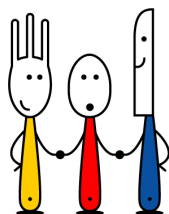


# Mapledene & Queensbridge Children's Centre Weekly Menu 4

Week 4	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
<b>Monday</b>	Boiled egg Brown Toast Banana	Grapefruit Blue Berries	Vegetarian lasagne with baby sweet corn & savoy cabbage  Stewed Apples	Gherkin Cherry tomatoes	Homemade Squash and lentil soup with wholemeal buttered bread  Water melon
<b>Tuesday</b>	Cornflakes White Toast Apples	Grapes Pineapples	Jerk Chicken with Rice & Peas Coleslaw & green beans Yoghurt <u>Alternative</u> Jerk Cauliflower	Cucumber sticks Carrots	Pasta in tomato sauce with spinach and olives Green salad Pears
<b>Wednesday</b>	Weetabix Brown Toast Plums	Tangerine kiwi	Steamed seabass in tomato and pepper sauce with cous cous and broccoli Fruit Medley <u>Alternative</u> Cauliflower in tomato and pepper sauce	Beetroot and mangetout	Mixed vegetable taco with mixed beans & salad  Yoghurt & Blueberries
<b>Thursday</b>	Shredded Wheat, White toast Banana	Mango Pears	Beef Stroganoff with boiled potatoes and cabbage Mix Fruit Smoothie <u>Alternative</u> Vegetable Stroganoff	Roast sweet potato, mixed bell peppers	Kisir with mixed salad  Fruit Smoothie
<b>Friday</b>	Porridge White Toast Apples	Grapes Plums	Fish with chips with mushy peas Cake & Custard <u>Alternative</u> Vegetarian Nuggets	Corn on the cob Butternut squash	Freshly made vegetable and cheese puff pastry with cucumber sticks  Melon

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 fruits as a late afternoon snack at 5pm



March 2024

