

# MONKEY PUZZLE MENU



<b>WEEK 1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> 7.30-8.30 am	A selection of cereals, porridge & toast				
<b>Snack</b> 10:00 am	Seasonal selection of fruit				
<b>Lunch</b> 11:30am	Singapore-Style Vegetable Rice Noodles	Baked Fish and Green Beans in Creamy White Sauce with New Potatoes *DA *F <small>(V) Baked Tofu</small>	Lamb Spaghetti Bolognese  *G <small>(V) Plant Based Spaghetti Bolognese</small>	Moroccan Chickpea Stew with Cous Cous  *G	Quorn Mince and Vegetable Shepherd's Pie  *SY
<b>Pudding</b>	Variety of Yoghurts *DA	Oat Cookies *DA	Stewed Apple with Cinnamon	Oat Flapjacks	Carrot Cupcakes *G
<b>Snack</b> 2:00pm	Selection of Rice Cakes *SY	Crackers with Cream Cheese *DA	Breadsticks *G	Crispbread Slices with Sunflower Spread *G	Oatcakes with Apple Sauce *DA
<b>Tea</b> 4:00pm	Chicken Nuggets with Garlic Herb Fries <small>(V) Breaded Mushrooms with Garlic Herb Fries</small>	Mixed Vegetable Pasta Bake  *G	Jacket Potato with Cheese and Beans *DA	Vegetable Omelette Slices with Toast *E <small>(V) Bun-less Veggie Burger &amp; Beans</small>	Penne Pasta with Spinach Cream Sauce *G

<b>WEEK 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> 7.30-8.30 am	A selection of cereals, porridge & toast				
<b>Snack</b> 10:00 am	Seasonal selection of fruit				
<b>Lunch</b> 11:30am	Butternut Squash and Chickpea Curry with Rice	Jerk Chicken with Rice and Peas <small>(V) Jerk Cauliflower with Rice and Peas</small>	Hearty Vegetable Cobbler *G	Lamb Tagine with Cous Cous  <small>(V) Vegetable Tagine with Cous Cous</small>	Spinach, Sweet Potato and Lentil Dahl with Bulgar Wheat *G
<b>Pudding</b>	Cinnamon Cookies *G	Variety of Yoghurts *DA	Sweet Potato Chocolate Brownies *G	Banana Bread *G	Stewed Apple Oat Crumble
<b>Snack</b> 2:00pm	Crackers with Cream Cheese *DA	Breadsticks *G	Crispbread Slices with Sunflower Spread *G	Oatcakes with Apple Sauce *DA	Selection of Rice Cakes
<b>Tea</b> 4:00pm	Pasta with Lentils in Creamy Tomato & Pepper Sauce *G	Tuna Pasta Bake *G *F <small>(V) Vegetable Pasta Bake</small>	Cherry Tomato and Vegetable Puff Tart *G	Homemade Vegetarian Pizza  *G*DA	Macaroni and Cheese  *G

Children to have access to drinking water throughout the day. Milk is always served during breakfast and snacks.

VEGETARIAN/VEGAN- V, GLUTEN - G, EGG - E, FISH - F, SOYA - SY, DAIRY - DA, CELERY - CE,

We also ensure that children are introduced to a variety of fresh fruits and vegetables.



<b>WEEK 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> 7.30-8.30 am	A selection of cereals, porridge & toast				
<b>Snack</b> 10:00am	Seasonal selection of fruit				
<b>Lunch</b> 11:30am	Creamy Veggie Korma with Rice *DA	Vegetable Chow Mein Egg Noodles *E (V) Vegetable Chow Mein Rice Noodles	Chicken Curry with Yellow Rice (V) Potato and Cauliflower Curry with Yellow Rice	Vegetable and Lentil cottage pie with sweet potato mash	Lancashire Lamb Mince Hotpot with Minted Peas (V) Plant Based Mince Hotpot with Minted Peas
<b>Pudding</b>	Fruit Loaf *G*DA*SY*E	Jam Tarts *G	Variety of Yoghurts *DA	Carrot Cake *G	Sheet Pan Fruit Pancakes *G
<b>Snack</b> 2:00pm	Breadsticks *G	Crispbread Slices with Sunflower Spread *G	Oatcakes with Apple Sauce *DA	Selection of Rice Cakes	Crackers with Cream Cheese *G
<b>Tea</b> 4:00pm	Jacket Potato with Tuna Mayo *DA *F (V) Jacket Potato with Cheese & Baked Beans	Chunky Cauliflower Cheese Bake *DA	Scrambled Eggs with Homemade Beans and Toast *E (V) Veggie Nuggets & Beans	Salmon and Pea Linguine *G *F (V) Pea and Mushroom Linguine	Butternut Squash Soup with Buttered Bread *G

<b>WEEK 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> 7.30-8.30am	A selection of cereals, porridge & toast				
<b>Snack</b> 10am	Seasonal selection of fruit				
<b>Lunch</b> 11:30am	Spinach and Mushroom Carbonara *DA	Lentil Curry with Rice	Vegetable Lasagna *G	Sweet and Sour Chicken with Rice (V) Sweet and Sour Quorn with Rice	Leek and Potato Pie *G
<b>Pudding</b>	Fairy Cakes *G	Gingerbread People *G	Jam Oat Slices	Variety of Yoghurts *DA	Lemon Courgette Muffins *G
<b>Snack</b> 2:00pm	Crispbread Slices with Sunflower Spread *G	Oatcakes with Apple Sauce *DA	Selection of Rice Cakes	Crackers with Cream Cheese *DA	Breadsticks *G
<b>Tea</b> 4:00pm	Lamb Meatballs with Mash Potato (V) Plant Based Meatballs with Mash Potato	Mixed Vegetable Mexican Quesadillas *G	Chickpea Burgers with Sweet Potato Fries *G	Fusilli Pasta in Marinara Sauce *G	Fish Fingers with Mushy Peas and Potato Wedges *F (V) Veggie Fingers with Mushy Peas & Potato Wedges

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