



Tall Trees Kindergarten Summer Menu (2024)

All of our ingredients are very high quality and mostly organic or locally sourced.

Lunch served between 12:30pm-1:00pm | Afternoon Tea served between 4:00pm-4:30pm

FRESH DRINKING WATER IS OFFERED THROUGHOUT THE DAY



	MORNING SNACK	LUNCH	PUDDING	TEA
1	Organic Lentil Crackers Fresh Fruit Organic Local Jersey Milk	Organic Vegetable, Chickpea & Buckwheat Dahl With Tomatoes, Garam Masala, Ginger & Spinach Served with Turmeric Basmati & Lentil Rice	Organic Vanilla Yogurt 	Sustainable Tuna & Quinoa Niçoise With Whole wheat Wraps Served with Local Cheddar Cheese, Crudities & Summer Fruits Organic Local Jersey Milk
2	Organic Rice cakes Fresh Fruit Organic Local Jersey Milk	Organic Spanish Chicken With Mediterranean Vegetables, Lentils, Oregano, Olives & Tomatoes, Served with Whole wheat Cous-Cous	 Organic Vanilla Yogurt	Sustainable Mackerel, Dill & Quinoa Pate Served with Whole wheat Tortillas & Local Cheddar Cheese Crudities & Summer Fruits Organic Local Jersey Milk
3	Organic Quinoa Crisp Bread Fresh Fruit Organic Local Jersey Milk	Indian spiced Chickpea-Rice Kedgeree Mildly spiced sustainable assorted fish, Organic Free range Eggs, Wholegrain Basmati & Chickpea Rice Served with Garden Peas & Sweetcorn	Organic Vanilla Yogurt 	Rustic seeded flat bread with whipped Cream Cheese & Fresh Pineapple Served with Organic Corn Tortilla Chips Crudities & Summer Fruits Organic Local Jersey Milk
4	Organic Lentil Crackers Fresh Fruit Organic Local Jersey Milk	Organic Beef, Seasonal Vegetable & Haricot Bean Ragù with Garlic Sautéed Courgettes Served with Whole wheat Fusilli	 Organic Vanilla Yogurt	Sustainable Salmon, Lemon & Quinoa Pate with Organic Corn Cakes Served with Local Cheddar Cheese, Crudities & Summer Fruits Organic Local Jersey Milk
5	Organic Rice Cakes Fresh Fruit Organic Local Jersey Milk	Organic Vegetable, Lentil & Tomato sauce & Gnocchi with Basil Pesto Served with Organic Local Cheddar Cheese	Organic Vanilla Yogurt 	Sustainable Mackerel, Dill & Quinoa Pate with Organic Chickpea Crisp Breads Served with Local Cheddar Cheese, Crudities & Summer Fruits Organic Local Jersey Milk
6	Organic Quinoa Crisp Bread Fresh Fruit Organic Local Jersey Milk	Indian spiced Chickpea-Rice Kedgeree Mildly spiced sustainable assorted fish, Organic Free Range Eggs, wholegrain Basmati & Chickpea Rice Served with Garden Peas & Sweetcorn	 Organic Vanilla Yogurt	Homemade Roasted Red Pepper Hummus with Organic Quinoa Grissini Served with Local Cheddar Cheese, Crudities & Summer Fruits Organic Local Jersey Milk

- *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 high quality ingredients which are mostly organic or locally sourced, our chef prepares each meal daily from scratch in the onsite Tall Trees kitchen.*
- *We do not use processed meats.*



Our Local Suppliers



Brown Cow Organics

Organic Yoghurt locally made naturally low in sugar and made with real vanilla pods. This 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

Non-Homogenised organic jersey milk fresh from the heart of Somerset. Hand patted on-site butter. Ivy house have been a certified organic farm for over 20 years.



Essential Trading Cooperative

Organic and ethical wholesome dried goods supplier. We use it for all our organic dried goods such as- Olive oil, pulses, whole wheat pasta, oats, couscous etc.



The Community Farm

The Community Farm is a nature-friendly not-for-profit social enterprise based in the Chew Valley. Everything we grow is organic and we are regularly inspected by the Soil Association. We propagate almost all of our crops here on the farm and our warehouse is located right next to the fields, allowing us to get crops from the field to the fridge in a very short amount of time, ensuring maximum freshness! Anything we're unable to grow on site comes from our close network of organic producers and local farmers who share our ethics.



Lye Cross Farm

Cheesemakers since 1952, Lye Cross Farm are proud to produce Cheddar cheese in the heart of the West Country. Situated in an area of outstanding natural beauty, Lye Cross Farm has 4,300 acres of the best pasture land in the world, which is home to a herd of 1,200 dairy cattle.

The 'SUPER FOODS' we use in our 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.
- **Buckwheat** - Buckwheat is an extremely highly nutritious food source and is a fruit seed as opposed to a grain. It contains powerful antioxidants, flavonoids and magnesium and is naturally gluten free.
- **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. Evidence shows that the oils found in these fish can boost mental and physical health.
- **Barley** - A wholegrain packed with nutrients, rich in vitamins, minerals, and other beneficial plant compounds as well as antioxidants.
- **Rice Warning** - Parents, please be aware that it is not advisable to give children under the age of 5 frequent servings of brown rice as it contains trace elements of arsenic which can build up in a child's system. White rice is a safer option, and we only use it very sparingly on our menu. We also use chickpea and lentil rice as a highly nutritious alternative.
- **Disclaimer** – We handle allergens within the setting and cannot 100% guarantee there will be no risk of cross contamination. We reserve the right to change the menu at any time.