

Little Jungle - School of Early Childhood: Autumn Menu 2021

		Week 1	Week 2	Week 3
MON	Lunch	Butternut squash and Sri Lankan kale dhal served with flatbread	Jacket potato, baked beans and seasonal slaw	Sweet potato veggie chilli and rice
	Dessert	Seasonal Crumble	Tofu chocolate mousse	Seasonal fruit salad
	Tea	Broccoli, carrot and turnip with tahini satay noodles	Ukrainian borscht and homemade bread	Chard and leek tart and side salad
	Dessert	Yoghurt and banana	Yoghurt and banana	Yoghurt and banana
TUE	Lunch	Tagliatelle and vegetarian Bolognese with Brussel sprout slaw	Vegetarian tagine and quinoa	Vegetarian Shepperd's pie
	Dessert	Cake of the week	Vegan pumpkin pie	Tahitian banana poe
	Tea	Soup of the week with croutons	Savoury buckwheat crepe of the week and side salad	Japanese chicken omurice
	Dessert	Fruit compote	Fruit compote	Fruit compote
WED	Lunch	Creamy polenta, venison sausages and tomato sauce with cabbage	Vegetarian Wellington and gravy with roasted broccoli, cauliflower, and carrots	Vegan Thai green curry
	Dessert	Spiced poached pears and homemade custard	Seasonal fruit salad	Vegan apricot, coconut and chia seeds balls
	Tea	Moroccan chickpea, date and vermicelli stew	Salade Composée (French mixed salad with pasta, egg, olives, carrots etc)	Leek, spinach and lentil gratin
	Dessert	Yoghurt and banana	Yoghurt and banana	Yoghurt and banana
THU	Lunch	American fish chowder	Seafood cassoulet with giant couscous	Frikadeller (Danish meatballs) with parsley mash potato, slow cooked cabbage and apple, and jus
	Dessert	French apple turnovers	Rice pudding with pear and plum compote	Cake of the week
	Tea	Chickpeas and Swiss chard casserole with Greek yoghurt	Soup of the week and homemade bread	Soup of the week and homemade bread
	Dessert	Fruit compote	Fruit compote	Fruit compote
FRI	Lunch	Pizza of the week	Scottish haggis tower and creamy sauce	Curried cod and rice
	Dessert	Panna cotta of the week	Cake of the week	Flapjack
	Tea	Roasted butternut squash, Brussel sprouts and lentil with salsa Verde	Autumn roasted vegetable salad	Butternut and pancetta fusilli
	Dessert	Yoghurt and banana	Yoghurt and banana	Yoghurt and banana

- Breakfast is served everyday between 7.30am and 8.45am and includes a choice of home-made muesli, porridge, Weetabix, home-made bread and fresh fruit.
- Snacks are served twice daily at 09:30am and 3:00pm and include a variety of fresh raw vegetables, fruit, oat cakes and corn crackers.
- All desserts are free from refined and free sugars.
- All our food is home-made, on-site.
- We do not serve processed food, and only use the highest quality fish, meat and vegetable suppliers.
- Fresh water is served with all meals, and throughout the day.
- Menus are subject to availability and changes.

Allergens

We always ensure that each child's dietary requirements are catered for. For this reason, we remove or replace allergenic ingredients dangerous to a particular child from our recipes.

In line with the Food Information Regulation (Dec 2014), all common allergens in our recipes are cross referenced with the Food Standards Agency allergens list as follows:

Gluten, Milk, Eggs, Fish, Crustacean, Soybeans, Mustard, Celery, Tree Nuts, Peanuts, Sesame, Sulphur Dioxide, Lupin