**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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