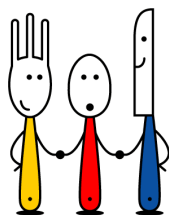


Mapledene & Queensbridge Children's Centre Weekly Menu 2

Week 2	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Shredded Wheat White Toast Apples	Grapes Grapefruit	Chick pea & spinach curry with brown rice & green beans Stewed Pears	Mangetout Corn on the cob	Homemade fresh tuna fish cakes with mixed salad Yoghurt <u>Alternative</u> Homemade potato and lentil cakes
Tuesday	Porridge Brown Toast Banana	Kiwi Pineapple	Roast Seabass with Jollof Rice Cauliflower & green peas Mixed fruit smoothie <u>Alternative</u> Corn Fritters	Cherry tomato Cucumber	Homemade fresh tomato soup with crusty rolls Melon Slices
Wednesday	Weetabix White Toast Plums	Water Melon Pears	Minted lamb stew with bulgur wheat, cabbage and broccoli Fruit Crumble with custard <u>Alternative</u> Five bean stew	Carrot sticks Beetroot	Cauliflower cheese with mixed vegetables Apple slices <u>Alternative</u> Dairy free milk & cheese
Thursday	Boiled egg White Toast Banana	Grapes Blueberries	Stir fried noodles with baby sweetcorn, green beans, carrots, mangetout & peas Mixed salad Fruit salad	Butternut Squash with Gherkin	Fresh homemade mini quiche with potato salad and mixed peppers Slice oranges <u>Alternative</u> Vegan Sausage rolls
Friday	Corn Flakes White Toast Pears	Mango Melon	Baked cod and mashed potato with ratatouille Rice pudding <u>Alternative</u> Falafel	Cucumber with mixed peppers	Crumpet Pizza with tomato, sweetcorn and olives Mixed 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

