Allergens; Milk, Egg, Gluten.	Allergens; No Allergens	Allergens; Milk



Milk or Water
will be served
during meals.

Week 3 Menu



Breakfast

Cereal With Toast.

Allergens;
Milk, Egg, Gluten

Dinner

Turkey Bolognese with
pasta

Allergens;
Gluten, Celery

Tea

Croquettes, Cheese
Fruit; Carrot and Apple
sticks

Allergens;
Milk, Gluten

Breakfast

Cereal With Brown
bread.

Allergens;
Milk, Gluten

Dinner

Chicken Curry and Rice

Allergens;
N/A

Tea

Crackers, with cheese
and fresh fruit

Allergens;
Gluten, Milk

Breakfast

Cereal With Toast.

Allergens;
Milk, Egg, Gluten

Dinner

Boiled Ham, Potatoes and
Vegetables

Allergens;
Milk, Sulphur Dioxide

Tea

Bread rolls, boiled
eggs, ham, Fresh fruit

Allergens;
**Gluten, Egg, Sulphur
dioxide**

Breakfast

Cereal with scones.

Allergens;
Milk, Gluten.

Dinner

Beef Stew with boiled
potatoes and fresh
vegetables

Allergens;
N/A

Tea

Rice cakes, pureed fruit
with natural yogurt and
cheese

Allergens;
Milk, Gluten

Breakfast

Cereal with toast.

Allergens;
Milk, Gluten.

Dinner

Bangers and Mash, with fresh
vegetables.

Allergens;
Gluten, Sulphur Dioxide.

Tea

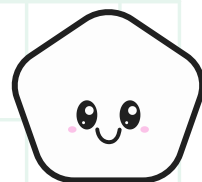
Soup with brown
scones
Fruit; Berries

Allergens;
Gluten, Milk



Milk or Water
will be served
during meals.

Week 4 Menu



Breakfast

Cereal With Toast.

Allergens;
Milk, Egg, Gluten

Dinner

Fish and Chips with
peas and Broccoli

Allergens;
Gluten, Milk

Tea

Brown bread with
jam or cheese and
fresh fruit

Allergens;
Gluten, Milk

Breakfast

Cereal With Brown
bread.

Allergens;
Milk, Gluten.

Dinner

Lentil Bolognese

Allergens;
Gluten

Tea

Rice cakes with fresh
fruit and Natural
yogurt

Allergens;
Milk

Breakfast

Cereal With Toast.

Allergens;
Milk, Egg, Gluten

Dinner

Chicken Curry and Rice

Allergens;
N/A

Tea

Spaghetti hoops with
toast
Fruit; Apple Slices

Allergens;
Wheat, Egg Milk

Breakfast

Cereal with scones.

Allergens;
Milk, Gluten

Dinner

Beef Korma with
vegetables and Rice

Allergens;

Tea

Pasta with sauce
Fruit; Banana

Allergens;
Gluten, Celery

Breakfast

Cereal with toast.

Allergens;
Milk, Egg, Gluten.

Dinner

Cottage Pie with fresh
vegetables

Allergens;
N/A

Tea

Sausages and bread
Fruit; Pear slices

Allergens;
Gluten,
Sulphur Dioxide



On a Final Note

Here at Clann Aire, it is our goal to provide a variety of nutritionally dense meals for children. As you can imagine, with the high volume of children we have in our service on a daily basis, we are striving to cater for all the childrens preferences.

Every day our educators will inform you of what your child ate while with us. This will allow each family to decide what else their child/children needs when they are at home.

As always if you have any questions about our menu's please speak with your child's Early Years Practitioner or email Clann Aire at;
office@clannaire.com