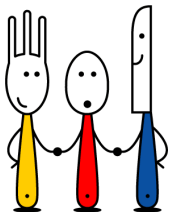


Mapledene & Queensbridge Children's Centre Weekly Menu 1

Week 1	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Weetabix or white toasted bread Apple	Cream crackers Banana	Pizza with peas, tuna sweetcorn and salad Yoghurt & Berries <u>Alternative</u> Gluten free pizza with Quorn sausage, Soya yoghurt	Avocado Fish balls	Homemade lamb burgers in buns with salad Carrot and cucumber sticks with melon <u>Alternative</u> Homemade vegetable burgers
Tuesday	Bread and butter with cheese Melon	Fruit Bread Strawberries Clementine's	Spaghetti Lamb mince Bolognese with salad Banana custard/Fruits <u>Alternative</u> Quorn Mince Bolognese	Tomato & cucumber	Houmous pitta bread Carrots & Cucumber sticks Yoghurt with Berries
Wednesday	Shredded wheat or Toast oranges	Homemade Scones tomatoes & cucumber <u>Alternative</u> Rice cakes	Salmon/Seabass with savoury vegetable rice with lentils Homemade apple cake and custard/fruits <u>Alternative</u> Quorn Patti	Peppers Sugar snap peas	Scrambled eggs with plantain Banana, sugar snap peas <u>Alternative</u> Tuna sandwiches
Thursday	Boiled eggs with bread and butter Banana	Rice Cakes & apples	Gluten free pork Sausages Potatoes Ratatouille Fresh fruits <u>Alternative</u> Vegetarian sausage	Beetroot Apples	Crumbed Vegetable burgers, bagels with melon, apples and tomato wedges
Friday	Porridge or toast Peaches	Houmous with carrot sticks	Baked Cod Vegetable cous cous with tomato sauce Yoghurt with berries <u>Alternative</u> Vegie burger	Carrots Sugar snap peas Rice cake	Assorted sandwiches ham, tuna, cheese with corn on the cob

We only use brown wholemeal pasta, white and gluten free wholemeal bread – menus are subject to change when necessary – milk and water is available for children to drink at all times



December 2018

