

MONKEY PUZZLE WEYBRIDGE
Nutritional Winter Menu - WEEK 3



lactofree



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	Banana & Strawberry Milk/water (100ml)	Apple & Pear Milk/water (100ml)	Fruit medley Milk/water (100ml)	Watermelon Milk/water (100ml)	Wixed fruit Milk/water (100ml)
Lunch Planned to provide about 30% of a child's daily energy and nutritional requirements	Fish pie (quorn) Green beans Fruit cocktail & Custard Water (100ml)	Wholemeal Spaghetti & Meatballs (quorn) in tomato Sauce with Sweet corn Yogurt Water (100ml)	Macaroni & Cheese Beans & Carrots Banana bake Water (100ml)	Lamb (bean) shepherds pie Broccoli Apple & cinnamon bake served with crème fraiche Water (100ml)	Salmon & Root vegetable Pasta bake (quorn) Peas Panna Cotta Water (100ml)
Weaning	Potato, Beans & Chickpea	Pasta, Carrot & Sweetcorn	Bean, Carrot & Apple	Potato, Broccoli & Bean	Root veg, Peas & Pasta
Mid-afternoon snack Planned to provide about 10% of a child's daily energy and nutritional requirements	Cheese, Rice cakes & Carrot stick Milk/water (100ml)	Cucumber, Peppers & Cream Cheese Milk/water (100ml)	Crackers & Spicy crème fraiche Dip Milk/water (100ml)	Breadsticks & Gucamole Made with Cream cheese Milk/water (100ml)	Homemade date bread Milk/water (100ml)
Tea Planned to provide about 20% of a child's daily energy and nutritional requirements	Mexican bean wrap Salad Yogurt Water (100ml)	Chicken & vegetable curry (chickpea) and rice Carrot cake (20g) Water (100ml)	Tuna mayo on baked potato (beans) Mushy peas Dried fruit & yogurt Water (100ml)	Chicken, Vegetable & Wholemeal rice stirfry (quorn) Banana flapjack Water (100ml)	Baked beans on toast, Cheese Cucumber Cranberry & Feta parcels Water (100ml)
weaning	Bean, Sweetpotato & Carrot	Root vegetable, Rice & Apple	Peas, Potato & Chickpea	Vegetable, Rice & Lentil	Beans, Pear & Rice