

MONKEY PUZZLE WEYBRIDGE  
Nutritional Winter Menu - WEEK 1



**lactofree**



Alternatives available for specific dietary requirements



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Planned to provide about 20% of a child's daily energy and nutritional requirements	Weetabix/ wholegrain cereal (25g) with whole milk (100g) Wholemeal/white toast (25g) with spread (4g), fruit (40g) Milk/water (100ml)	Weetabix/ wholegrain cereal (25g) with whole milk (100g) Wholemeal/white toast (25g) with spread (4g), fruit (40g) Milk/water (100ml)	Weetabix/ wholegrain cereal (25g) with whole milk (100g) Wholemeal/white toast (25g) with spread (4g), fruit (40g) Milk/water (100ml)	Weetabix/ wholegrain cereal (25g) with whole milk (100g) Wholemeal/white toast (25g) with spread (4g), fruit (40g) Milk/water (100ml)	Weetabix/ wholegrain cereal (25g) with whole milk (100g) Wholemeal/white toast (25g) with spread (4g), fruit (40g) Milk/water (100ml)
<b>Mid-morning snack</b> Planned to provide about 10% of a child's daily energy and nutritional requirements	Apple & Banana Milk/water (100ml)	Melon & Pineapple Milk/water (100ml)	Clementine & Pear Milk/water (100ml)	Kiwi & Banana Milk/water (100ml)	Fruit of the day Milk/water (100ml)
<b>Lunch</b> Planned to provide about 30% of a child's daily energy and nutritional requirements	Pork sausage ( <i>quorn</i> ) Mash potato Peas Yogurt & Raspberry Water (100ml)	Beef chilli con carne (140g) ( <i>bean</i> ) V Wholemeal pasta Broccoli Rice Pudding Water (100ml)	Sweet potato, Lentil & Vegetable Curry V Rice Banana & Custard Water (100ml)	Roast Chicken ( <i>quorn</i> ) Roast potato Vegetables Gravy Peach rumble Water (100ml)	Tuna past bake ( <i>quorn</i> ) Green beans Yogurt & fruit Water (100ml)
weaning	Potato, Bean & Pea	Tomato, Rice & Broccoli	Sweet potato, Lentil & Vegetable	Potato, Carrot	Pasta, Carrot, Apple
<b>Mid-afternoon snack</b> Planned to provide about 10% of a child's daily energy and nutritional requirements	Cream cheese & Pitta strips Milk/water (100ml)	Cheese & Crackers Milk/water (100ml)	Corn cakes with Cottage cheese Milk/water (100ml)	Breadstick, Avocado & Cream Cheese dip Milk/water (100ml)	Wholemeal Homemade Fresh Bread Milk/water (100ml)
<b>Tea</b> Planned to provide about 20% of a child's daily energy and nutritional requirements	Spinach Ricotta Tortellini Veggie, Lentil, Tomato sauce Cucumber sticks Bread & Butter pudding Water (100ml)	Salmon & Potato fish cakes Peas ( <i>quorn</i> ) Garlic bread Water (100ml)	Chicken ( <i>quorn</i> ) & Pineapple in Vegetable sauce Wholemeal pasta Yogurt (60g) Water (100ml)	Beef & Vegetable enchiladas with cheese ( <i>bean</i> ) Mexican couscous Dried fruit & Yogurt Water (100ml)	Baked beans on Baked potato Cheese Jelly & Mandarin Water (100ml)
Weaning	Pasta, Lentil & Carrot	Potato, Apple & Carrot	Pasta, Tomato & Corn	Bean & Vegetable	Potato, Lentil & Vegetable