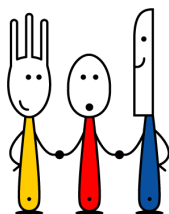


Mapledene & Queensbridge Children's Centre Weekly Menu 2

Week 2	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Weetabix or toast Apple	Homemade fruit bread/rice cakes Kiwi	Quorn Shepherd's Pie Carrots green beans Yoghurt & Berries <u>Alternative</u> Soya Yoghurt	Cucumber sticks & tomato Meat balls/veggie balls	Homemade barbeque chicken Bread & butter Cucumber sticks grapes <u>Alternative</u> Quorn barbeque burgers
Tuesday	Bread and butter with cheese Melon	Homemade Scones Strawberries	Roast chicken roast potato broccoli, carrots Bread & butter pudding with custard/fruits <u>Alternative</u> Roast Quorn	Beetroot Sugar snap peas	Homemade salmon fish cakes with baps Carrot sticks Stewed apple <u>Alternative</u> Crumbed veggie burgers
Wednesday	Shredded Wheat or Toast Plums	Oatcakes Clementine	Seabass/Salmon with brown rice mixed bean salad Semolina pudding/fruits <u>Alternative</u> vegetable tart	Corn on the cob	Omelette Plantain, yoghurt, blueberries <u>Alternative</u> Veggie balls
Thursday	Boiled eggs with white bread Cucumber sticks	Bagels & apples	Lamb stew with bulgur wheat courgettes and carrots with fresh fruits <u>Alternative</u> Quorn/vegetable stew	Pears Avocado	Houmous pitta bread Carrot & cucumber sticks Rice cakes fruits
Friday	Porridge or Toast Peaches	Avocado Bread sticks Melon	Baked Cod Sweet potato with butternut squash Yoghurt & berries <u>Alternative</u> Veggie sausages, Soya yoghurt	Celery sticks Sugar snap peas	Sandwiches ham, cheese, tuna Pineapple and melon

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

