

Monkey Puzzle Day Nursery Enfield Autumn/Winter Menu



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Snack	Seasonal selection of fruit				
Lunch	Stir Fried Chicken Noodles	Moroccan Cous Cous with Mixed Veg	Thai Green Curry with Mixed Vegetables & Rice	Lamb Lasagna	Chicken Biryani with rice
Pudding	Fruit Jelly	Apple and Cinnamon Tarts	Fresh Fruit Yoghurt	Granola Bars	Vanilla Sponge Cake
snack	Celery with Hummus	Fruit Smoothie	Shortbread Biscuits	Crispbread with dip	Lightly Salted Rice Cakes
Tea	Chickpea Curry & Chapatti	Fish Fingers with Potato Waffles & Peas	Cottage Pie	Vegetable Soup with toast	Vegetarian Pizza

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Snack	Seasonal selection of fruit				
Lunch	Vegetable Ratatouille Stew with pasta	Lamb Moussaka	Spanish Chicken & Cous Cous	Lamb Spaghetti Bolognese	Chicken Casserole with Rice
Pudding	Pancakes & Custard	Cinnamon Cookies	Fresh Fruit Yoghurt	Apple Crumble	Banana Cake
snack	Tzatziki with pitta bread	Fruit Smoothie	Carrot Sticks with Hummus	Oat Cakes and Cream Cheese	Bread Soldiers with Cucumber
Tea	Chickpea Burgers with Sweet Potato Fries	Vegetable Gnocchi	Pork Sausages & Potato Mash with Gravy & Green Peas	Fish Paella	Scrambled Eggs with Toast and Beans

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Snack	Seasonal selection of fruit				
Lunch	Breaded Cod and Hand Cut Chips with Mushy Peas	Singapore Style Noodles	Vegetables, Potato & Mushroom in Creamy sauce	Lamb Chili Con Carne with Rice	Chicken and Vegetable Pie
Pudding	Jam Sponge Cake	Gingerbread People	Fresh Fruit Yoghurt	Raisin Muffins	Scones with Jam
snack	Hot Cross Buns	Fruit Smoothie	Pepper Sticks with Hummus	Breadsticks with Avocado Dip	Crackers and Soft Cheese
Tea	Penne Pasta in Tomato Sauce	Kidney Bean and Vegetable Enchiladas	Vegetable Frittata	Macaroni Cheese	Hoi Sin Vegetable Stir Fry

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Snack	Seasonal selection of fruit				
Lunch	Lamb Curry with Rice	Vegetable Risotto	Spinach, Sweet Potato and Lentil Dahl with Cous Cous	Lamb Sheppard's Pie with Sweet Potato Mash	Chicken Stroganoff on Linguine
Pudding	Raisin Flapjacks	Jam Tarts	Fresh Fruit Yoghurt	Choc Chip Cookies	Carrot Cake
snack	Cucumber Sticks with Hummus	Fruit Smoothie	Buttered Crumpets	Fruit Loaf	Breadsticks with Beetroot Dip
Tea	Steamed Fish and Veg	Chicken & Sweetcorn Soup with Toast	Vegetable Pasta Bake	Omelet with Crusty Bread	Jacket Potato with Tuna Mayo

Meal Times: 7:30am Breakfast / 10am Morning Snack / 11:30am Lunch with Pudding / 2pm Afternoon Snack / 4:30pm Tea
All meals are provided with a substitute if your child has any restrictions or allergies

