

Little Jungle - School of Early Childhood Menu

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

WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
LUNCH	Main	Sweet potato chilli, served with mini wraps (G) and a side of carrots	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	Fish pie (F/D/C/M/Sd) with side of Broccoli
	Dessert	Warm poached peaches	Baked cinnamon and raisin rice pudding (dairy/non-dairy)	Red pepper and sweet potato tagine, with a side of couscous and mixed vegetables (G)	Roast chicken, gravy, and roast potatoes, served with side of carrots	Loaded sweet potato wedges (C), with a side of broccoli
TEA	Main	Tomato pasta, 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	Tomato pasta, served with grated cheese (dairy/non-dairy)	Squash and chickpea curry, with a side of Naan (G)	Greek beans, with a side of wholemeal bread	BBQ bean chilli, served with mini wraps (G)	Italian bean stew with a side of wholemeal bread
WEEK 2		Strawberries and yoghurt (dairy/non-dairy)	Banana bread (dairy free)	Seasonal fresh Fruit salad	Flapjack (dairy free) (G)	Sweet potato and chocolate mousse
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	Sweet potato chilli, served with mini wraps (G) and a side of carrots	Coconut & squash laksa (S) with a side of noodles and broccoli	Sweet & sour veggies, with a side of white rice and green peas
	Dessert	Butternut & apricot couscous, with a side of mixed vegetables (S/M/C)	Baked cinnamon and raisin rice pudding (dairy/non-dairy)	Watermelon pieces	Apple oat crunch with seeds (G), served with yoghurt (dairy/non-dairy)	Fresh pineapple pieces
TEA	Main	Poached pears	Italian bean stew with a side of wholemeal bread (G)	Mini jacket potatoes, with homemade baked beans, served with cheese (dairy/non-dairy)	Sweet potato shephard-less pie, with a side of bread (G)	Sweet potato lentil dhal, with a side of naan (G)
	Dessert	Chana masala, with a side of bread (G)	Sweet potato and chocolate mousse	Seasonal fresh Fruit salad	Flapjack (dairy free)	Banana bread (dairy free)
WEEK 3		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
LUNCH	Main	Coconut and squash Laksa (S), with a side of brown rice	Sweet potato and red pepper fajitas, served with mini wraps and a side of sweetcorn (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 and mixed vegetables	Chilli con carne, with a side of couscous and cauliflower
	Dessert	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
TEA	Main	Sweet potato Shepard-less pie, with a side of wholemeal bread (G)	Mini jacket potatoes, with homemade baked beans, served with cheese (dairy/non-dairy)	Tomato pasta, served with grated cheese (dairy/non-dairy)	Veggie Fajitas with mini wraps (G)	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.