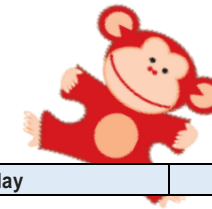


Monkey Puzzle Enfield Menu - Spring 2020



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Morning Snack	Seasonal selection of fruit				
Two Course Lunch	Onion Bhaji's <i>followed by</i> Chinese Style Stir Fried Rice Noodles	Cajun Chicken and Vegetables with Rice <i>followed by</i> Home Made Cookies	Curried Soup <i>followed by</i> Cauliflower Masala Curry with Pilau Rice	Aubergine Potato Pie <i>followed by</i> Fruit Smoothies	Baked Tortilla Chips with Salsa <i>followed by</i> Mexican Style 2 Bean Quinoa
Afternoon Snack	Crackers with Garlic Butter	Carrot Sticks with Hummus	Buttered Crumpets	Lightly Salted Rice Cakes	Fruit Loaf
Tea	Tomato and Lentil Soup with Bread	Mexican Pepper Enchiladas	Tomato, Basil and Courgette Pasta Bake	Creamy Broccoli and Mushroom Risotto	Lamb Spaghetti Bolognese

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Morning Snack	Seasonal selection of fruit				
Two Course Lunch	Tomato & Basil Soup <i>followed by</i> Mediterranean Style Gnocchi	Vegetarian Thai Green Curry with Rice <i>followed by</i> Fruit Yoghurt	Roasted Cherry Tomato Tarts <i>followed by</i> Vegetarian Cottage Pie	Smoky Fish Curry with Quinoa <i>followed by</i> Homemade Banana Cake	Garlic Bread <i>followed by</i> Tuna and Sweetcorn Pasta Bake
Afternoon Snack	Breadsticks with Hummus	Crackers with Soft Cheese	Caramel Rice Cakes	Tzatziki with Pitta Bread	Oat Biscuits with Apple Sauce
Tea	Irish Lamb Stew with Rice	Sweet Pepper Penne Pasta	Chicken Roast Dinner with Gravy and Stuffing	Ratatouille Casserole with Rice	Egg Frittata

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Morning Snack	Seasonal selection of fruit				
Two Course Lunch	Tomato Bruschetta <i>followed by</i> Sweet Potato & Vegetable Casserole with Rice	Lamb Lasagna <i>followed by</i> Homemade Sponge Cake	Salted Carrot Chips <i>followed by</i> Hungarian Chunky Vegetable and Butter Bean Goulash with Cous Cous	Quorn Chili Con Carne with Rice <i>followed by</i> Fruit Mousse	Dough Balls with Garlic Butter <i>followed by</i> Chicken Stroganoff with Penne Pasta
Afternoon Snack	Scones with Jam	Breadsticks with Salsa Dip	Oat Cakes with Cheesy Spread	Cucumber Sticks with Hummus	Chocolate Rice Cakes
Tea	Mexican Mixed Bean Tacos	Butternut Squash Soup with Bread	Pork Sausages and Mash with Peas and Gravy	Melanzane Parmigiana	Potato Cakes with Vegetables

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Morning Snack	Seasonal selection of fruit				
Two Course Lunch	Mini Pizza Strips <i>followed by</i> Butternut Squash Stew with Cous Cous	Vegetable Moussaka <i>followed by</i> Homemade Muffins	Cajun Potato Chips <i>followed by</i> Vegetable Coconut Curry with Rice	BBQ Lamb and Potato Roast with Vegetables <i>followed by</i> Cinnamon French Toast Bites	Chef's Choice Starter and Main
Afternoon Snack	Shortbread Biscuits	Toasted Bread with Seasoned Butter	Oat Biscuits with Jam	Crispbread with Yoghurt and Herb Dip	Peppers with Hummus
Tea	Honey Mustard Chicken and Parsnip Pot with Potato and Peas	Chickpea Shakshuka with Rice	Sweet Potato and Carrot Soup with Bread	Fish Fingers with Potato Waffles and Baked Beans	Greek Vegetable Kebab Casserole with 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

