

MONKEY PUZZLE WEYBRIDGE
Nutritional Winter Menu - WEEK 2



Alternatives available for specific dietary requirements



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 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)
Mid-morning snack Planned to provide about 10% of a child's daily energy and nutritional requirements	kiwi & banana Milk/water (100ml)	pineapple Milk/water (100ml)	melon medley Milk/water (100ml)	Apples & pears (50g) Milk/water (100ml)	banana & strawberries Milk/water (100ml)
Lunch Planned to provide about 30% of a child's daily energy and nutritional requirements	Dahl & vegetable curry (130g) Rice (90g) fruit & yogurt Water (100ml)	roast gammon (quorn) roast potato carrots & gravey pineapple upside down cake Water (100ml)	spaghetti bolognaise (quorn) broccoli vanilla rice pudding Water (100ml)	butter chicken (made with crème fraîche) wholemeal rice mixed vegetables apple pie Water (100ml)	cod & crème fraîche, mascarpone potato pocket bake Sweetcorn (40g) Yogurt (60g) Water (100ml)
weaning	chickpea, lentil & rice	potato & carrot	pasta, broccoli & pear	vegetable, apple & rice	potato, sweetcorn & beans
Mid-afternoon snack Planned to provide about 10% of a child's daily energy and nutritional requirements	pitta strips with cream cheese Milk/water (100ml)	cheese & crackers Milk/water (100ml)	corn cakes & houmous (made with crème fraice) Milk/water (100ml)	breadsticks with dip of the day Milk/water (100ml)	fresh bread & spread Milk/water (100ml)
Tea Planned to provide about 20% of a child's daily energy and nutritional requirements	roast vegetable & salmon in tomato sauce (quorn) wholemeal pasta garlic bread Water (100ml)	sweet & sour chicken with vegetables (tofu) in noodles melon medly Water (100ml)	cowboy beans & cheese on baked potato V Peas dried fruit & yogurt Water (100ml)	hotdogs with sweet potato mas sweetcorn (quorn) served with homemade ketchup Yogurt (60g) Water (100ml)	cheese & tomato pizza cucumber & baked beans beetroot hummous & peppers Water (100ml)
weaning	roast vegetable, lentil & pasta	vegetable, pineapple & sweet potato	beans, potato & peas	sweet potato, sweetcorn & beans	baked beans, pasta & veg