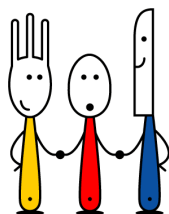


# Mapledene & Queensbridge Children's Centre Weekly Menu 2

Week 2	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
<b>Monday</b>	Shredded Wheat White Toast Apples	Red Grapes Grapefruit	Roast Chicken with cous cous kale or spinach and sweet potato Yoghurt <u>Alternative</u> <u>Veggie Burger</u>	Cherry tomato & cucumber with guacamole And pitta bread slices	Macaroni and cheese with cannellini beans and garlic bread slices  Pears
<b>Tuesday</b>	Porridge Brown Toast Banana	Kiwi Pineapple	Roast Seabass Jollof Rice Carrots & green peas Mixed fruit smoothie <u>Alternative</u> <u>Breaded Halloumi</u>	Butternut Squash with celery houmous and water biscuits	Chicken and cucumber, cheese and tomato sandwiches with humous  Melon
<b>Wednesday</b>	Weetabix White Toast Plums	Mandarine Pears	Minted lamb stew with bulgur wheat, sweet corn and broccoli Cake with custard <u>Alternative</u> <u>Five bean stew</u>	Greek yoghurt Tomato wedges & Beetroot With oat cakes	Vegetarian burger with wholemeal buns Salad Fruit medley
<b>Thursday</b>	Porridge White Toast Banana	Green Grapes Blueberries	Black eye beans in tomato sauce with wholemeal penne pasta and cauliflower Stewed apple	Mangetout & carrots with crackers and cheese chunks	Breaded chicken chunks with cous cous salad Yoghurt <u>Alternative</u> <u>Veggie Nuggets</u>
<b>Friday</b>	Shredded Wheat White Toast Pears	Mango Melon	Baked fish and chips with mushy peas Rice pudding <u>Alternative</u> <u>Falafel</u>	Greek yoghurt Cucumber with mixed peppers and water biscuits	Jacket Potato with cheese low sugar low salt baked beans  Fruit smoothie with blackberries

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

