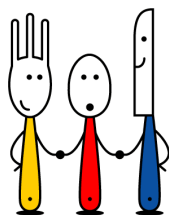


Mapledene & Queensbridge Children's Centre Weekly Menu 4

Week 4	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Shredded Wheat Brown Toast Banana	Grapefruit Blue Berries	Beef Burgers with potato wedges and salad <u>Alternative</u> Veggie Burger Mix Fruit Smoothie	Carrot and celery sticks With water biscuits and cheese chunks	Chicken Chunks Tabouleh <u>Alternative</u> Vegetarian Nuggets Yoghurt
Tuesday	Porridge White Toast Apples	Red Grapes Pineapples	Roast Seabass with Bulgur Wheat, Broccoli & Sweet potato <u>Alternative</u> Breaded Halloumi sticks Bread & Butter puddings	Cucumber sticks with cherry tomatoes and crackers with Greek yoghurt	Macaroni and Cheese with Garlic bread Pears
Wednesday	Weetabix Brown Toast Plums	Tangerine kiwi	Jerk Chicken with Rice & Peas with Sweet Corn/green beans <u>Alternative</u> Roast Jerk Veggie Green Beans Stewed Apples	Cooked beetroot, mangetout with oat cakes and guacamole	Vegetarian Samosa & Spring roll with Croquettes Potatoes Fruit Medley
Thursday	Shredded Wheat, White toast Banana	Mango Pears	Sweet and sour Vegetables with Noodles & Cauliflower Yogurts	Roast sweet potato, mixed bell peppers and water biscuits with houmous	Assorted sandwiches Tuna Mayonnaise and cucumber & cheese & tomato Fruit Smoothie
Friday	Porridge White Toast Apples	Green Grapes Plums	Fish with chips with mushy peas Cakes & Custard <u>Alternative</u> Vegetarian Nuggets	Corn on the cob	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



November 2021

