



Monkey Puzzle Twickenham

WEEK Three	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	Cheese straws, cucumber, rice cakes and red pepper	Watermelon and oranges	Cucumber, breadsticks, grapes cheese and humus	Fresh fruit platter
Lunch	Spinach and ricotta tortellini with tomato sauce and broccoli Home made Strawberry yogurt	Savoury minced beef with mash potatoes, sweet corns and peas Bananas and custard	Roast chicken with roast potatoes, cauliflower and cheese Homemade carrot cake with custard	Chicken and mushroom pie with sweet potato mash and boiled carrots Jelly with homemade yogurt	Vegetable pasta bake Homemade raspberry yogurt
Hot Tea	Sausages in a roll Lemon sponge cake	Sweet and sour pork with plain rice Fresh fruit salad	Cheese and tomato pizza with potatoes wedges and baked beans Homemade mixed berry yogurt	Vegie burgers served with buns and bakes beans Homemade chocolate shortbread	Baked beans on toast with 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.