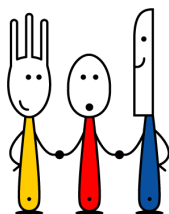


Mapledene & Queensbridge Children's Centre Weekly Menu 3

Week 3	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Porridge White Toast Banana	Seasonal fruits Blueberries/mandarin segments	Chick pea & spinach curry with brown rice & green beans Yoghurt	Beetroot & carrots with cheese chunks & crackers	Vegetable Quiche Fresh fruit salad
Tuesday	Weetabix Brown Toast Pears	Seasonal fruits Strawberries/ white grapes	Chicken sausages with mash potato peas & carrots Cake & custard <u>Alternative</u> Vegetarian Sausage	Mangetout & gherkin with Greek yoghurt with honey & water biscuits	Fish Goujons with cherry tomato and cucumber salad Nectarine <u>Alternative</u> Vegetarian nuggets
Wednesday	Porridge White Toast Apples	Seasonal fruits Kiwi/pears	Lemon & herb cod loins with cous cous, sweet corn & broccoli Fruit smoothie <u>Alternative</u> Falafels	Spinach leaves, tomato wedges with avocado slices & oat cakes	Jacket Potatoes with low sugar low salt baked beans & cheese Peaches
Thursday	Shredded Wheat Brown Toast Banana	Seasonal fruits Grapefruit segments/black grapes	Roast lamb with roast potatoes Spinach & parsnips Semolina <u>Alternative</u> Meat free meat balls	Crackers with Houmous cucumber and carrots	Chicken and cucumber, ham & cheese, cheese and tomato sandwiches Houmous Yoghurt
Friday	Weetabix White Toast Plums	Seasonal fruits Mangos/water melon segments	Chicken Curry with rice and Kale Stewed Pears <u>Alternative</u> Vegetarian Curry	Sugar snap peas and mixed peppers with Greek yoghurt and water biscuits	Black eye beans Vegetable pasta bake Fruit smoothie

We use white and brown wholemeal pasta and brown wholemeal bread – 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

