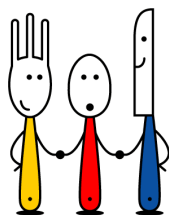


Mapledene & Queensbridge Children's Centre Weekly Menu 3

Week 3	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Porridge Toast Banana	Seasonal fruits	Chick pea & spinach curry with brown rice & green beans Yoghurt	Raw Seasonal Vegetables with cheese chunks	Omelette with salad Fresh fruit salad
Tuesday	Weetabix Toast Banana	Seasonal fruits	Chicken sausages with mash potato peas & carrots Semolina <u>Alternative</u> Vegetarian Sausage	Raw Seasonal Vegetables with Greek yoghurt	Fish Goujons with cherry tomato and cucumber salad Mango
Wednesday	Porridge Toast Banana	Seasonal fruits	Lemon & herb cod loins with cous cous, sweet corn & broccoli Fruit smoothie <u>Alternative</u> Falafels	Raw Seasonal Vegetables with guacamole	Chicken and cucumber/ cheese and tomato sandwiches Peaches
Thursday	Shredded Wheat Toast Banana	Seasonal fruits	Roast lamb with roast potatoes Spinach & parsnips Cake with custard <u>Alternative</u> Meat free meat balls	Raw Seasonal Vegetables with cheese chunks	Houmous with water biscuits, carrots, cucumber and celery sticks Yoghurt
Friday	Weetabix Toast Bananas	Seasonal fruits	Fish with chips with baked beans Stewed Pears <u>Alternative</u> Vegetarian burgers	Raw Seasonal Vegetables with Greek yoghurt	Cheesy tomato & vegetable pasta bake 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

