

Spring/Summer Menu 2017

From April 10th 2017

All day sessions include- Morning snack, Lunch and Tea. Morning Sessions include –Morning snack. Afternoon sessions include- Tea

	<u>Morning Snack</u>	<u>LUNCH</u>	<u>Pudding</u>	<u>Tea</u>
1	<u>Homemade Wholemeal Organic Herby Cheese straws</u> Fresh Organic Fruit Local Organic Jersey Milk	Slow cooked Organic Pork, Haricot bean, Apple and Tarragon casserole. With homemade herby Potato wedges.	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Homemade Mackerel Pate with Organic Wholegrain Corn cakes</u> Organic Cheese, Fresh Organic Fruit & Crudités Local Organic Jersey Milk
2	<u>Organic Sea Vegetable and Black pepper Oatcakes</u> Fresh Organic Fruit Local Organic Jersey Milk	Whole wheat Organic Pasta with a Mackerel, Seasonal Vegetable and Organic Lentil sauce.	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Wholewheat Organic Wrap with Tuna, Organic Mayonnaise & Carrot</u> Organic Cheese, Fresh Organic Fruit & Crudités Local Organic Jersey Milk
3	<u>Organic Cheese with Organic Wholewheat digestive biscuits</u> Fresh Organic Fruit Local Organic Jersey Milk	Seasonal Vegetable Frittata and Homemade Organic Baked Beans.	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Homemade Organic Pea Mint and Crème Fraiche dip with Natural Wholegrain Organic corn chips</u> Organic Cheese, Fresh Organic Fruit & Crudités Local Organic Jersey Milk
4	<u>Homemade Wholemeal Organic Herby Cheese straws</u> Fresh Organic Fruit Local Organic Jersey Milk	Mild 3Bean Mexican Chilli Served with Organic Brown Rice	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Wholewheat Organic Wrap with Organic Egg & Watercress</u> Organic Cheese, Fresh Organic Fruit & Crudités Local Organic Jersey Milk
5	<u>Organic Sea Vegetable and Black pepper Oatcakes</u> Fresh Organic Fruit Local Organic Jersey Milk	Organic wholegrain brown rice kedgeree with lightly spiced organic salmon	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Organic Crushed Bean and Artichoke dip with Natural Wholegrain Organic Corn Chips</u> Organic Cheese, Fresh Organic Fruit & Crudités Local Organic Jersey Milk
6	<u>Organic Cheese with Organic Wholewheat digestive biscuits</u> Fresh Organic Fruit Local Organic Jersey Milk	Organic Spanish Chicken and Lentil Casserole with Green Olives. Served with Herby Cous Cous.	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Organic Sun Dried Tomato Hummus with Organic Wholegrain Corn Cakes</u> Organic Cheese, Fresh Organic Fruit & Crudités Local Organic Jersey Milk

Fresh Drinking water is offered throughout the day

- ❖ Tall Trees Kindergarten holds a much coveted Soil Association Gold Award.
- ❖ Each meal contains a healthy balance of protein, carbohydrate, good fats and veg/fruit-as appropriate for young children.
 - ❖ We do not use any salt in the preparation of our meals
 - ❖ We do not use refined sugars and keep the use of natural sugars to a minimum
- ❖ Tall Trees uses only very high quality local, organic or ethically sourced ingredients, and our cook prepares each meal daily from scratch in the Tall Trees kitchen. We do not use processed meats.

OUR SUPPLIERS

Brown Cow Organics- Organic Yoghurt locally made naturally low in sugar and made with real vanilla pods. This organic yoghurt contains superior A2 beta casein protein rich whole milk from their dairy Guernsey herd. It is suitable for many Lactose intolerant diets.

Ivy House Farm-(Beckington-1 mile) - Organic Jersey milk, organic Jersey pure butter.

ABEL & COLE- Organic meat and fish, organic cheese, organic eggs.

Riverford- Organic fruit and vegetables.

Essential Trading Co operative (Bristol) - Organic and ethical wholesome dried goods supplier. We use it for all our organic dried goods such as- Olive oil, pulses, wholewheat pasta, brown rice, oats, cous cous etc

SOME OF THE 'SUPER FOODS' WE USE IN YOUR CHILD'S MEALS

Organic Beans and Pulses - full of Fibre, Calcium and Protein they are also excellent at keeping blood sugar levels constant. Thus helping provide constant energy levels for the children.

Organic Milk- contains higher levels of Omega-3, Vitamin E, Vitamin A and Antioxidants than non organic milk. It also contains no traces of pesticides or antibiotics.

Organic Wholegrain Pasta, Rice and Flour- contains more Protein, Vitamins and Minerals than refined white flours, pasta, rice. Also supplies 'slow release' energy.

Oily Fish- we use Mackerel and Salmon. Fresh evidence shows that the oils found in these fish can boost mental and physical health in children.