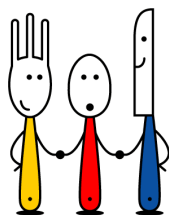


Mapledene & Queensbridge Children's Centre Weekly Menu 4

Week 4	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Shredded Wheat Toast Banana	Seasonal fruits	Beef Burgers with potato wedges and salad <u>Alternative</u> Veggie Burger Mix Fruit Smoothie	Raw Seasonal Vegetables with cheese chunks	Chicken Chunks Tabouleh <u>Alternative</u> Vegetarian Nuggets Yoghurt
Tuesday	Porridge Toast Banana	Seasonal fruits	Roast Seabass with Bulgur Wheat, Broccoli & Sweet potato <u>Alternative</u> mixed Vegetable tartlets Bread & Butter puddings	Raw Seasonal Vegetables with Greek yoghurt	Marconi and Cheese with Garlic bread Fruit Medley
Wednesday	Weetabix Toast Banana	Seasonal fruits	Jerk Chicken with Rice & Peas with Sweet Corn/green beans <u>Alternative</u> Roast Jerk Veggie Green Beans Stewed Apples	Raw Seasonal Vegetables with guacamole	Vegetarian Samosa & Spring roll with Croquettes Potatoes Apples
Thursday	Shredded Wheat, toast Banana	Seasonal fruits	Stir fry Vegetables with Noodles & Cauliflower Yogurts	Raw Seasonal Vegetables with houmous	Assorted sandwiches Tuna Mayonnaise and cucumber & cheese & tomato Fruit Smoothie
Friday	Porridge Toast Bananas	Seasonal fruits	Fish with chips with mushy peas Cakes & Custard <u>Alternative</u> Vegetarian Nuggets	Raw Seasonal Vegetables with cheese chunks	Crackers with guacamole, celery, cucumber & carrot sticks Melon

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

