

## Little Jungle - School of Early Childhood Menu (Week 1)

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>LUNCH</b>	<b>Main</b>	Squash and chickpea curry (Sd/T) served with a side of white rice	Fruity Moroccan lamb stew (Sd/T), served with a side of couscous (G) or brown rice	Roast chicken with gravy and roast potatoes, served with side of peas	Lentil bolognese pasta (G/T/C/Sd), served with side of broccoli	Salmon and pineapple Thai-style curry (F/T/Sd), served with side of white rice
		Chicken and pepper fajitas (Sd), served with a side of white rice	Cauliflower and coconut curry (Sd), served with a side of couscous (G)	Squash and seed roast and roast potatoes (G/C/Sd), served with side of peas	Butternut squash and butterbean stew (Sd), served with side of Broccoli	Sweet potato dahl (Sd), served with side of white rice
	<b>Dessert</b>	Poached peaches	Baked cinnamon and raisin rice pudding (dairy/non-dairy)	Braised apples with raisins	Baked coconut and apricot rice pudding (dairy/non-dairy)	Pear oatly crunch with seeds (G), served with yoghurt (dairy/non-dairy)
<b>TEA</b>	<b>Main</b>	Cheesy leek pasta bake (G/D)	Gluten free pasta with red pepper and butternut squash sauce (Sd), served with cheese (dairy/non-dairy)	Creamy tomato & mascarpone pasta (T/D/GSd)	Mini Jacket potatoes with sweet chilli chicken (Sd)	Cheesy peasy pasta (G/D/Sd)
		Cowgirl Millie's sweet potato chilli (Sd/T)		Red pepper and lentil bake with potato topping (Sd)	Spanish paprika stew (T/Sd)	Homemade baked beans with jacket potatoes (T/Sd), served with grated cheese (dairy/non-dairy)
	<b>Dessert</b>	Sweet potato and chocolate mousse	Banana and yoghurt (dairy/non-dairy)	Flapjack (gluten free and dairy free)	Fruit salad	Banana bread (gluten free)

### Notes:

- 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 main meals and lunch desserts are prepared off-site by our partners 'Nursery Kitchen' and cooked fresh in our kitchen each day.
- Those meals highlighted in Green are vegetarian, and each child will be served one of the lunch & tea **Main** options based on their dietary requirements.
- All meal recipes are available upon request.
- All desserts are free from refined and free sugars.
- Fresh water is served with all meals, and throughout the day.

### Allergens:

We always ensure that each child's dietary requirements are catered for.

In line with the Food Information Regulation (Dec 2014), all allergens have been noted in the recipes provided to us by Nursery Kitchen, as well as any other food provided at Little Jungle, which can be cross referenced with the Food Standards Agency allergens list, as well as other less common allergens, such as nightshades.

Our menu highlights allergens, as follows:

<b>G - Wheat/ Gluten</b>	<b>D – Milk/ Dairy</b>	<b>E – Eggs</b>
<b>F – Fish</b>	<b>S – Soybeans</b>	<b>M – Mustard</b>
<b>C – Celery</b>	<b>Se – Sesame</b>	<b>Sd - Sulphur Dioxide</b>
<b>L – Lupin</b>	<b>T – Tomato</b>	<b>A - Aubergine</b>

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## Little Jungle - School of Early Childhood Menu (Week 2)

		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Roast chicken with gravy and potatoes, served with a side of carrots	Smokey BBQ beef with sweet potato wedges (Sd), served with a side of sweetcorn	Coco mango chicken curry (Sd), served with a side of white rice	Spanish-style cod (F/T/Sd), served with a side of brown rice and peas	Veggie pineapple Thai-style curry (T/Sd), with naan bread (G)
		Squash and seed roast with gravy and potatoes (G/T/C/Sd), served with a side of carrots	Butternut & apricot couscous (G/T/Sd), served with a side of sweetcorn	Paneer and pea curry (D/T/Sd), served with a side of white rice	Broccoli and sweet potato bake (G/D), served with a side of peas	Sweet potato and lentil dahl (Sd), with naan bread (G)
	Dessert	Baked cinnamon and raisin rice pudding (dairy/non-dairy)	Poached pears	Orange segments	Apple oaty crunch with seeds (G), served with yoghurt (dairy/non-dairy)	Pineapple slices
TEA	Main	Farmer Sue's chicken stew (G/T/C/Sd)	Tuna pasta bake (G/F/D/Sd)	Chilli con carne (G/T/C/Sd)	Cheese and leek pasta bake (G/D)	Tomato pasta (G/T/Sd), served with a side of cheese (dairy/non-dairy)
		Red pepper & lentil bake with potato topping (Sd)	Homemade beans with jackets (T/Sd)	Sweet potato lentil dhal (Sd)	Gluten free pasta with red pepper and butternut squash sauce (Sd), served with cheese (dairy/non-dairy)	Butternut squash and butterbean stew (Sd)
	Dessert	Sweet potato and chocolate mousse	Banana and yoghurt (dairy/non-dairy)	Flapjack (gluten free and dairy free)	Fruit salad	Banana bread (gluten free)

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**L - Lupin**

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**Se - Sesame**

**T - Tomato**

**E - Eggs**

**M - Mustard**

**Sd - Sulphur Dioxide**

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## Little Jungle - School of Early Childhood Menu (Week 3)

		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Swish fish pie (F/D/C/M/Sd), served with a side of carrots	Lamb hotpot (G/C/T/ Sd), served with a side of sweetcorn	Roast Chicken, gravy, and roast potatoes, served with side of broccoli	Cauliflower and coconut curry (Sd), served with side dish of brown rice	Sweet potato and pepper fajitas, served with side of peas (Sd)
		Red pepper and lentil bake with potato topping (Sd), served with a side of carrots	Cowgirl Millie's sweet potato chilli (T/Sd), served with a side of sweetcorn	Squash and seed roast, gravy, and roast potatoes (G/T/C/Sd), served with side of broccoli		
	Dessert	Cinnamon and apricot rice pudding (dairy/non-dairy)	Red pepper and lentil bake with potato topping (Sd), served with a side of sweetcorn	Braised apples	Poached peaches	Apple oaty crunch with seeds (G), served with yoghurt (dairy/non-dairy)
TEA	Main	Cheesy peasy pasta (G/D), served with a side of Naan bread (G).	Mini jackets and sweet chilli chicken (Sd)	Cheese and leek pasta bake (G/D)	Herby tomato chicken and potatoes (T/Sd)	Italian-style beef pasta (G/C/T/Sd), served with grated cheese (dairy/non-dairy)
		Italian-style bean stew (T), served with a side of bread (gluten free option)	Spanish-style paprika potato stew (T/Sd)	Spiced potato and spinach (T), served with side of bread (gluten free option)	Broccoli and sweet potato bake (Sd)	Gluten free pasta with red pepper and butternut squash sauce (Sd), served with cheese (dairy/non-dairy)
	Dessert	Sweet potato and chocolate mousse	Banana and yoghurt (dairy/non-dairy)	Flapjack (gluten free and dairy free)	Fruit salad	Banana bread (gluten free)

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