



Monkey Puzzle Twickenham

WEEK TWO	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	Cucumber, peppers, rice cakes and houmus	Watermelon and oranges	Cucumber, cheese and breadsticks	Fruit selection
Lunch	Beef bolognaise Spaghetti with homemade garlic bread Home made Raspberry yogurt	Homemade fish cakes with steamed broccoli and baked beans Homemade Orange sponge With custard	Sausages, mash, peas and gravy Melted chocolate on organic rice cakes	Cottage pie served with vegetables Apple crumble with homemade custard	Vegetable sweet potato curry basmati rice nan bread Lemon curd yogurt
Hot Tea	Homemade chicken nuggets with potatoes wedges Banana flapjacks	Beef chilli con carne Boiled rice Broccoli Fruit scones	Homemade Ham and pineapple pizza mixed salad Vanilla yogurt	Homemade chicken Kiev served with pasta and tomato sauce Fresh fruit salad	Baked potato Bolognaise sauce grated cheese Pineapple and mango

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.