

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

		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Squash and chickpea curry (Sd) served with a side of white rice	Fruity Moroccan lamb stew (Sd), served with a side of couscous (G) or brown rice	Squash and seed roast with gravy (G/C/Sd), served with side of peas	Lentil Bolognese pasta (G/C/Sd), served with side of broccoli	Salmon and pineapple Thai-style curry (F/Sd), served with side of white rice
	Dessert	Poached peaches	Mild lentil tikka, served with a side of couscous (G)	Roast chicken with gravy served with a side of peas	Orange Segments	Cauliflower and coconut curry (Sd), served with side of white rice
TEA	Main	Cowgirl Millie's sweet potato chilli (Sd)	Baked cinnamon and raisin rice pudding (dairy/non-dairy)	Braised apples with raisins	Creamy chicken with roasted roots (Sd/D/C/M)	Pear oatly crunch with seeds (G), served with yoghurt (dairy/non-dairy)
	Dessert	Banana and yoghurt (dairy/non-dairy)	Gluten free pasta with red pepper and butternut squash sauce (Sd), served with cheese (dairy/non-dairy)	Red pepper and sweet potato tagine (Sd/A)	Spanish paprika potato stew (Sd)	Homemade baked beans with jacket potatoes (Sd), served with grated cheese (dairy/non-dairy)
			Sweet potato and chocolate mousse	Italian bean stew (Sd)	Flapjack (dairy free) (G)	Banana bread (dairy free)
				Fruit salad		

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:

G - Wheat/ Gluten

F - Fish

C - Celery

L - Lupin

D - Milk/ Dairy

S - Soybeans

Se - Sesame

T - Tomato

E - Eggs

M - Mustard

Sd - Sulphur Dioxide

A - Aubergine

We do not allow or use any crustaceans and nut-based products on the premises or in any food products.

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

		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Squash and seed roast with gravy (G/C/Sd), served with a side of carrots	Smokey BBQ beef with sweet potato wedges (Sd), served with a side of sweetcorn	Paneer and pea curry (D/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 (Sd), served with a side of broccoli and naan bread (G)
	Dessert	Roast chicken with gravy, served with a side of carrots	Butternut & apricot couscous (G/Sd), served with a side of sweetcorn	Coconut mango chicken curry (Sd), served with a side of white rice	Squash and chickpea curry (Sd), served with a side of brown rice and peas	
TEA	Main	Farmer Sue's chicken stew (G/C/Sd)	Homemade baked beans with jacket potatoes (Sd), served with grated cheese (dairy/non-dairy)	Chilli con carne (G/C/Sd), served with a side of bread (gluten free option)	Cheese and leek pasta bake (G/D/Sd)	Tomato pasta (G/Sd), served with a side of cheese (dairy/non-dairy)
		Red pepper and sweet potato tagine (Sd)		Bean cassoulet (Sd), served with a side of bread (gluten free option)	Gluten free pasta with red pepper and butternut squash sauce (Sd)	
	Dessert	Baked cinnamon and raisin rice pudding (dairy/non-dairy)	Poached pears	Orange segments	Apple oatly crunch with seeds (G), served with yoghurt (dairy/non-dairy)	Pineapple slices
		Banana and yoghurt (dairy/non-dairy)	Sweet potato and chocolate mousse	Fruit salad	Flapjack (dairy free)	Banana bread (dairy free)

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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	Cowgirl Millie's sweet potato chilli (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 (Sd), served with side of peas and piaddina bread (G)
		Red pepper and sweet potato tagine (Sd), served with a side of carrots		Squash and seed roast, gravy, and roast potatoes (G/C/Sd), served with side of broccoli		
	Dessert	Braised apples	Baked cinnamon and raisins rice pudding (dairy/non-dairy)	Poached peaches	Peach oat crunch with seeds (G), served with yoghurt (dairy/non-dairy)	Melon Slices
TEA	Main	Sweet potato lentil dhal (Sd)	Creamy chicken with roasted roots (D/M/C/Sd)	Broccoli and sweet potato bake (Sd)	Spice potato & spinach (Sd) served with a side of bread (gluten free option)	Italian-style beef pasta (G/C/Sd), served with grated cheese (dairy/non-dairy)
			Spanish-style paprika potato stew (Sd)			Gluten free pasta with red pepper and butternut squash sauce (Sd), served with cheese (dairy/non-dairy)
	Dessert	Banana and yoghurt (dairy/non-dairy)	Sweet potato and chocolate mousse	Fruit salad	Flapjack (dairy free)	Banana bread (dairy free)

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