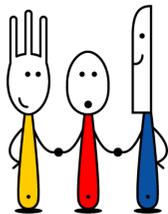


Mapledene & Queensbridge Children's Centre Weekly Menu 1

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 beans and green salad Yoghurt <u>Alternative</u> Dairy free cheese	Mixed peppers & Olives	Pitta pockets with egg mayonnaise, cucumber and carrot salad Mixed fruit salad <u>Alternative</u> Falafels
Tuesday	Shredded wheat white toast & Plums	Grapes Pineapples	Chicken curry with rice and peas and salad Semolina/dairy free Semolina <u>Alternative</u> Aloo gobi (Cauliflower & Potato) curry	Cucumber & Beetroot	Jacket Potato with tuna, baked beans and cheese. Mixed salad <u>Alternative</u> Dairy free cheese Apple slices
Wednesday	Porridge/brown toast & Bananas	Oranges kiwi	Beef meatballs with spaghetti in rich tomato sauce with Kale and broccoli Stewed Pears <u>Alternative</u> Lentil meat balls	Gherkin & cherry tomatoes	Tabbouleh with mixed salad Pineapple slices
Thursday	Cornflakes/white toast & Apples	Mango Pears	Roast Salmon with baby new potatoes, green beans & sweet corn Mixed fresh fruit smoothie <u>Alternative</u> Veg nuggets	Carrots with avocado slices	Vegetable soup with boiled dumplings and soft rolls Yoghurt
Friday	Boiled egg/white toast & Banana	Strawberries Plums	Lamb Moussaka with Kale and carrots Pineapple upside cake & custard <u>Alternative</u> Red lentil & Aubergine Moussaka	Sweet Potatoes Corn on the cob	Assorted sandwiches, cheese & tomato, tuna mayo with carrot sticks <u>Alternative</u> Dairy free cheese 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. Children will receive fresh fruit, as a late afternoon snack at 5pm.



March 2024

