

Monkey Puzzle Day Nursery Enfield Spring 2019 Menu



| WEEK 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|-----------------------------------|---|--------------------------|---|
| Breakfast | A selection of cereals, porridge & toast | | | | |
| Snack | Seasonal selection of fruit | | | | |
| Lunch | Stir Fried Vegetarian Noodles | Chicken Biryani with Basmati rice | Moroccan Sweet Potato and Chick Pea Tagine with Cous Cous | Lamb Lasagna | Fish Fingers with Potato Waffles & Peas |
| Pudding | Fruit Jelly | Granola Bars | Fresh Fruit Yoghurt | Fresh Fruit Platter | Vanilla Sponge Cake |
| snack | Celery with Hummus | Fruit Smoothie | Shortbread Biscuits | Crispbread with dip | Lightly Salted Rice Cakes |
| Tea | Chickpea Curry & Chapatti | Quorn Chili Con Carne | Vegetarian Cottage Pie | Seasonal 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 | Spanish Chicken & Cous Cous | Cuban Black Bean Pie | Lamb Moussaka | Quorn Casserole with Rice |
| Pudding | Pancakes with Golden Syrup | 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 | Scrambled Eggs with Toast and Beans | Vegetable Gnocchi | Pork Sausages & Potato Mash with Gravy & Green Peas | Yellow Takka Dahl with Basmati Rice | Portuguese Piri Piri Cod with Cous Cous |

| WEEK 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|---|---------------------------|----------------------------|--|
| Breakfast | A selection of cereals, porridge & toast | | | | |
| Snack | Seasonal selection of fruit | | | | |
| Lunch | Chicken and Vegetable Pie | Vegetables, Potato & Mushroom in Creamy sauce | Lamb Spaghetti Bolognese | Singapore Style Noodles | Breaded Cod and Hand Cut Chips with Mushy Peas |
| Pudding | Jam Sponge Cake | Gingerbread People | Fresh Fruit Yoghurt | Raisin & Courgette Muffins | Scones with Jam |
| snack | Hot Cross Buns | Fruit Smoothie | Pepper Sticks with Hummus | Breadsticks with Dip | Crackers and Soft Cheese |
| Tea | Penne Pasta in Tomato Sauce | Black Bean and Vegetable Enchiladas | Vegetable Fritters | Macaroni Cheese | Mexican Tomato Soup with rice & grated cheese |

| WEEK 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------|--|------------------------------|--|---|---|
| Breakfast | A selection of cereals, porridge & toast | | | | |
| Snack | Seasonal selection of fruit | | | | |
| Lunch | Ghanaian Jollof Basmati Rice | Lamb Sheppard's Pie | Spinach, Sweet Potato and Lentil Dahl with Cous Cous | Pea & Mushroom Risotto | 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 Dip |
| Tea | Jacket Potato with Cheese and Beans | Corn Chowder Soup with Toast | Vegetable Pasta Bake | Spanish Vegetable & Egg packed Tortilla with Broccoli florets | Malaysian Aubergine Curry with Basmati Rice |

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

