



## Monkey Puzzle Eltham - Summer Menu

### Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals served with milk & toast	Choice of cereals served with milk & toast	Choice of cereals served with milk & toast	Choice of cereals served with milk & toast	Choice of cereals served with milk & toast
AM Snack	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits
Lunch	Meat free Italian bolognaise	Homemade Spanish chicken served with rice	Jacket potato with tuna and sweetcorn	Chicken and Mango curry served with rice	Breaded fish served with homemade wedges and peas
Pudding	Fromage Frais	Peaches	Natural yogurt and berries	Orange slices	Jelly
Tea	Beans on wholemeal toast served with grated cheese	A selection of sandwiches with crudities	Homemade pizza muffins with salad	Sausage pasta bake	Wholemeal pitta with fillings served with crudities
Pudding	Sultana cookies	Yogurt, lemon and blueberry sponge	Fruity flapjack	Fruit Salad	Carrot cake
PM Snack	Breadsticks	Crackers and spread	Rice cakes	Crudities	Crispbreads

Please speak to a member of staff if you require any allergen information in line with our menus.



# Monkey Puzzle Eltham - Summer Menu

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of cereals served with milk & toast	Choice of cereals served with milk & toast	Choice of cereals served with milk & toast	Choice of cereals served with milk & toast	Choice of cereals served with milk & toast
AM Snack	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits	Selection of fruits
Lunch	Chilli con carne served with rice	Sausages served with sweet potato mash and vegetables & gravy	Chicken and broccoli pasta bake served with cherry tomatoes and peppers	Meatballs and spaghetti with homemade garlic bread	Sweet and sour chicken served with rice
Pudding	Fresh fruit and ice cream	Pears	Fruit salad	Homemade crumble and ice cream	Cheesecake
Tea	Wholemeal wraps with a selection of fillings served with crudities	Cheese and tomato pasta bake	Vegetarian Sausage rolls with crudities	Savoury muffins served with salad	Cheese and tomato pinwheels served salad
Pudding	Homemade banana muffins	Cinnamon and oat biscuits	Fromage frais	Melon medley	Yoghurt and berries
PM Snack	Crackers and spread	Crispbreads	Breadsticks	Rice cakes	Veggie straws

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