



# Monkey Puzzle Stratford-upon-Avon

Week Three Summer Menu	Monday	Tuesday	Wednesday	Thursday	Friday
A selection of Weetabix Rice Pops, Multi Grain Loops and Cornflakes	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	Cereal and 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 Milk	Cheese straws/ Cucumber Rice cakes/ Grapes Milk	Fresh fruit Dried fruit Milk	Carrots/ Peppers/ Cheese cubes Breadsticks with mint dip Milk	Fresh fruit platter Over 2 snacks Milk
Lunch	Spinach and Penne Pasta tomato sauce and Mozzarella Cheese Strawberry and Vanilla Ice Cream Water	Flavoured Minced Lamb Creamed Mashed Potato and Broccoli Fresh Fruit Salad Water	Roasted Gammon and Cauliflower Cheese with Roast Potatoes Carrot Cake Water	Chicken and Mushroom Stroganoff with Rice Poached Pear Flan Water	Pork Apple Meatballs with Tomato vegetable sauce Cous Cous Red Berries and Natural Yogurt Water
Light Meal	Carrot and Coriander Soup with Wholemeal Bread Shapes Lemon Drizzle Cake Milk or Water	Wholemeal Wraps with Cream Cheese, Cherry Tomatoes and Cucumber Sticks Fruit Scone Milk or Water	Pasta Salad with Tuna Cherry Tomatoes and Chives Mixed Berry Yogurt Milk or Water	Beans on Wholemeal toast Chocolate Shortbread Milk or Water	Wholemeal Club Sandwiches with a Variety of Fillings Melon Platter Milk or Water

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.