



on

Monkey Puzzle Stratford-upon-Avon



WEEK ONE Summer Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (cereal – weetabix, porridge or muesli)	Cereal with milk or Toast and butter Fruit Milk or Water	Cereal with milk or Toast and butter Fruit Milk or Water	Cereal with milk or Toast and butter Fruit Milk or Water	Cereal with milk or Toast and butter Fruit Milk or Water	Cereal with milk or Toast and butter Fruit Milk or Water
Snacks Comprises 1 or 2 snacks per day – adjust quantity accordingly	Fresh fruit platter over 2 snacks	Cheese Straws/ Cucumber Rice cakes/ Grapes	Fresh fruit Dried fruit	Carrots/ Peppers/ Cheese Breadsticks Hummus	Fresh fruit platter Over 2 snacks
Lunch	Sweet and Sour Chicken with Fragrant Boiled Rice Iced Ginger Caked	Chilli Con Carne Potato Wedge Fresh Fruit Salad	Turkey and Roast Vegetable Ragu with Cous Cous Blueberry Yogurt	Traditional Beef Lasagne with Garlic Bread Three Choc Chip Muffins	Cod Mornay with Mixed Vegetable Peach yogurt
Light Meal	Baked Beans on Wholemeal Toast Strawberry Yogurt	A Variety of Filled Sandwiches with Cucumber Sticks and Tomato Wedges Sliced Apple and Pear	Seasonal Vegetable Soup with Garlic Croutons Cinnamon and Honey Oat Cookies	Tuna Pasta Salad with Peppers, Sweetcorn & Red Onion Tropical Fruit Smoothie	Individual Home- Made Mozzarella Herby Tomato Pizza Muffins Shortbread Biscuits

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.