

# Our Menu: Little Jungle - School of Early Childhood

|     |       |  | Week 1   | Week 2   | Week 3  | Week 4   | Week 5   |
|-----|-------|--|--|--|---|--|--|
| MON | Lunch | Main course  | Sweet and sour turkey with vegetables and noodles (2,4)      | Lentil stew with mashed potatoes and broccoli (Ve)           | Pasta "Salmonara" with salad (2, 7)                           | Vegetable tagine with couscous (Ve) (2)                      | Breaded fish with guacamole and vegetable rice (2, 5)                            |
|     |       | Dessert  | Banana and non-dairy custard (Ve) (4)                        | Banana bread (V) (2,4)                                       | Mixed fresh fruit with non-dairy custard (Ve)                 | Banana bread (V) (2,4)                                       | Banana and non-dairy custard (Ve)  |
|     | Tea   | Savoury vegetable muffin (V) (2, 4)                          | Vegetable pizza (V) (2,7)                                    | Creamy vegetable soup (Ve)                                   | Vegetarian rolls with crunchy carrot and cucumber (V) (2, 7)  | Jacket potato with cheese and beans (V) (7)                  |  |
| TUE | Lunch | Main course  | Mexican bean burger with wedges and mixed vegetables (Ve)    | Baked salmon with new potatoes and ratatouille (5)           | Fish burger with potato wedges and crunchy slaw (2,5)         | Mild jerk chicken, rice and peas and roasted plantain        | Vegetarian lasagne with salad (V) (2, 7)   |
|     |       | Dessert  | Fresh stewed apple (Ve)                                      | Tinned peaches with oat crème fraiche (Ve)                   | Fresh stewed apple (Ve)                                       | Coconut rice pudding (Ve)                                    | Fresh stewed apple (Ve)  |
|     | Tea   | Jacket potato with cheese and beans (V) (7)                  | Savoury vegetable muffin (V) (2, 4)                          | Vegetable pizza (V) (2,7)                                    | Creamy vegetable soup (V)                                     | Vegetarian rolls with crunchy carrot and cucumber (V) (2, 7) |  |
| WED | Lunch | Main course  | Coconut fish curry with rice and stir-fried broccoli (5)     | Chickpea curry with rice (Ve)                                | Chicken and leek creamy pasta with stir-fried broccoli (2, 7) | Mango and chickpea curry with rice and naan bread (V)        | Mackerel with curry butter and herbs served with new potatoes and vegetables (5) |
|     |       | Dessert  | Tinned peaches with oat crème fraiche (Ve)                   | Banana and non-dairy custard (Ve)                            | Blueberries with organic yoghurt (V) (7)                      | Mixed fresh fruit with non-dairy custard (Ve)                | Tinned peaches with Oat crème fraiche (Ve)                                       |
|     | Tea   | Vegetarian rolls with crunchy carrot and cucumber (V) (2, 7) | Jacket potato with cheese and beans (V) (7)                  | Savoury vegetable muffin (V) (2, 4)                          | Vegetable pizza (V) (2,7)                                     | Creamy vegetable soup (Ve)                                   |  |
| THU | Lunch | Main course  | Fresh pesto macaroni with a cucumber and tomato salad (2)    | Prawn and vegetable noodles (2, 3, 5)                        | Vegan spaghetti bolognese with salad (Ve) (13)                | Baked fish pie with seasonal vegetables (5, 7)               | Chicken chasseur with shallots and mashed potatoes (7)                           |
|     |       | Dessert  | Banana bread (V) (2,4)                                       | Fresh apples and pears (Ve)                                  | Fresh stewed apple (Ve)                                       | Tinned peaches with Oat crème fraiche (Ve)                   | Fresh apples and pears (Ve)  |
|     | Tea   | Creamy vegetable soup (Ve)                                   | Vegetarian rolls with crunchy carrot and cucumber (V) (2, 7) | Jacket potato with cheese and beans (V) (7)                  | Savoury vegetable muffin (V) (2, 4)                           | Vegetable pizza (V) (2,7)                                    |  |
| FRI | Lunch | Main course  | Fish, chips, carrots and peas (5)                            | BBQ boneless chicken thighs with sweet potato fries and corn | Lentil, spinach and tomato curry with wild rice (Ve)          | Pan fried fish with polenta and parsley sauce (5)            | Vegetable loaded Mac & Cheese with salad (V) (2, 7)                              |
|     |       | Dessert  | Fresh fruit with non-dairy custard (Ve)                      | Fresh stewed apple (Ve)                                      | Banana bread (V) (2,4)  | Fresh stewed apple (Ve)                                      | Blueberries with organic yoghurt (V) (7)   |
|     | Tea   | Vegetable pizza (V) (2,7)                                    | Creamy vegetable soup (Ve)                                   | Vegetarian rolls with crunchy carrot and cucumber (V) (2, 7) | Jacket potato with cheese and beans (V) (7)                   | Savoury vegetable muffin (V) (2, 4)                          |  |

**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.

## 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 to minimise the risks for those children. Nevertheless, in line with the Food Information Regulations (Dec 2014), we have noted all common allergens in our recipes with a number, which can be cross referenced with the Food Standards Agency allergens list (see below).

## Please Note

- We serve fish and vegetarian/vegan dishes twice a week, and white meat once a week on a rolling basis.
- We do not serve red or processed meat, and only use the highest quality of fish and white meat.
- All of our food is home-made, on-site.
- Vegetarian dishes are identified with a **(V)**, and Vegan dishes with a **(Ve)**.
- Fresh water is served with all meals, and throughout the day.
- Menus are subject to availability and changes.
- We have worked with a paediatric nutritionist to help us put this menu together.

**Allergens** 1: Celery, 2: Cereals containing gluten, 3: Crustaceans, 4: Eggs, 5: Fish, 6: Lupin, 7: Milk, 8: Molluscs, 9: Mustard, 10: Nuts, 11: Peanuts, 12: Sesame Seeds, 13: Soya, 14: Sulphur dioxide