

Ready Meals? Nah! Try: Heaven in a tray.

When people hear the words 'ready meal' it's usually followed by a suspicious intake of breath.

In this leaflet we will:

- Dispel any worries you may have about pre-prepared meals for your children and
- Bust the myth that in the battle of Fresh vs Frozen, frozen doesn't compare

We hate the word 'ready meal'. It brings up lots of negative connotations that just don't fit with our meals.

We have worked hard in researching and developing a range of dishes that are both nutritious and delicious.

So, it's hard for us to marry the idea that our range can be simply described as a mere 'ready meal'.

Our pre-prepared range of heaven in a tray (now that sounds better!) does not contain any ingredients that you won't find in your own kitchen.

And that's our promise.

That means you won't find any nasty hidden additives, bizarre chemically named preservatives, glugs of salt for taste or lumps of fat hidden away.

Just good old-fashioned food that your kids are used to at home!

Next up, the on-going battle of fresh vs. frozen.

You will always find an argument to back up using nothing but fresh ingredients when making your food – and we agree!

The fact that we freeze the food soon after it's cooked simply helps us lock in all those lovely nutrients so your children are getting the very best.

That's the reason we trust in the freezing process and you should too.

If you have any questions about our meals you can give us a ring at any time.

We love to hear from you all, so don't be shy!

Benefits of a Balanced Diet

A healthy balanced diet for children aged one to five years is based on the four food groups listed below; which provide a range of essential nutrients that children need to grow and develop.

- ✓ Starchy Foods
- ✓ Fruit and Vegetables
- ✓ Meat, Fish, Eggs, Beans
- ✓ Milk and Dairy Foods

One of the basic principles of healthy eating is Variety, as eating a wider range of different foods provides a better balance of nutrients.



Typical Week

Chicken Casserole

Succulent chicken breasts with seasonal veg cooked in a delicious homemade gravy and mash.

Beef Pasta Bolognese

Layers of pasta separate our bolognese sauce all topped with béchamel sauce and grated cheese to finish.

Harvester Pie

Seasonal vegetables and lentils diced and cooked in tomato-based gravy, topped with dairy free mash.

Irish Stew

A classic and a favourite! The very best meat chunks with seasonal vegetables in a mouth-watering gravy.

Tuna, Sweetcorn & Tomato Pasta

Chunky tuna pieces mixed with sweetcorn & pasta in our special tomato sauce.

Allergen Advice

In recent years, the amount of children with food allergies has been on the rise.

With this in mind, Early Days Foods have designed specific dishes to cater for children with allergies.

For Convenience we provide gluten-free and dairy-free dishes.

Our gluten-free dishes include:

- Cottage Pie
- Chicken Korma
- Beef Casserole
- Chilli Con Carne
- Sweet Potato and Chickpea Curry
- Vegetable Mornay

We also have a large range of dairy-free dishes including:

- Sausage Hotpot
- Beef Pasta Bolognaise
- Sweet & Sour Chicken
- Chilli Con Carne
- Irish Stew
- Sausages in Onion Gravy
- Sweet Potato and Chickpea Curry
- Pasta Marinara
- Chicken Casserole
- Roast Chicken Breast in Gravy

Early Days Foods strives to be able to create a menu that is suitable for you and your children.

"Meal Times Made Easy For a Fussy Eater"

"My two-year-old has Downs Syndrome with associated swallow difficulties and has milk intolerance. Between 12th December and 23rd May he had failed to gain weight; not even a grain. His Dietician and Speech Therapist said: 'He had the worst food aversion, bar one little girl, they had ever seen.'

Meal times were generally distressing and he would scream at the sight of food. I'm so delighted that our fantastic Day Nursery Mother Hubberts in Moneyreagh, introduced the cooked / frozen meals by Early Days Foods.

They have made such an impact on his life – he is even interested in food. In fact, he has gained weight over the first four weeks of the dinners being served and is now 0.5Kg heavier than his previous weigh-ins.

I have so much faith in the turnaround being due to the specially tailored meals provided by Early Days Foods, I've even bought some for home!"

"Thank you so much again."
Julie-Ann, Co.Down



Early Days Foods

Nutritious & Delicious



Parent Information



www.earlydaysfoods.com