**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(Pear)  | Selection of fruits(Apple) | Selection of fruits(Pineapple)  | Selection of fruits(Banana) | Selection of fruits(Peaches) |
| **Lunch** | Meat free Spaghetti bolognaise  | Chicken and Mango curry served with rice & naan bread | Tomato & Butternut Squash Pasta with Garlic bread  | Homemade Spanish chicken served with rice | Breaded fish cakes served with homemade wedges and beans |
| **Pudding** | Fromage Frais  | Melon | Raspberry Cupcake  | Orange slices | Jelly  |
| **Tea** | Beans on wholemeal toast served with grated cheese  | A selection of sandwiches served with Salad | Homemade pizza pastries with salad | Pepperoni pasta bake | Wholemeal pitta with fillings served with salad  |
| **Pudding** | Sultana cookies | Yogurt, lemon, and blueberry cake | Vanilla shortbread | Carrot cake | Fruit salad Melon, Plum & Blueberry |
| **PM Snack** | Crispbreads | Crackers  | Rice cakes  | Veggie straws | Breadsticks  |
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**Monkey Puzzle Eltham Summer Menu Week 2**

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| --- | --- | --- | --- | --- | --- |
|  | **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 (Peach) | Selection of fruits(Pineapple) | Selection of fruits(Banana) | Selection of fruits(Plum) | Selection of fruits(Apples) |
| **Lunch** | Jacket potatoes filled with homemade Chilli  | Sausages served with mash, mixed vegetables & gravy  | Chicken korma curry served with Rice & naan bread | Jacket Potato served with cheese & beans | Fish fingers, new potatoes & hoops  |
| **Pudding** | Strawberries and ice cream | Pears & Apple | Fromage frais | Melon Medley  | Vanilla cheesecake  |
| **Tea** | Wholemeal wraps with a selection of fillings served with salad  | Cheese and tomato pasta bake | Veggie sausage rolls served with salad | A selection of rolls served salad | Savoury muffins served with  salad |
| **Pudding** | Homemade pineapple muffins  | Fruit salad -Melon, Raspberry & Blueberry | Chocolate Shortbread | Banana loaf  | Orange Slices  |
| **PM Snack** | Crispbreads | Crackers | Breadsticks | Rice cakes  | Veggie straws  |

**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(Pineapple)  | Selection of fruits(Apple) | Selection of fruits(Plum ) | Selection of fruits(Banana) | Selection of fruits(Peach) |
| **Lunch** | Salmon and Broccoli Pasta Cucumber batons  | Chicken Tikka Masala served with rice and naan bread | Spaghetti Bolognaise with Garlic Bread  | Spanish Chicken served with rice | Breaded Fish Fingers, served with wedges and beans |
| **Pudding** | Poached Pears & custard  | Fruit crumble served with ice cream | Fromage Frais | Chocolate beetroot cupcakes | Melon  |
| **Tea** | Jacket potato with beans served with cheese | Savoury Muffins with salad  | Seasonal soup served with bread | Selection of sandwicheswith salad | Pizza pastries served with cucumber and carrots  |
| **Pudding** | Orange slices | Lemon Loaf |  Melon & sultana | Banana Muffins  | Oat & Cinnamon cookies |
| **PM Snack** | Crispbreads | Breadsticks | Crackers | Rice cakes  | Veggie straws |
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**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 (Peach) | Selection of fruits(Pineapple) | Selection of fruits(Plum) | Selection of fruits(Apple) | Selection of fruits(Pear) |
| **Lunch** | Jacket potatoes filled with Meat Free chilli | Hidden veg pasta served with garlic bread |  Beany Shepheard’s Pie Served with Vegetables | Chicken Korma served with rice with naan bread  | Fish cakes with new potatoes & spaghetti hoops |
| **Pudding** | Apple and pear slices | Jelly with mandarins  | Poached apple & custard | Fromage frais  | Blueberry cupcakes |
| **Tea** | Selection of sandwiches served with peppers and cucumber  | 5 beans on toast with cheese  | Cheesy Pasta & Broccoli  |  Jacket potato with beans served with sweetcorn & tomatoes |  Seasonal soup with wholemeal bread |
| **Pudding**  | Homemade shortbread  | Carrot Cake  |  Melon slices   | Fruity flapjack | Orange slices |
| **PM Snack** | Crispbreads | Rice cakes | Crackers with cream cheese | Breadsticks | Veggie straws |
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