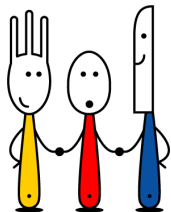


Mapledene & Queensbridge Children's Centre Weekly Menu 1

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 mixed peppers with green salad Pears
Tuesday	Shredded wheat white toast & Plums	Red Grapes Pineapples	Meatballs with cous cous in tomato sauce with green beans Stewed Peaches <u>Alternative</u> Veggie Meatball	Raw cucumber & beetroot With crackers	Chicken burgers with white burger buns with corn on the cob Water 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	Gherkin & cherry tomatoes With water biscuits	Jacket potato/wedges with baked beans and cheese Honeydew Melon
Thursday	Weetabix/white toast & Apples	Mango Pears	Chicken pie with spinach and carrots with mashed potato Semolina/dairy free Semolina <u>Alternative</u> Vegetable pie	Raw mixed peppers with avocado slices & sweetcorn Oat cakes	Vegetable and lentil pattie with salad Yoghurt
Friday	Porridge/white toast & Banana	Green Grapes Plums	Mixed vegetable fried rice with baby sweetcorn & broccoli Apple Crumble	Raw mangetout & beetroot Crackers	Assorted sandwiches, chicken & cucumber, cheese & tomato, ham & cheese Houmous Fresh Fruit smoothie

We use brown and white bread as well as white and wholemeal pasta – menus are subject to change when necessary – cow's milk and milk alternatives as well as water is available for children to drink at all times. A selection of seasonal fruit and raw vegetables are offered daily as part of snack.



September 2022

