

Little Jungle - School of Early Childhood: Summer / Autumn Menu 2021

		Week 1	Week 2	Week 3
MON	Lunch	Vegetarian lasagne with side salad	Jacket potato, vegetarian tonnato sauce and summer slaw	Soba noodle, chickpea, pepper, and aubergine
	Dessert	Seasonal fruit salad	Seasonal fruit salad	Seasonal fruit salad
	Tea	Algerian Tabbouleh	Pea, lettuce and lentil gratin	Tomato, mozzarella and anchovy salad
	Dessert	Yoghurt and banana	Yoghurt and banana	Yoghurt and banana
TUE	Lunch	Vegetarian Kedgeree	Niçoise salad and Socca (chickpea pancake)	Aubergine parmigiana and seasonal salad
	Dessert	Panna cotta of the week	Tofu chocolate mousse	Flapjack
	Tea	Three bean salad	Soup of the week and homemade bread	Savoury fennel, cheese and olive loaf with Syrian lentil salad
	Dessert	Fruit compote	Fruit compote	Fruit compote
WED	Lunch	Algerian Chicken Couscous	Vegetarian stuffed peppers and rice	Fennel and dill coconut dhal with homemade flatbread and seasonal slaw
	Dessert	Cake of the week	Homemade banana ice cream	Strawberry and vegan crème patissière tart
	Tea	Soup of the week with homemade bread	Croque Monsieur and side salad	Sweetcorn polenta and aubergine stew
	Dessert	Yoghurt and banana	Yoghurt and banana	Yoghurt and banana
THU	Lunch	Baked salmon with lemon and olive oil dressing, Parisian potato salad and ratatouille	Pak choi and fish curry, rice and seasonal slaw	Caribbean pork, pineapple, pepper, and rice
	Dessert	Homemade yoghurt and fruit ice cream	Cake of the week	Cake of the week
	Tea	Orzo, fennel, courgette, and feta	Chickpea, ratatouille and coconut yoghurt	Soup of the week and homemade bread
	Dessert	Fruit compote	Fruit compote	Fruit compote
FRI	Lunch	Pizza of the week	Chicken and mussel Spanish Paella	Baked cod and blanched vegetables with homemade garlic mayonnaise
	Dessert	Seasonal fruit salad	Seasonal fruit salad	Seasonal fruit salad
	Tea	Vietnamese rice noodle salad	Salade composée (Mixed salad, with egg, tomato, carrot, olives and herbs)	Roasted courgette, broad bean, and pasta salad
	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