



Monkey Puzzle Eltham - Winter 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	Pasta bake with hidden veg sauce served with garlic bread	Cottage pie with root vegetable mash served with broccoli & cauliflower	Chicken and vegetable casserole served with rice	Toad in the hole with new potato and broccoli	Chickpea curry and naan bread served with rice
Pudding	Banana & custard	Pears	Fromage Frais	Chocolate beetroot cupcakes	Oaty crumble served with ice cream
Tea	Jacket potato with beans and side salad	Spaghetti on toast with cucumber slices	Creamy tomatoes, red pepper & sweetcorn orzo pasta	Hearty lentil soup served with wholemeal bread	Pizza pastries served with tomato and carrots
Pudding	Orange slices	Orange and cinnamon cookie	Lemon Muffins	Melon & sultana	Banana & oat cookies
PM Snack	Crackers	Breadsticks	Crispbreads	Rice cakes and spread	Veggie straws

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



Monkey Puzzle Eltham - Winter 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	Meat free chill served with rice	Chicken roast dinner with roast potatoes, mixed vegetables, gravy & Yorkshire puddings	Meat free beanie pie served with sweetcorn & green beans	Chicken Korma served with rice	Fish cakes with root vegetable mash & beans
Pudding	Apple and pear slices	Banana and custard	Fromage frais	Jelly with mandarins	Blueberry cupcakes
Tea	Pizza muffins served with peppers and cucumber	Cheesy pea and broccoli pasta	Butternut squash and carrot soup served with wholemeal bread	5 beans on toast	Homemade sausage Rolls with salad
Pudding	Homemade shortbread	Orange slices	Old school cake	Fruity flapjack	Banana slices
PM Snack	Breadsticks	Rice cakes and spread	Crackers	Crispbreads	Veggie straws

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