

Monkey Puzzle Autumn/Winter Menu – Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A variety of cereals and toast	A variety of cereals and toast	A variety of cereals and toast	A variety of cereals and toast	A variety of cereals and toast
AM Snack	Mixed vegetable sticks with houmous	Oatcakes with cream cheese	Banana sticks	Breadsticks and crackers with dairy free spread	Sliced mixed fruit
Lunch:	Turkey mince in a fresh tomato and vegetable sauce, served with basmati rice	Shepherds pie with a side of mixed vegetables	Macaroni cheese	Sweet and sour chicken with egg fried rice	Breaded fish goujons, with home made potato wedges and peas
Vegetarian option:	Quorn mince in a fresh tomato and vegetable sauce, served with basmati rice	Vegetable pie topped with mashed potato		Sweet and sour Tofu chunks with egg fried rice	Vegetable nuggets with potato wedges and peas
Pudding	Mixed fruit with ice cream	Natural fruit yoghurt	Jam sponge with custard	Melon and Pineapple slices	Home made rice pudding with a berry coulis
Tea:	Creamy salmon and sweetcorn pasta	Beans on toast with grated cheese	Quorn chilli with warm pitta bread	Cheese and tomato Pizza muffins with carrot and cucumber sticks	Chicken and sweetcorn fritters with mixed salad
Pudding	Sliced mixed fruit	Home made iced shortbread	Mixed dried fruit	Petit Filous pots	Lemon drizzle cake
<p>Fresh drinking water will be available, and accessible at all times. Milk will be given with snack at around 5:30 with either oatcakes, breadsticks, crackers, rice cakes .</p>					

Please speak to a member of staff if you require any [allergen information](#) in line with our menus.

Monkey Puzzle Autumn/Winter Menu – Week 1



Please speak to a member of staff if you require any [allergen information](#) in line with our menus.