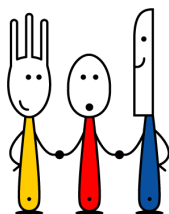


Mapledene & Queensbridge Children's Centre Weekly Menu 2

Week 2	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Shredded Wheat White Toast Apples	Red Grapes Grapefruit	Macaroni Cheese with cannellini beans and garlic bread slices and broccoli Stewed Pears	Greek yoghurt with honey Tomato wedges & Beetroot With oat cakes	Dhal with pitta bread Yoghurt
Tuesday	Porridge Brown Toast Banana	Kiwi Pineapple	Roast Seabass Jollof Rice Carrots & green peas Mixed fruit smoothie <u>Alternative</u> Breaded Halloumi	Cherry tomato & cucumber with avocado slices And pitta bread slices	Black eye beans in tomato sauce with wholemeal penne pasta Melon
Wednesday	Weetabix White Toast Plums	Mandarine Pears	Minted lamb stew with bulgur wheat, sweet corn and broccoli Cake with custard <u>Alternative</u> Five bean stew	Butternut Squash with Gherkin houmous and water biscuits	Vegetarian burger with wholemeal buns Salad Fruit medley
Thursday	Porridge White Toast Banana	Green Grapes Blueberries	Roast Chicken with cous cous savoy cabbage and sweet potatoes Yoghurt <u>Alternative</u> Veggie burger	Mangetout & carrots with crackers and cheese chunks	Mixed vegetable taco with mixed beans & salad Yoghurt
Friday	Shredded Wheat White Toast Pears	Mango Melon	Baked fish and chips with mushy peas Rice pudding <u>Alternative</u> Falafel	Greek yoghurt with mixed berries Cucumber with mixed peppers and water biscuits	Crumpet Pizza with tomato, sweetcorn and mixed peppers Water Melon

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

