

Monkey Puzzle Day Nursery Kingston

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
Snacks	AM: Melon PM: Apples	AM: Bananas PM: Cucumber Sticks	AM: Oranges PM: Tomatoes	AM: Pears PM: Carrot Sticks	Am: Celery Sticks PM: Peach
Lunch	Vegetable curry Boiled rice Gingerbread biscuits	Chili con carne (Quorn mince) Potato wedges Broccoli Fresh fruit salad	Roast turkey (Tofu) Roast potatoes Cauliflower Yorkshire Puddings Blueberry Muffins	Beef Lasagna (Quorn Mince) Peas Fresh bread Courgette and raisin muffins	Cod fishcakes (Tofu) Sweet corn Home Cooked Chips Natural yogurt
Light Meal	Baked beans on toast Pears	Ham or cheese sandwiches Raspberry Jelly	Crumpets and jam Cimmamon Oat Cookies	Tuna pasta bake with broccoli (Quorn Mince) Apples	Home-made cheese and tomato pizza Fresh Fruit Salad

WEEK TWO	Monday	Tuesday	Wednesday	Thursday	Friday
Snacks	AM: Melon PM: Apples	AM: Bananas PM: Cucumber Sticks	AM: Oranges PM: Tomatoes	AM: Pears PM: Carrot Sticks	Am: Celery Sticks PM: Peach
Lunch	Beef spaghetti bolognaise (Quorn Mince) Natural Yoghurt	Vegetable stew with dumplings Orange sponge and Custard	Roast chicken (Tofu) Roast potatoes Broccoli Yorkshire Puddings Chocolate cornflake cakes	Macaroni cheese Carrots Fresh fruit salad	Salmon fishcakes (Tofu) New potatoes Peas Vanilla Ice Cream
Light Meal	Spaghetti Hoops on toast Shortbread biscuit	Pittas filled with Egg mayonnaise Fresh Pineapple	Vegetable Stir Fry Orange Jelly	Tea Cakes and jam Banana flapjacks	Jacket Potato with tuna mayonnaise or cheese and beans Fresh Fruit Salad

Breakfast consists of Porridge or Weetabix with wholemeal toast and butter

Water and Milk is offered at every meal time with whole milk for under 2's and semi-skimmed for over 2's.

We cater for all dietary requirements and allergies. Plates are colour coded as follows
red for allergies, green for vegetarian and blue for no dietary requirements.

Vegetarian options are shown in green (for jelly we use a HALAL option jelly for vegetarians)

Mayonnaise is never given to children under 1 and only given with prior consent.

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WEEK THREE	Monday	Tuesday	Wednesday	Thursday	Friday
Snacks	AM: Melon PM: Apples	AM: Bananas PM: Cucumber Sticks	AM: Oranges PM: Tomatoes	AM: Pears PM: Carrot Sticks	Am: Celery Sticks PM: Peach
Lunch	Pork sausages, mash and baked beans (Quorn Sausages) Apricot Cheesecake	Shepherd's pie (Quorn mince) Green beans Fresh fruit salad	Roast Lamb (Tofu) Roast potatoes Cauliflower Yorkshire puddings Carrot cake	Vegetable Pie Sweet Potato Mash Vegetable Gravy Stewed apples and custard	Tomato and Vegetable Pasta Bake Carrots Fresh Pineapple
Light Meal	Cheese on toast Lime Jelly	Pitta breads filled with ham or cheese Flapjacks	Chicken Stir Fry (Quorn) Fresh Fruit Salad	Scrambled eggs on toast Victoria Sponge and Custard	Homemade vegetable soup with fresh bread Bananas and single cream

WEEK FOUR	Monday	Tuesday	Wednesday	Thursday	Friday
Snacks	AM: Melon PM: Apples	AM: Bananas PM: Cucumber Sticks	AM: Oranges PM: Tomatoes	AM: Pears PM: Carrot Sticks	Am: Celery Sticks PM: Peach
Lunch	Vegetable Risotto Banana sponge and single cream	Spinach and Ricotta Tortellini Mixed Salad Chocolate rice krispie cakes	Roast Beef (Tofu) Roast Potatoes Broccoli Yorkshire Puddings and gravy (Vegetable gravy) Fresh Fruit Salad	Tuna and sweet corn pasta bake (Cheese pasta bake) Natural Yoghurt	Pork and apple meatballs (Quorn Meatballs) Tomato and vegetable sauce Couscous Apple Crumble and Custard
Light Meal	Homemade tomato soup with fresh bread Fresh fruit salad	Tuna Mayonnaise or Jam sandwiches Blackcurrant Jelly	Bagels with soft cheese Natural Yoghurt	Stuffed Fruity Red Peppers Chocolate Shortbread biscuits	Heated Croissants with jam Homemade fruit scones

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