



Mucky Monarchs Childcare Ltd

# Menu Week 2



Mucky Monarchs Childcare Ltd

	Meat Free Mondays	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 7:30- 9am	<p>Children are offered at least 3 different breakfast options over the course of the week            Children are offered fruit each day with their breakfast            Children have a mix of wholegrain and white starchy foods each week</p> <p>Weetabix/Cornflakes/Rice Krispies/Malted Wheaties            Wholegrain &amp; White Toast with butter or jam            Variety of fruit</p>				
<b>Morning Snack</b> 9:30am-10am (Rolling Snack)	Blueberries	Melon	Apples (Strawberries)	Banana	Satsumas
<b>Lunch</b> 11:30am	Homemade cheese & onion pie served with baby potatoes and reduced sugar & salt baked beans	Roast chicken dinner served with stuffing, creamy mashed potatoes, mixed vegetables & chicken gravy (Vegan Quorn chicken) (Dairy free milk & butter in mashed potatoes)	Fish cakes served with new potatoes, garden peas and gravy	Tuna pasta bake served with broccoli & garlic bread slices (Dairy free pasta bake) (Dairy free garlic bread) (Wholewheat pasta)	Traditional corned beef hash with carrots and onions served with pastry crust (Vegan corned beef alternative)
<b>Dessert</b>	Fromage Frais Yoghurt	Blueberries	Rice pudding and strawberry jam (Soya yoghurt)	Sugar free orange Jelly (Vegetarian sugar free jelly)	Fromage Frais Yoghurt (Soya Yoghurt)
<b>Afternoon Snack</b> 2pm- 2:30pm (Rolling Snack)	Fruit toast	Malt loaf (Dairy free butter)	Breadsticks & dips	Rice Cakes	Crackers served with houmous (Malt loaf)
<b>High Tea</b> 4:30pm	Potato cakes & crumpets served with butter	Ham slices served on wholemeal bread served with sweet peppers (Vegan Quorn ham slices) (Dairy free butter)	Cheese sandwiches served with cucumber (Wholemeal bread)	Chicken salad sandwiches (Lettuce & cucumber) (Vegan Quorn chicken) (Dairy free butter) (Wholemeal bread)	Sliced beef sandwiches served on brown bread with tomatoes (Cheese/Vegan cheese sandwiches) (Dairy free butter on bread)
<b>Dessert</b>	Fromage Frais Yoghurt	Fruit	Fromage Frais Yoghurt (Soya yoghurt)	Fruit	Fromage Frais Yoghurt (Soya yoghurt)