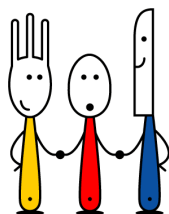


Mapledene & Queensbridge Children's Centre Weekly Menu 2

Week 2	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Shredded Wheat Toast Banana	Seasonal Fruits	Roast Chicken with cous cous kale or spinach and sweet potato Yoghurt <u>Alternative</u> Veggie Burger	Raw Seasonal Vegetables with guacamole	Macaroni and cheese with garlic bread slices Pears
Tuesday	Porridge Toast Banana	Seasonal Fruits	Roast Seabass Jollof Rice Carrots & green peas Mixed fruit smoothie <u>Alternative</u> Mediterranean vegetable tartlets	Raw Seasonal Vegetables with houmous	Assorted sandwiches, tuna mayo & cucumber or cheese & tomato Melon
Wednesday	Weetabix Toast Banana	Seasonal Fruits	Minted lamb stew with bulgur wheat, sweet corn and broccoli Cake with custard <u>Alternative</u> Five bean stew	Raw Seasonal Vegetables with Greek yoghurt	Vegetarian burgers with wholemeal buns and Salad Fruit medley
Thursday	Porridge Toast Banana	Seasonal Fruits	Butter bean ratatouille with wholemeal penne pasta and cauliflower Stewed apple	Raw Seasonal Vegetables with cheese chunks	Chicken chunks with cucumber and cherry tomato salad Yoghurt <u>Alternative</u> Vegetarian nuggets
Friday	Shredded Wheat Toast Banana	Seasonal Fruits	Baked fish and chips with mushy peas Rice pudding <u>Alternative</u> Falafel	Raw Seasonal Vegetables with Greek yoghurt	Guacamole with oat cakes, celery, carrots and cucumber sticks Apples

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

