



TALL TREES
KINDERGARTEN

Autumn/Winter Menu 2017/18



From October 2nd 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 & Onion biscuits</u> Fresh Organic Fruit biscuits Local Organic Jersey Milk	Homemade organic <u>Moroccan Vegetable Casserole</u> With Organic Apricots chickpeas & lentils. Served with <u>herby couscous</u> .	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Fresh Organic Homemade Soup Chunky Mulligatawny</u> <i>(with organic brown rice)</i> Organic Cheese & Fresh Organic Fruit
2	<u>Organic Sea Vegetable and Black pepper Oatcakes</u> Fresh Organic Fruit Local Organic Jersey Milk	Whole wheat <u>Organic Pasta with a Mackerel, Seasonal Vegetable and Organic Lentil sauce</u> .	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Fresh Organic Homemade Soup Vegetable Scotch broth</u> <i>(with pearl barley)</i> Organic Cheese & Fresh Organic Fruit
3	<u>Organic Cheese with Organic Wholewheat digestive biscuits</u> Fresh Organic Fruit Local Organic Jersey Milk	Homemade <u>Organic Pork, apple & sage meatloaf</u> With homemade Organic <u>Baked beans</u> .	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Fresh Organic Homemade Soup Quinoa and Kale</u> Organic Cheese & Fresh Organic Fruit
4	<u>Homemade Wholemeal Organic Herby Cheese & Onion biscuits</u> Fresh Organic Fruit Local Organic Jersey Milk	Organic mixed Bean and vegetable <u>mild Curry</u> With Organic <u>Brown Rice</u> .	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Fresh Organic Homemade Soup Minestrone</u> <i>(with whole-wheat organic pasta)</i> Organic Cheese & Fresh Organic Fruit
5	<u>Organic Sea Vegetable and Black pepper Oatcakes</u> Fresh Organic Fruit Local Organic Jersey Milk	Organic wholegrain brown rice <u>kedgeree with lightly spiced organic salmon</u>	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Fresh Organic Homemade Soup Carrot, lentil & Coriander</u> <i>(with organic corncakes)</i> Organic Cheese & Fresh Organic Fruit
6	<u>Organic Cheese with Organic Wholewheat digestive biscuits</u> Fresh Organic Fruit Local Organic Jersey Milk	Organic <u>Beef and Haricot bean casserole</u> . Served with rosemary crushed <u>potatoes</u> and seasonal veg.	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Fresh Organic Homemade Soup Mildly Curried lentil, parsnip & apple</u> <i>(with organic corncakes)</i> Organic Cheese & Fresh Organic Fruit

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.

Quinoa- Quinoa is naturally gluten-free and contains iron, B-vitamins, magnesium, phosphorus, potassium, calcium, vitamin E, and fibre. It is one of only a few plant foods that are considered a complete protein, containing all nine essential amino acids

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.