

Kindergarten Lunch Menu

Spring Term

All ingredients are organic subject to availability

Monday

Vegetable stew with seasonal grain

Tuesday

**Red lentil & vegetable soup with warming spices and
roasted seeds with bread and butter**

(Lentils, sunflower seeds, seasonal vegetables)

Wednesday

**Wholemeal pasta with beetroot sauce and parmesan cheese and
winter slaw**

(Beetroot, carrot basil, raw carrot, cabbage, beetroot, lemon,
olive oil, salt)

Thursday

**White basmati rice with dhal,
tzatziki and veggie sticks on the side**

(Cumin, ground coriander, fresh ginger, yellow lentils, mung dal,
cucumber, yoghurt, mint)