



Monkey Puzzle Twickenham

WEEK ONE	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	Raisins and apples	Soft cheese, rice cakes, cucumber and red peppers	Watermelon and oranges	Carrots breadsticks cheese grapes hummus	Fruit platter
Lunch	Chicken vegetable curry Nan bread Boiled rice Strawberry yogurt	Vegetable Chilli con carne with Potato wedge & Carrots Fresh fruit salad	Roast chicken Roast potatoes Cauliflower cheese Chocolate sponge with homemade custard	Sausage & Beans Casserole with Mash potatoes Jelly and vanilla ice-cream	Jacket potatoes with beans, cheese and homemade coleslaw Homemade peach yogurt
Hot Tea	Homemade fish fingers with boiled new potatoes & peas Gingerbread people	Homemade pizza with wedges Homemade banana flapjacks	Bacon & cauliflower and broccoli pasta bake Homemade blueberry yogurt	Meatballs in tomato sauce served with pasta and steam vegetables Homemade carrot cake	Spanish chicken Couscous Broccoli Homemade Shortbread biscuits

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.