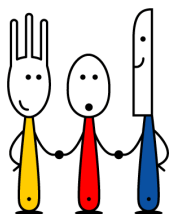


Mapledene & Queensbridge Children's Centre Weekly Menu 1

Week 1	Breakfast	Mid-Morning Snack	Lunch	Afternoon Snack	Tea
Monday	Weetabix/white toast & Banana	Grapefruit Blue Berries	Homemade Margarita Pizza with beans, garlic bread, green salad with dressing Stewed Pears <u>Alternative</u> Dairy free cheese	Mixed peppers & Olives with cream crackers	Home made sweet potato wedges with roast vegetable kebabs, carrot & cucumber sticks with cheese chunks and houmous Mixed fruit salad
Tuesday	Shredded wheat white toast & Plums	Grapes Pineapples	Chicken curry with rice and kidney beans, sweet corn and plantain Yoghurt <u>Alternative</u> Chick pea curry	Gherkin & cherry tomatoes with pitta bread	Tuna Pasta Bake green salad & dressing <u>Alternative</u> Vegetable Pasta Bake Apple slices
Wednesday	Porridge/brown toast & Bananas	Oranges kiwi	Roast Salmon with baby new potatoes & green beans Semolina <u>Alternative</u> Roast Vegetable Tartlet with split peas	Cucumber & Beetroot with rice cakes	Jacket potato with chili Con Carne and cauliflower <u>Alternative</u> Vegetarian chili Pineapple slices
Thursday	Cornflakes/white toast & Apples	Mango Pears	Beef meatballs with spaghetti in rich tomato sauce, carrots, broad beans and broccoli Fresh fruit smoothie <u>Alternative</u> Lentil meat balls	Sweet Potatoes Corn on the cob	Smooth tomato and split pea soup with fresh homemade wholemeal bread and sliced cheese Grapes
Friday	Boiled egg/white toast & Banana	Strawberries Plums	Lamb Moussaka with tomato and cucumber Banana cake with custard <u>Alternative</u> Red lentil & Aubergine Moussaka	Carrots with avocado slices and bread sticks	Homemade vegetable and red lentil cheese puff pastries <u>Alternative</u> Dairy free vegetable and red lentil cheese puff pastries Yoghurt

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.



October 2024

