



# Monkey Puzzle West Kensington

WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water	Selection of cereal, toast or fruit with milk or water
Snack	Fresh fruit platter	cheese straws cucumber rice cakes red pepper	Mixed fresh and dried fruits	Carrots grapes breadsticks cheese hummus	Fresh fruit platter
Lunch	Pork sausages sweet potato mash parsnips and carrots  Mixed berry yogurt	Roast chicken Roast potatoes Broccoli  Fresh fruit salad	Vegetable lasagne Mixed salad  Rhubarb crumble	Beef vegetable lentil curry Nan bread rice  Trio of melons	Salmon fish fingers roasted new potatoes corn on the cob  Vanilla yogurt
Hot Tea	Tuna pasta bake Mixed salad  Cinnamon honey oat cookies	Beef and tomato meatballs rice Mixed vegetables  Lemon sponge	Minced lamb mashed potato Green beans  Strawberry yogurt	Breaded chicken pieces potato wedges Peas  Banana sponge and custard	Stuffed fruity peppers Mixed salad Broccoli  Raspberry jelly

We tailor our menus weekly to reflect children's choice (we find this out during conversations at meal times) and introduce at least one new food or dish for the children to try every week.

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