

Little Jungle - School of Early Childhood Menu

WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Cowgirl Millie's sweet potato chilli, served with mini wraps (Gluten free option)	Spanish-style cod (F/T/Sd), served with a side of Quinoa	Fruity Lamb Moroccan stew, with a side of couscous (G)	Squash and seed roast with caramelized onion gravy, and a side of carrots	Swish fish pie (F/D/C/M/Sd) with a side of Broccoli
	Dessert		Warm Poached peaches	Squash and Sage Barley Risotto (G)		Red pepper and sweet potato tagine, with a side of couscous (G)
TEA	Main	GF Pasta with red pepper and butternut squash sauce, served with grated cheese (dairy/non-dairy)	Baked cinnamon and raisin rice pudding (dairy/non-dairy)	Warm Braised Apples	Fresh Orange Segments	Pear oat crunch with seeds (G), served with yoghurt (dairy/non-dairy)
	Dessert	Strawberries and yoghurt (dairy/non-dairy)	Squash and Chickpea curry, with a side of Naan	Sweet potato lentil dhal, with a side of wholemeal bread	Homemade baked beans with jacket potatoes (Sd), served with grated cheese (dairy/non-dairy)	Italian bean stew with a side of wholemeal bread
			Sweet potato and chocolate mousse	Seasonal fresh Fruit salad	Flapjack (dairy free) (G)	Banana bread (dairy free)

WEEK 2		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Coco Mango Chicken curry, with a side of brown rice	Gluten free pasta with red pepper and butternut squash sauce (Sd), served with cheese (dairy/non-dairy), and a side of sweetcorn	Cowgirl Millie's sweet potato chilli, served with mini wraps (Gluten free option)	Salmon and pineapple Thai Curry (F) with a side of noodles	Squash and sage barley risotto (G) with a side of peas
	Dessert	Coconut and squash Laksa (S), with a side of brown rice			Warm Poached pears	
TEA	Main	Baked cinnamon and raisin rice pudding (dairy/non-dairy)	Italian bean stew with a side of wholemeal bread (gluten free option)	Homemade baked beans with jacket potatoes (Sd), served with grated cheese (dairy/non-dairy)	Apple oat crunch with seeds (G), served with yoghurt (dairy/non-dairy)	Sweet potato lentil dhal, with a side of naan
	Dessert	Spiced spinach and potato with a side of bread (gluten free option)	Sweet potato and chocolate mousse	Seasonal fresh Fruit salad	Sweet potato Shepard-less pie, with a side of bread	Banana bread (dairy free)
		Banana and yoghurt (dairy/non-dairy)			Flapjack (dairy free)	

WEEK 3		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Tikka chicken, with a side of brown rice	Smokey BBQ beef, served with mini wraps (Gluten free option)	Roast Chicken, gravy, and roast potatoes, served with side of broccoli	Paneer and pea curry (D), with a side of white rice	Red pepper and sweet potato tagine, with a side of couscous
	Dessert	Coconut and squash Laksa (S), with a side of brown rice	Sweet potato and red pepper fajitas, served with mini wraps (Gluten free option)	Squash and seed roast, gravy, and roast potatoes (G/C/Sd), served with side of broccoli	Sweet potato lentil dhal, with a side of white rice	
TEA	Main	Warm Braised apples	Baked cinnamon and raisins rice pudding (dairy/non-dairy)	Warm Poached peaches	Peach oat crunch with seeds (G), served with yoghurt (dairy/non-dairy)	Fresh Melon Slices
	Dessert	Sweet potato Shepard-less pie, with a side of wholemeal bread	Homemade baked beans with jacket potatoes (Sd), served with grated cheese (dairy/non-dairy)	Ratatouille with GF Pasta, served with grated cheese (dairy/non-dairy)	Farmer Reggie's stewed veggies with a side of bread	Loaded sweet potato wedges, served with grated cheese (dairy/non-dairy)
		Raspberries and yoghurt (dairy/non-dairy)	Sweet potato and chocolate mousse	Seasonal fresh Fruit salad	Flapjack (dairy free)	Banana bread (dairy free)

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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

D – Milk/ Dairy

E – Eggs

F – Fish

S – Soybeans

M – Mustard

C – Celery

Se – Sesame

Sd - Sulphur Dioxide

L – Lupin

T – Tomato

A - Aubergine

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