



# APPLE BLOSSOM KINDERGARTEN

## KINDERGARTEN MENU

Apple Blossom Kindergarten/Manchester Steiner Ltd.

### Menu 2018/19

Steiner settings practice a grain a day so this forms the basis of each menu. Our Kindergarten has a vegan menu, and works on LOAF principles – food is to be local, organic, affordable and fairtrade where possible.

We buy many of our food items from Unicorn in Chorlton or Suma – a wholefood workers co-operative. Most days we try to have a one pot, simple, warm and nourishing lunch.

Water and fruit are also served during the kindergarten day. One day a week bread is made by the children. We are working to incorporate outdoor cooking in a cob oven made by the children in the garden, especially at festivals.

### Monday – Barley

Homemade soup with barley and oatcakes

### Tuesday – Rice

Short grain brown rice with vegetables and toasted seeds with tamari

### Wednesday – Rye

Homemade soup with wholegrain rye bread