



# Eden Childcare

Early Learning Center & Creche, Buttevant, Co. Cork

## Our VIK (very important kids) MENU Week 1

Day	Breakfast	Lunch	Dinner
<b>MONDAY</b>	Cereal of choice/boiled egg Toast/Bread Diluted unsweetened fruit juice <b>1( as per list of cereals) 3 7 5 8</b>	Chicken Casserole with veg & mash <b>1 3 7 9 10</b>	Brown soda bread with cheese & ham. <b>1 3 7 (wheat flour wheat bran and soya)</b> <b>Baby Option:</b> Vegetable soup <b>10 11</b>
<b>TUESDAY</b>	Cereal of choice/boiled egg Toast/Bread Diluted unsweetened fruit juice <b>1(as per list of cereals) 3 7 5 8</b>	Bolognaise with pasta and tomato sauce <b>1 7 9 10</b>	Sausage rolls <b>1 3 7 5 8 (wheat flour yeast )</b> <b>Baby Option:</b> Potato with cheese <b>7 10 11</b>
<b>WEDNESDAY</b>	Cereal of choice/boiled egg Toast/Bread Diluted unsweetened fruit juice <b>1(as per list of cereals) 3 7 5 8</b>	Roast pork with potato and broccoli and gravy. <b>1(corn wheat barley)7 9 10</b>	Pasta with garlic bread <b>1 3 7 5 8</b> <b>Baby option:</b> Beans with mash <b>4 7 10</b>
<b>THURSDAY</b>	Cereal of choice/boiled egg Toast/Bread Diluted unsweetened fruit juice <b>1(as per list of cereals) 3 7 5 8</b>	Chicken curry with steamed rice and peas <b>1 7 9 10</b>	Waffles with bread and butter <b>1 3 7 (wheat semolina and soya)</b> <b>Baby Option:</b> Broccoli bake <b>7</b>
<b>FRIDAY</b>	Cereal of choice/boiled egg Toast/Bread Diluted unsweetened fruit juice <b>1( as per list of cereals) 3 7 5 8</b>	Chicken in bread with oven chips and beans <b>1 (wheat) 3 4 7 9</b>	Hot croissants <b>1 3 7 5 8 (wheat flour sesame seeds semolina and soya)</b> <b>Baby Option:</b> Mince with mash <b>7</b>

**Cornflakes** contain barley

**Crunchy nut cornflakes** contain peanut and barley

**Weetabix** contains wheat & malted barley

**Rice krispies** contain barley malt

**Porridge** contains oats oat flour

**Cheerios** contain Oat wheat and barley

**All our hot lunches are supplies by Luceys Food Shop in Mallow and heated on the premises.**