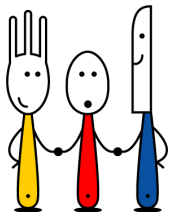


# Mapledene & Queensbridge Children's Centre Weekly Menu 1

Week 1	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Weetabix toast & Banana	Seasonal fruits	Homemade cheese and tomato Pizza with mixed vegetables Yoghurt	Raw Seasonal Vegetables with houmous	Omelette with salad pears
Tuesday	Shredded wheat toast & Banana	Seasonal fruits	Spaghetti with Lamb Mince Bolognese with parsnips and green beans Stewed Peaches <u>Alternative</u> Veggie Bolognese	Raw Seasonal Vegetables with guacamole	Chicken burgers Wholemeal baps with coleslaw Melon slices <u>Alternative</u> Homemade vegetable burgers
Wednesday	Porridge/toast & Bananas	Seasonal Fruits	Roast Salmon with brown rice, peas & carrots Mixed fresh fruit smoothie <u>Alternative</u> Mediterranean vegetable tart	Raw Seasonal Vegetables with cheese chunks	Crackers, houmous, cucumber, carrots and celery sticks Mango
Thursday	Weetabix toast & Banana	Seasonal fruits	Chicken and potato pie with spinach and sweetcorn Semolina/dairy free Semolina <u>Alternative</u> Vegetable butter bean pie	Raw Seasonal Vegetables with guacamole	Cheesy tomato pasta bake with garlic bread Yoghurt
Friday	Porridge toast & Banana	Seasonal fruits	Baked fish with hand cut chips, low sugar baked beans Apple crumble with custard <u>Alternative</u> Vegetable Sausages	Raw Seasonal Vegetables with Greek yoghurt	Assorted sandwiches, chicken & cucumber, cheese & tomato Fresh Fruit smoothie

We use white and brown wholemeal pasta and brown wholemeal bread – menus are subject to change when necessary – cow, soya milk and water is available for children to drink at all times. All meat products are Halal, a selection of seasonal fruit and raw vegetables are offered daily as part of snack.



March 2021

