

Little Jungle - School of Early Childhood Menu

Key:
 Green: Vegetarian/Vegan
 Blue: Fish
 Red: Meat

WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Cowgirl Millie's sweet potato chilli, served with mini wraps and a side of carrots (Gluten free option)	Butternut & Apricot Couscous with a side of Cauliflower (S/M/C)	Fruity Lamb Moroccan stew, with a side of couscous and mixed vegetables (G)	Squash and seed roast with caramelized onion gravy, and a side of carrots	Swish fish pie (F/D/C/M/Sd) with side of Broccoli
	Dessert		Warm Poached peaches	Baked cinnamon and raisin rice pudding (dairy/non-dairy)	Warm Braised Apples	Fresh Orange Segments
TEA	Main	Tomato Pasta, served with grated cheese (dairy/non-dairy)	Squash and Chickpea curry, with a side of Naan	Sweet potato lentil dhal, with a side of wholemeal bread	BBQ Bean Chilli, served with mini wraps (Gluten free option)	Italian bean stew with a side of wholemeal bread
	Dessert	Strawberries and yoghurt (dairy/non-dairy)	Banana bread (dairy free)	Seasonal fresh Fruit salad	Flapjack (dairy free) (G)	Sweet potato and chocolate mousse
WEEK 2		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Tikka chicken, with a side of brown rice and mixed vegetables	Tomato pasta served with cheese (dairy/non-dairy), and a side of sweetcorn	Cowgirl Millie's sweet potato chilli, served with mini wraps and a side of carrots (Gluten free option)	Coconut & Squash Laksa (S) with a side of noodles and Broccoli	Cheesy Pasta with a side of green peas
	Dessert	Baked cinnamon and raisin rice pudding (dairy/non-dairy)			Warm Poached pears	
TEA	Main	Chana Masal, with a side of bread (gluten free option)	Italian bean stew with a side of wholemeal bread (gluten free option)	Mini jacket potatoes, with homemade baked beans, served with cheese (dairy/non-dairy)	Sweet potato Shephard-less pie, with a side of bread	Sweet potato lentil dhal, with a side of naan
	Dessert	Banana and yoghurt (dairy/non-dairy)	Sweet potato and chocolate mousse	Seasonal fresh Fruit salad	Flapjack (dairy free)	Banana bread (dairy free)
WEEK 3		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Caribbean chicken, with a side of brown rice and mixed vegetables	Smokey BBQ beef, served with mini wraps and a side of sweetcorn (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 and mixed vegetables	Red pepper and sweet potato tagine, with a side of couscous and Cauliflower
	Dessert	Warm Braised apples	Baked cinnamon and raisins rice pudding (dairy/non-dairy)	Warm Poached peaches	Peach oaty crunch with seeds (G), served with yoghurt (dairy/non-dairy)	Fresh Melon Slices
TEA	Main	Sweet potato Shepard-less pie, with a side of wholemeal bread	Mini jacket potatoes, with homemade baked beans, served with cheese (dairy/non-dairy)	Tomato 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)
	Dessert	Raspberries and yoghurt (dairy/non-dairy)	Flapjack (Dairy Free)	Seasonal fresh Fruit salad	Sweet potato and chocolate mousse	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.