

KCCC KITCHEN WEEKLY MEAL PLANNER

MENU WEEK 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.45am – 8.30am Allergens	Choice of cereals Toast with butter & jam offered with Milk or water 1,2,13	Choice of cereals Toast with butter & jam offered with Milk or water 1,2,13	Choice of cereals Toast with butter & jam offered with Milk or water 1,2,13	Choice of cereals Toast with butter & jam offered with Milk or water 1,2,13	Choice of cereals Toast with butter & jam offered with Milk or water 1,2,13
Mid-Morning Snack 10am – 10.30am Allergens	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1
Dinner 12noon – 12.30pm Allergens	Pasta Bolognese served with Milk or water to drink 2,3	Moroccan Chicken Tagine with couscous served with Milk or water 2	Ratatouille with tri-colour pasta served with Milk or water 2,3	Beef Goulash with rice served with Milk or water 3	Fish Fingers with Mashed Potato and Beans served with Milk or water 1,2,7
Mid-Afternoon Snack 2pm – 2.30pm Allergens	Glenilen Yoghurts served with Milk or water 1	Homemade flapjacks/icecream served with Milk or water 1,2	Cherry Crumble Traybake served with Milk or water 1,2,4	Custard with Banana served with Milk or water 1	Cookies served with Milk or water 1,2
Tea 4pm – 4.30pm Allergens	Scones served with Milk or water 1,2,4	Ham sandwiches served with Milk or water 1,2,13	Beans on wholegrain toast served with Milk or water 1,2,13	Soup with croutons/crackers and cheese served with Milk or water 1,2	Brown bread and cheese served with Milk or water 1,2

The menu above is subject to change when new recipes are being catered for. We have a white board on our kitchen door, which will display the day's menu. All our dinner recipes contain 5 a day vegetables and protein source. Fresh fruit varieties: bananas, apples, pears, oranges, grapes, watermelon, strawberries, blueberries, raspberries, mango, and other seasonal fruits. Children that have dietary requirements will be provided with an alternative meal.

KCCC KITCHEN WEEKLY MEAL PLANNER

MENU WEEK 2



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.45am – 8.30am Allergens	Choice of cereals and/or Toast offered with Milk or water 1,2,13	Choice of cereals and/or Toast offered with Milk or water 1,2,13	Choice of cereals and/or Toast offered with Milk or water 1,2,13	Choice of cereals and/or Toast offered with Milk or water 1,2,13	Choice of cereals and/or Toast offered with Milk or water 1,2,13
Mid-Morning Snack 10am – 10.30am Allergens	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1
Dinner 12noon – 12.30pm Allergens	Creamy spinach pasta with garlic bread served with Milk or water 1,2,3	Chilli con carne with rice served with Milk or water 1,2,3	Creamy chicken and broccoli with pasta served with Milk or water 1,2	Lamb, sweet potato and coconut korma with rice served with Milk or water 1,2,3,10	Fish Fingers with mashed potato and beans served with Milk or water 1,2,7
Mid-Afternoon Snack 2pm – 2.30pm Allergens	Jelly and Custard served with Milk or water 1	Carrot Cake served with Milk or water 1,2,4	Rice Crispy Buns or Cereal Bars served with Milk or water 1,2	Glenilen Yoghurt's served with Milk or water 1	Ice cream served with Milk or water 1,2
Tea 4pm – 4.30pm Allergens	Beans on wholegrain toast served with Milk or water 1,2,13	Edam Sandwiches served with Milk or water 1,2,13	Crackers and Cheese served with Milk or water 1,2	Pancakes with honey and banana served with Milk or water 1,2	Scones served with Milk or water 1,2

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KCCC KITCHEN WEEKLY MEAL PLANNER

MENU WEEK 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7.45am – 8.30am Allergens	Choice of cereals and/or Toast offered with Milk or water 1,2,13	Choice of cereals and/or Toast offered with Milk or water 1,2,13	Choice of cereals and/or Toast offered with Milk or water 1,2,13	Choice of cereals and/or Toast offered with Milk or water 1,2,13	Choice of cereals and/or Toast offered with Milk or water 1,2,13
Mid-Morning Snack 10am – 10.30am Allergens	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1	Fresh Fruit Platter served with Milk or water 1
Dinner 12noon – 12.30pm Allergens	Pasta Bolognese served with Milk or water 1,2,3	Tofu chickpea curry with sweet potato and rice served with Milk or water 1,3,9,13	Cheesy chicken with peas and pasta served with Milk or water 1,2	Triple tomato basil pasta served with Milk or water 1,2,4	Fish Fingers with mashed potato and beans served with Milk or water 1,2,7
Mid-Afternoon Snack 2pm – 2.30pm Allergens	Apple vanilla cake served with Milk or water 1,2,4	Custard with banana served with Milk or water 1	Homemade flapjacks/icecream served with Milk or water 1,2	Chocolate Beetroot Cake served with Milk or water 1,2,4	Glenilen Yoghurt's served with Milk or water 1
Tea 4pm – 4.30pm Allergens	Soup and a bread roll served with Milk or water 1,2,3	Chive and Cheese Focaccias served with Milk or water 2	Ham Sandwiches served with Milk or water 1,2,13	Beans on wholegrain toast served with Milk or water 1,2,13	Pancakes with honey and fruit served with Milk or water 1,2,4

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1 Milk

People may be allergic or intolerant to milk and can trigger reactions from slight to very severe including anaphylaxis. , includes milk and milk protein products such as butter, buttermilk, cream, cheese, and yoghurt.

2 Gluten

People can be allergic or be intolerant (Coeliac condition), found in Gluten - containing cereals such as wheat, barley, oats and rye.

3 Celery

Includes the stalk and the root (celeriac). People are more likely to be allergic to celeriac than the stalk but both can cause severe reactions causing redness, itching and blistering of the mouth, lips, tongue, or throat immediately after touching the food.

4 Eggs

Can trigger reactions from slight to very severe including anaphylaxis, including eggs from all species including duck, goose, turkey, quail and hens.

5 Shellfish

Can trigger severe reactions including anaphylaxis, includes crab, lobster, prawn, langoustine and crayfish.

6 Peanuts

Can trigger severe reactions including anaphylaxis. Can be found in breakfast cereals, cakes, biscuits, peanut oil etc.

7 Fish

Can trigger severe reactions including anaphylaxis. Anchovies are a common ingredient of sauces like Worchester sauce, Caesar salad, salad dressings and pizza toppings.

8 Tree Nuts

Can trigger severe reactions including anaphylaxis. Includes almond, hazelnut, walnut, cashew, pecan nut, Brazil nut, pistachio nut, macadamia nut and Queensland nut.

9 Sesame

Can trigger severe reactions including anaphylaxis. Found in pastes and oils and sesame seeds.

10 Mustard

Comes in many forms including sprouted seeds, leaves, flowers, flour, and oil. Allergy to mustard is uncommon on this island, being more prevalent on mainland Europe.

11 Sulphur

May trigger asthmatic attacks. (SO₂) is commonly found in wine, beer, and carbonated soft drinks.

12 Lupin

Because lupin is botanically related to peanut, it contains similar allergens and can trigger anaphylaxis, so people with peanut allergy should avoid lupin products.

13 Soybeans and Soya

Found in soya flour which is commonly found in baked goods, pastry, pasta dishes, cereals, and processed meats.

14 Molluscs

Trigger severe reactions including anaphylaxis. Includes mussels, scallops, oysters, clams, snails, periwinkles, squid and Octopus.