

MONKEY PUZZLE WEYBRIDGE
Nutritional Winter Menu - WEEK 4



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	Apple & Banana Milk/water (100ml)	Clemitine & Pineapple Milk/water (100ml)	Melon medley Milk/water (100ml)	Fruit platter Milk/water (100ml)	Banana & Kiwi Milk/water (100ml)
Lunch Planned to provide about 30% of a child's daily energy and nutritional requirements	Shanghai chilli salmon (tofu) noodle stir-fry veg Yogurt & Fruit Water (100ml)	Beef & vegetable stew (120g) Rice (bean) Squidgy Chocolate pear pudding Water (100ml)	Roast chicken (60g) OR roast Quorn (60g) V Roast potatoes (90g) Peas (40g) Fruit trifle (cream & custard) Water (100ml)	Pork (quorn) & Apple casserole Root veg mash Fruit crumble Water (100ml)	Vegetable & Lentil wholemeal lasagne, Crème fraiche white sauce & Carrots Garlic bread Water (100ml)
Weaning	Sweet potato, Carrot & Lentil	Vegetable, Rice & Chickpea	Potato, Peas & Pear	Apple, Veg & Potato	Vegetable, Lentil & Carrots
Mid-afternoon snack Planned to provide about 10% of a child's daily energy and nutritional requirements	Cheese & Crackers Milk/water (100ml)	Quorn cakes & Hummus Made with crème fraïche Milk/water (100ml)	Cream cheese & Breadsticks Milk/water (100ml)	Spanish selection (chorizo, olives & crackers) Milk/water (100ml)	Cream cheese & Chive dip Served with triangle wraps Milk/water (100ml)
Tea Planned to provide about 20% of a child's daily energy and nutritional requirements	Soup of the day with Grilled Cheese on Homemade Bread (which will contain a protien) Water (100ml)	Chicken, Vegetable & Couscous (quorn) Banana & Custard Water (100ml)	Bean & Veg casserole Wholemeal rice Dried fruit & Yogurt Water (100ml)	Chicken & Vegetable fajita Wraps Breadsticks, Cheese & Chive dip Water (100ml)	Fish, Vegetable & Rice paella (quorn) Dark chocolate dipped banana Water (100ml)
Weaning	Soup of the day	Vegetable, Couscous & Pear	Bean & Veg casserole	Rice, Vegetable & Bean	Rice, Chickpea & Sweetcorn