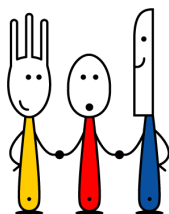


Mapledene & Queensbridge Children's Centre Weekly Menu 3

| Week 3 | Breakfast | Mid-Morning Snack | Lunch | Afternoon Snack | Tea |
|------------------|--|--|--|-------------------------------------|---|
| Monday | Weetabix or Toast Apples | Cream crackers Kiwi | Wholemeal pasta in tomato sauce with carrots, spinach, salad & roast Quorn Yoghurt & berries | Carrots & celery Fish Balls | Homemade pizza with sweet corn, tuna & peas Peaches <u>Alternative</u> Veggie balls |
| Tuesday | White bread & butter Cheese Banana | Bagels Strawberries | Chicken stew wholemeal rice, mixed vegetables Banana with custard <u>Alternative</u> Quorn stew | Corn on the cob | Houmous with rice cakes Carrot & cucumber sticks Mango |
| Wednesday | Shredded wheat or Toast Peaches | Baps with cheese cubes Pears | Seabass /salmon potatoes stir fried carrots, courgettes with green beans Milk puddings/fruits <u>Alternative</u> Veggie Burgers | Beetroot Sugar snap peas | Chicken wraps /tuna Yoghurt with berries <u>Alternative</u> Quorn chicken pieces |
| Thursday | Boiled egg Bread & butter Grapefruit | Rice cakes Grapes | Homemade meatballs in tomato sauce, cous cous with quinoa and vegetables. Tomato, cucumber salad Fresh fruits <u>Alternative</u> Veggie balls in tomato sauce | Peppers Celery | Quorn patties Buttered baps Cake Banana |
| Friday | Porridge or Toast Plumbs | Plain yoghurt with banana Apples | Baked cod, sweet potato with bean stew Yoghurt & berries <u>Alternative</u> Vegetarian Tarts, Soya yoghurt | Tomato & Cucumber on crackers | Assorted sandwiches Tuna, ham, cheese with salad Pineapple Grapes |

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

