



CHILDREN

Most of you will have children staying in your chalet at some point. If you are not told of any dietary requirements before arrival, sit with the parents on arrival to discuss the children's requirements for the week. Always offer the parents an early dinner for their children (6.00 – 7pm), as some parents like to then relax with just the adults at 7.30pm.

If the children won't eat off the standard menu, make sure they are properly catered for with a child-friendly menu. This can be discussed with your Executive Chef to agree a catering plan. Please don't assume they will just eat fried/junk food, their parents have paid a lot of money for them to stay with us and must feel we are offering good value. At the same time, if the parents want you to cook chicken nuggets and chips, you should do so.

Additional items we stock for children's meals, that can be provided on request if you have children in your chalet, are:

1. Mincemeat
2. Jarred bolognaise sauce
3. Extra beans
4. Chocolate and strawberry ice cream
5. Chips
6. Mince Beef
7. Beans
8. Whipped Cream
9. Spaghetti
10. Peas
11. Sausages
12. Chicken nuggets
13. Fish fingers
14. Frozen chips
15. Caramel sauce

You will be provided with fizzy drinks such as lemonade, coke, sugar-free fizzy drinks and a selection of grenadine cordial. Always check with the parents what the children are allowed to drink, don't let the children decide first.



See the separate menu plan for children's dinners. This is an OPTION for the guests, it is not compulsory, the children can opt for the adult menu.

If the children do eat separately, a nice touch is to have some cucumber and carrot sticks on the table with crème fraîche.

Children's Menu Option

DAY 1: Homemade chicken goujons, mashed potatoes and peas/ beans

- Take chicken breast out of freezer the night before.
- During evening preparation slice the thawed fresh chicken into 1 cm strips (approximately x 4/5 pieces per child). Dip each slice of chicken first into a bowl of flour, then a bowl of egg wash (egg and milk 50/50 mixed together) and finally a bowl of your readymade breadcrumbs.
- Shallow fry the chicken goujons in your omelette pan with 3 tablespoons of oil until golden brown each side (a few minutes each side) and finish cooking the chicken through in a hot oven for approximately 15 – 20 minutes (check the temperature of the chicken with your temperature probe pierced into the thickest part of the chicken – must be 75 degrees plus).
- Serve with a portion of potatoes mash and vegetables (from the normal menu)

DAY 2: Roast Pork (as per standard menu) or Macaroni Cheese

- Most children will enjoy a Sunday lunch.
- Put a small portion of each component to the side and cook early if needed.
- If they don't want a roast dinner, offer macaroni cheese instead.
- Make extra cheese sauce that is used for the cauliflower cheese and cook some macaroni pasta.
- Cook pasta in pre boiled salted water for around 8 minutes or until cooked through.
- Combine the two and sprinkle with grated cheese.
- Serve with a the carrots and peas that are available from the roast dinner.

DAY 3: Tagliatelle Bolognaise

- For the bolognaise – fry off 1 cup of mincemeat and ¼ of an onion per child in a small sauce pan with 2 tablespoons of oil for 10 – 15 minutes, then add tinned tomatoes to cover the meat and onions with one tsp of tomato puree per child. Also add a tsp of dried herbs de Provence.
- Leave to cook slowly for an hour and serve with the same tagliatelle as the standard menu.
- Serve with a ramekin of grated cheese on the side or on the table if you have a lot of children



DAY 4: Cottage Pie

- In a small saucepan, add 1 cup of mincemeat, 1 cup of frozen onions, 2 cups of water and boil for 15 – 20 minutes.
- Add stock, gravy browning and seasoning to taste and reduce down, then add a tbsp of defrosted peas per portion.
- Add the mince filling to an oven dish and top with mash potato. Sprinkle with cheese and oven cook for 10 – 15 minutes till golden brown.
- This can be made in the morning and warmed through (15min in pre heated 180 degree oven) in the oven by KP/host.

DAY 5: Day off 😊

DAY 6: Fish fingers, wedges and salad/chopped up lettuce, tomatoes and cucumber (no onions)

- Take 1 medium size potato and cut into 6/8 wedges per potato. Put wedges into a large saucepan and completely cover with cold salted water.
- Once you've brought the water to boil leave for 5 minutes until the wedges soften.
- Drain and leave to cool and dry on a tray with a J cloth or clean kitchen cloth underneath the wedges.
- Once dry add a little veg oil, dried herb mix and pepper.
- Tray up the fish fingers with grease proof paper underneath and cook both the wedges and fish fingers at 180 degrees Celsius until golden brown and crispy (15-20 minutes). Both may need turning for a consistent colour.
- A small side salad (chopped up lettuce, tomatoes and cucumber) on each plate

DAY 7: Sausage, mash, peas & gravy

- Place 2 sausages per child on greaseproof paper on an oven tray. Put in the oven for 10-15 minutes at 180 degrees until cooked through and golden brown
- Before adding the orange zest to the mashed potato for the adults, take 2 tablespoons of mash per child and keep in a bowl to reheat later.
- For the gravy, add beef stock and a teaspoon of gravy browning. Bring to the boil. Mix a teaspoon of corn flour with half a mug of cold water and pour into the gravy, stirring constantly until you get your desired thickness.
In a saucepan of boiling water, add 2 tbsp of peas and boil for 3 minutes. Drain and serve.

Alternative ideas

- Lasagne with salad
- Penne tomato pasta with cheese and salad



Children's Desserts

Check with the parents that they are happy for the children to have a sweet dessert. Often, they will eat the same dessert as the adults, but some families will only want them to have fruit and yoghurt, in which case offer fruit salad every night.

Most desserts such as crumble, chocolate brownie & sticky toffee pudding should be fine. Check that they want the fruits of the forest cheesecake as this can be quite bitter. They may prefer to have plain cheesecake instead with coulis and ice-cream.

The apple tart tatin should be ok as it is similar to apple pie. You can offer just ice-cream and caramel sauce as an alternate option.

Other alternative options for desserts could include:

- Banana split with ice-cream and squirty cream
- Ice-cream sundae with left over brownie pieces and whipped cream
- Bananas and custard