Tall Trees Kindergarten Winter Menu (2026/2027)

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

Breakfast served between 8:00am – 8:20am | 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 Oat Cakes Fresh Fruit Local Organic Jersey Milk	Organic Moroccan Lamb & Vegetable Tagine With Chickpeas, Cumin & Apricots Served With Organic Whole-Wheat Cous-Cous	Locally Made Live Organic Vanilla Yoghurt	Homemade Minestrone Soup and Whole-wheat Spaghetti with Homemade Whole wheat, Quinoa & Flaxseed Bread Local Cheddar Cheese & Fresh Fruit Local Organic Jersey Milk
2	Organic Veggie Garden Crisp Bread Fresh Fruit Local Organic Jersey Milk	Seasonal Vegetable & Organic Haricot Bean Neapolitan With Whole-Wheat & Lentil Spaghetti & Organic Cheddar Cheese	Locally Made Live Organic Vanilla Yoghurt	Homemade Sustainable Mackerel & Quinoa Pate With Homemade Chickpea, Carrot, Mace & Pumpkin Seed Muffins Local Cheddar Cheese, Organic Crudities & Fresh Fruit Local Organic Jersey Milk
3	Organic Corn Cakes Fresh Fruit Local Organic Jersey Milk	Indian Spiced Basmati & Organic Chickpea-Rice Kedgeree Mildly Spiced Sustainable Wild Fish, Organic Free-Range Eggs & Garden Peas	Locally Made Live Organic Vanilla Yoghurt	Homemade Tomato & Basil Soup & Quinoa Anellini With Homemade Garlic & Herb Lentil Loaf Local Cheddar Cheese, Fresh Fruit Local Organic Jersey Milk
4	Organic Veggie Garden Crisp Bread Fresh Fruit Local Organic Jersey Milk	Organic Roasted Red Pepper & Lentil Sauce, Whole-Wheat Penne & Sunflower Seed Pesto. With Organic Cheddar Cheese	Locally Made Live Organic Vanilla Yoghurt	Homemade Hickory BBQ Baked Beans with Homemade Corn Bread Local Cheddar Cheese & Fresh Fruit Local Organic Jersey Milk
5	Organic Oat Cakes Fresh Fruit Local Organic Jersey Milk	Organic Chicken, Squash & Haricot Bean Tikka Masala. With Creamed Coconut & Tomatoes, Basmati & Organic Lentil Rice	Locally Made Live Organic Vanilla Yoghurt	Buckwheat& Lentil, Fennel & Vegetable Savory rolls, With Homemade Tomato & Mango 'ketchup' Local Cheddar Cheese, Organic Crudities & Fresh Fruit Local Organic Jersey Milk
6	Organic Corn Cakes Fresh Fruit Local Organic Jersey Milk	Sustainable Mackerel with Organic Sweet Potato, Lentil & Vegetable Sauce With Whole Wheat Fusilli Twists & Organic Cheddar Cheese	Locally Made Live Organic Vanilla Yoghurt	Haricot Bean, Seasonal Vegetables & Sundried Tomato Focaccia Organic Cheddar Cheese, Organic Crudities & Fresh Fruit Local Organic Jersey Milk

Breakfast (for 8am session starters only) **- Choice of:** Local Organic Yogurt, Local Cheddar Cheese, Organic Oat Cakes, Local Organic Jersey Milk, Fresh Fruit, Jacksons Yorkshire Multigrain Brown Bloomer, Pear & Apple spread (no sugar), Natural Puffed Brown Rice, Organic Corn Flakes.

- **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

Our live, organic, Guernsey whole milk yoghurt is produced on our farm using only milk from our grass fed herd. Naturally low in sugar and made with real vanilla pods. Live yoghurt provides essential nutrients and beneficial live bacteria that supports digestion and overall health. 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. Supplying Olive oil, pulses, whole wheat pasta, oats, couscous and more.

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.

"Tall Trees Kindergarten is leading the way in the drive to improve food culture in the UK"

James Cashmore, Director,
Soil Association (Food for Life)