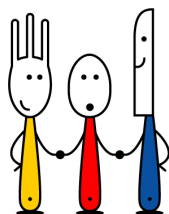


Mapledene & Queensbridge Children's Centre Weekly Menu 3

Week 3	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Cornflakes White Toast Banana	Blue Berries Melon	Macaroni Cheese with broccoli and garlic bread Yoghurt	Beetroot Carrots	Pasta with mixed beans and peas in tomato sauce Fruit smoothie
Tuesday	Weetabix Brown Toast Pears	Strawberries White Grapes	Pork sausages with mash potato peas & carrots Cake & custard <u>Alternative</u> Vegetable Sausage	Mangetout Gherkin	Tabbouleh with mixed salad Nectarine
Wednesday	Boiled egg White Toast Apples	Kiwi Pears	Lemon & herb cod loins with stir fried rice, sweet corn & broccoli Fruit smoothie <u>Alternative</u> Falafels	Spinach leaves Carrots	Potato, carrot and mixed vegetable soup with Pitta bread Peaches
Thursday	Shredded Wheat Brown Toast Banana	Grapefruit Grapes	Roast lamb with roast potatoes Spinach & parsnips Semolina <u>Alternative</u> Lentil balls	Cucumber Avocado	Assorted sandwiches, cheese & tomato, tuna mayo with carrot sticks Yoghurt <u>Alternative</u> Dairy free cheese
Friday	Porridge White Toast Plums	Mango Water Melon	Chicken Curry with white rice and Kale Stewed Pears <u>Alternative</u> Vegetable Curry	Sugar snap peas Mixed peppers	Mixed bean chilli & Jacket potato Fresh fruit salad

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. Children will receive fresh fruit, as a late afternoon snack at 5pm.



March 2024

