



Monkey Puzzle Stratford-upon-Avon

Week Four Summer Menu	Monday	Tuesday	Wednesday	Thursday	Friday
A selection of Weetabix, Rice Pops, Multigrain loops, Cornflakes	Cereal with milk or Toast and butter Fruit Milk or water	Cereal and milk or Toast and butter Fruit Milk or water	Cereal and milk or Toast and butter Fruit Milk or water	Cereal and milk or Toast and butter Fruit Milk or water	Cereal and milk or Toast and butter Fruit Milk or water
Snacks Comprises 1 or 2 snacks per day – adjust quantities accordingly	Fresh fruit platter over 2 snacks Milk	Peppers/ Cucumber/ Carrot Sticks and Hummus Rice cakes/ Grapes Milk	Fresh fruit Dried fruit Milk	Carrots/ Peppers/ Breadsticks Apple/ Grapes and Cheese Cubes Milk	Fresh fruit platter Over 2 snacks Milk
Lunch	Pork Ragu with Savoury Rice Mixed Berries With Natural Yogurt Water	Chicken and Mushroom Puff Pastry Pie with Baby Roast Potatoes and Broccoli Fresh fruit salad Water	Penne Pasta with a Meaty Beef sauce Trio of Melons Water	Cheese potato and mix Vegetable Fruit crumble and ice cream Water	Moroccan Lamb Roasted Vegetable and Zesty Cous Cous Petit Filous Water
Light Meal	Baked Potatoes with Cheese and Coleslaw Fruit Cocktail Milk or Water	Home-made Cheese and Tomato Muffin Pizza with Cucumber sticks and Tomato Wedges Lemon Muffins Milk or Water	Wholemeal Wraps with Ham Cheese and Cherry Tomatoes Fruit Flapjacks Milk or Water	Tomato and Basil Soup with Garlic & Herb Croutons Fruit Yoghurt Milk or Water	Herby Baked Beans on Wholemeal Toast Chocolate Chip Cookies Milk or Water



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We tailor our menus weekly to reflect children's choice (we find this out during conversations at meal times) and introduce at least one new food or dish for the children to try every week. We also ensure that children are introduced to a variety of fresh fruits and vegetables.