

# Spring/Summer Menu 2018

From April 2018

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

	<u><b>Morning Snack</b></u>	<u><b>LUNCH</b></u>	<u><b>Pudding</b></u>	<u><b>Tea</b></u>
1	<u>Organic Brown Rice Cakes with Buckwheat and Amaranth</u> Fresh Organic Fruit Local Organic Jersey Milk	<u>Homemade Organic 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>Organic Wholewheat Tortilla Wrap</u> <u>Filled with- Homemade Mackerel pate, Quinoa, carrot &amp; cucumber.</u> Organic Cheese, Fresh Organic Fruit Local Organic Jersey Milk
2	<u>Organic Sea Vegetable and Black pepper Oatcakes</u> Fresh Organic Fruit Local Organic Jersey Milk	<u>Whole wheat Organic Pasta with a Mackerel, Seasonal Vegetable and Organic Lentil sauce.</u>	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Organic Wholewheat Tortilla Wrap</u> <u>Filled with- Homemade Organic lemon &amp; herb Hummus, Quinoa, carrot &amp; cucumber</u> Organic Cheese, Fresh Organic Fruit Local Organic Jersey Milk
3	<u>Organic Wholegrain Corncakes</u> Fresh Organic Fruit Local Organic Jersey Milk	<u>Homemade Organic Baked Beans with Organic Pork &amp; homemade herby potato wedges.</u>	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Organic Wholewheat Tortilla Wrap</u> <u>Filled with- Organic Pea, Mint and Crème Fraiche, Quinoa, carrot &amp; cucumber</u> Organic Cheese, Fresh Organic Fruit & Crudités Local Organic Jersey Milk
4	<u>Organic Brown Rice Cakes with Buckwheat and Amaranth</u> Fresh Organic Fruit Local Organic Jersey Milk	<u>Mild 3Bean Mexican Chilli</u> Served with Organic <u>Brown Rice</u>	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Organic Wholewheat Tortilla Wrap</u> <u>Filled with- Organic Egg Mayo, Quinoa, carrot &amp; cucumber</u> Organic Cheese, Fresh Organic Fruit Local Organic Jersey Milk
5	<u>Organic Sea Vegetable and Black pepper Oatcakes</u> Fresh Organic Fruit Local Organic Jersey Milk	<u>Organic wholegrain brown rice kedgeree with lightly spiced sustainable wild fish.</u>	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Organic Italian Multigrain Wrap</u> <u>Filled with- Organic Crushed Bean and Artichoke Quinoa, carrot &amp; cucumber</u> Organic Cheese, Fresh Organic Fruit Local Organic Jersey Milk
6	<u>Organic Wholegrain Corncakes</u> Fresh Organic Fruit Local Organic Jersey Milk	<u>Organic Spanish Chicken and Lentil Casserole with Green Olives.</u> Served with Herby <u>Cous Cous</u> .	<i>Brown Cow Organics – Local Artisan Made Organic Yoghurt</i>	<u>Organic Wholewheat Tortilla Wrap</u> <u>Filled with- Homemade Organic Beetroot Hummus and butternut squash</u> Organic Cheese, Fresh Organic Fruit 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/energy levels constant.

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.

Quinoa- mainly used in our afternoon tea wraps. Quinoa is a 'Supergrain' packed with high quality Protein, Iron and Potassium.

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.