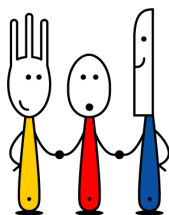


# Mapledene & Queensbridge Children's Centre Weekly Menu 4

Week 4	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Weetabix or Toast Apple	Oat cakes Melon	Mixed bean stew with potato & salad Mixed bean salad Yoghurt berries	Beetroot Carrot sticks Meat balls	Chipolata in white baps corn on the cob Fruit salad <u>Alternative</u> Vegetarian sausage rolls
Tuesday	White bread & butter Cheese Banana	Homemade scones Plumbs	Roast lamb, roast potato Carrots & red cabbage Banana cake with custard/fruits <u>Alternative</u> Quorn roast	Mixed peppers Cherry tomatoes	Pasta in tomato sauce with carrots mixed beans & peas Apples & clementine's
Wednesday	Shredded wheat or Toast Plumbs	Cheese on baps Mango	Baked salmon with sweet potatoes, cauliflower, courgettes & carrots stir fry Fresh fruits <u>Alternative</u> Bean stew	Cucumber Celery Quorn Bites	Homemade scones with tuna and cheese With, carrots & sugar snap peas Yoghurt with berries <u>Alternative</u> Vegie bites
Thursday	Boiled egg Bread Cucumber sticks	Rice cakes Grapes	Wholemeal savoury rice with beans, sweetcorn, peas & carrots Fresh seasonal fruits <u>Alternative</u> Quorn pieces	Peppers Beetroot	Houmous, flat bread, meat balls carrot sticks, cucumber, avocado Banana & strawberries <u>Alternative</u> Gluten free bread with vegie balls
Friday	Porridge or Toast Grapefruit	Bread & butter Peas	Steamed seabass in tomato with spinach, carrots, and potato wedges Yoghurt & berries <u>Alternative</u> Vegie quarter pounder	Tomato cucumber	Ham sandwiches, mango, apples, clementine's <u>Alternative</u> Corn roast sandwich

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

