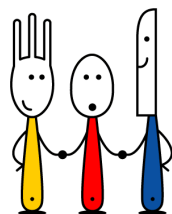


Mapledene & Queensbridge Children's Centre Weekly Menu 4

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 Gherkin 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 Honey Greek yoghurt	Pasta in tomato sauce with spinach and olives Green salad 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 avocado slices	Mixed vegetable taco with mixed beans & salad Fruit Medley
Thursday	Shredded Wheat, White toast Banana	Mango Pears	Vegetable Stir fry noodles with baby sweet corn & savoy cabbage Yogurts	Roast sweet potato, mixed bell peppers and water biscuits with houmous	Cous cous with mixed vegetables & salad 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 Butternut squash	Sausage rolls with carrot sticks and cucumber Melon <u>Alternative</u> Vegetarian sausage rolls

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

