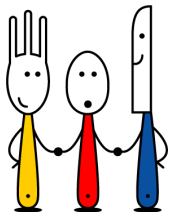


Mapledene & Queensbridge Children's Centre Weekly Menu 1

Week 1	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Weetabix/white toast & Banana	Grapefruit Blue Berries	Homemade cheese and tomato Pizza with five bean salad Yoghurt	Raw carrots & mangetout Oat cakes	Omelette with potato salad pears
Tuesday	Shredded wheat white toast & Plums	Red Grapes Pineapples	Whole wheat Spaghetti with Lamb Mince Bolognese with parsnips, green beans and Stewed Peaches <u>Alternative</u> Lentils and Veggie Bolognese	Raw cucumber & beetroot With crackers	Chicken burgers with white burger buns with corn on the cob Melon slices <u>Alternative</u> Homemade vegetable burgers
Wednesday	Porridge/brown toast & Bananas	Tangerine kiwi	Roast Salmon with white rice, peas & carrots Mixed fresh fruit smoothie <u>Alternative</u> Breaded Haloumi	Raw celery sticks & cherry tomatoes With water biscuits	Jacket potato with baked beans and cheese Mango
Thursday	Weetabix/white toast & Apples	Mango Pears	Chicken and mashed potato pie with spinach and sweetcorn Semolina/dairy free Semolina <u>Alternative</u> Vegetable and mashed potato butter bean pie	Raw mixed peppers & carrots with guacamole With oat cakes	Cannelloni & mixed veg pasta bake with garlic bread Yoghurt
Friday	Porridge/white toast & Banana	Green Grapes Apples	Baked cod with hand cut chips with mushy peas Apple crumble with custard <u>Alternative</u> Vegetable Sausages	Raw mangetout & beetroot Crackers	Assorted sandwiches, chicken & cucumber, cheese/ homous with tomato Fresh Fruit smoothie

We use brown and white bread as well as white and wholemeal pasta – 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.



November 2021

