

## Little Jungle– Sample Menu

		Week 1	Week 2	Week 3	Week 4
<b>Monday</b>	<b>Lunch</b>	Tortellini Alfredo with rocket salad (2,6) <i>(Tortellini in a cream sauce)</i>	Chorizo rice (1, 2)	Jacket potato with tuna mayo or tomato and sweetcorn filling (4, 5, 7)	Spaghetti carbonara (2, 4, 7)
	<b>Tea</b>	Fresh Pizza Margherita (2, 7) <b>(V)</b>	Crêpe jambon fromage (4, 7) <i>(Ham and cheese pancakes)</i>	Fresh Pizza Hawaii (2, 7)	Club sandwich (2, 4, 6) <i>(bacon, chicken and tomato sandwich)</i>
<b>Tuesday</b>	<b>Lunch</b>	Jollof rice and chicken (1, 2) <i>(rice cooked with vegetables and chicken)</i>	Baked fish in a tomato sauce with mashed potatoes (1, 5, 7)	Chicken casserole with mashed potatoes (1, 7)	Chilli con carne with rice (1)
	<b>Tea</b>	Couscous and feta cheese salad (2, 7) <b>(V)</b>	Egg mayo and ham and cheese rolls (2, 4, 6)	Carrot soup (1, 7) <b>(V)</b>	Turkey and cheese rolls (2, 4, 6, 7)
<b>Wednesday</b>	<b>Lunch</b>	Salmón Turquesa (1, 5) <i>(fresh salmon baked with vegetables)</i>	Chicken and vegetable fajitas (1, 2, 7)	Roast turkey with all the trimmings (1)	Moroccan lamb with couscous (1, 2)
	<b>Tea</b>	Turkey with cranberry and cheese quesadillas (2, 7)	Leek and potato soup (1, 7) <b>(V)</b>	Mixed vegetable soup (1, 2) <b>(V)</b>	Cheese and tomato sandwiches (2, 7) <b>(V)</b>
<b>Thursday</b>	<b>Lunch</b>	Roast lamb with all the trimmings (1)	Roast pork with chips (1)	Beef lasagne (1, 2, 7)	Rigatoni quattro formaggi (2, 7) <b>(V)</b> <i>(pasta with a rich 4-cheese sauce)</i>
	<b>Tea</b>	Spanish Tortilla (4, 7) <b>(V)</b> <i>(potato omelette)</i>	Salade niçoise (4, 5) <i>(salad with tuna and egg)</i>	Pastéis de bacalhau (1, 5, 4) <i>(cod fritters)</i>	Crêpe jambon fromage (4, 7) <i>(Ham and cheese crepes)</i>
<b>Friday</b>	<b>Lunch</b>	Rollo de carne with chips (1) <i>(beef and pork roll)</i>	Roast chicken with all the trimmings (1)	BBQ chicken with potato wedges (1)	Slow cooked beef stew with sweet potatoes (1)
	<b>Tea</b>	Fresh spinach soup with croutons (1, 7) <b>(V)</b>	Hummus and olive pittas (2, 12) <b>(V)</b>	Ham and cheese quesadillas (2, 4, 7)	Lentil soup <b>(V)</b>

**Breakfast** is served everyday between 7.30am and 8.45am and includes a choice of cereals, porridge with whole milk and wholemeal buttered toast, whole milk & water.

**Snacks** are served twice daily at 09:30am and 3:00pm and include a variety of fresh fruit in the morning and crackers/ low sugar biscuits and/ or dried fruit in the afternoon.

### Allergens

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

- Dessert is always healthy, and is either a fresh fruit milkshake, fresh fruit selection, organic yoghurt or fresh fruit compote, communicated on the day
- Vegetables and (or) salad is always served with lunch and tea-time options
- Vegetarian-friendly dishes are identified with a **(V)**
- No salt or sugar is added to any dish (except when we bake cakes with the children)
- Fresh water is served with all meals, and throughout the day
- Menus are subject to availability and changes

**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