

Monkey Puzzle Enfield Menu Spring 2021



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Morning Snack	Seasonal selection of fruit				
Two Course Lunch	<i>Vegetable Biryani followed by Fresh Fruit Yoghurt</i>	<i>Lentil Soup followed by Baked Fish, Mushy Peas and Potatoes</i>	<i>Moroccan Lamb Tagine with Cous Cous followed by Creamy Coconut Rice Pudding with Mango Sauce</i>	<i>Vegetable Curry with Naan Bread followed by Pineapple chunks</i>	<i>Garlic Focaccia Bread followed by Pesto Chicken Pasta with Steamed Carrots</i>
Afternoon Snack	<i>Tzatziki with Pitta Fingers</i>	<i>Banana Smoothie</i>	<i>Crackers with Cheese</i>	<i>Oat Cakes with Raisins</i>	<i>Fruit loaf</i>
Tea	<i>Gratin Dauphinoise Potatoes with Steamed Vegetables</i>	<i>Cheese and Onion Quiche with Beans</i>	<i>Chunky Vegetable Soup served with Bread Slices</i>	<i>Creamy Courgette Pasta</i>	<i>Cheesy Potato Wedges with Baked Beans</i>

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Morning Snack	Seasonal selection of fruit				
Two Course Lunch	<i>Minestrone Soup followed by Courgette and Mushroom Risotto</i>	<i>Lamb Spaghetti Bolognese followed by Melon Wedges</i>	<i>Leek and Potato Soup followed by Chickpea, Spinach and Potato Curry with Pilau Rice</i>	<i>Fish Pie served with Peas and Sweetcorn followed by Jelly</i>	<i>Bean and Vegetable Stew with Mashed Potato followed by Fresh Fruit Yoghurt</i>
Afternoon Snack	<i>Scones with Jam</i>	<i>Breadsticks with Hummus</i>	<i>Lightly Salted Rice Cakes</i>	<i>Cucumber Sticks</i>	<i>Shortbread Biscuits</i>
Tea	<i>Scrambled Eggs on Buttered Toast</i>	<i>Fish Fingers with Potato Waffles and Peas</i>	<i>Tomato and Basil Pasta Bake</i>	<i>Mediterranean Macaroni and Cheese</i>	<i>Homemade Pizza</i>

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Morning Snack	Seasonal selection of fruit				
Two Course Lunch	<i>Vegetable Shepherd's Pie followed by Fruit and Custard</i>	<i>Tomato and Basil Soup followed by Vegetable Stew with Rice</i>	<i>Lamb Lasagna followed by Fresh Fruit Yoghurt</i>	<i>Chicken and Leek Pie followed by Fruit Mousse</i>	<i>Dough Balls with Garlic Butter followed by Zesty Salmon Pasta Salad</i>
Afternoon Snack	<i>Oat biscuits with Apple Sauce</i>	<i>Homemade Cheese and Onion Rolls</i>	<i>Mini Cucumber and Cheese Sandwiches</i>	<i>Caramel Rice Cakes</i>	<i>Crackers with Tomato Salsa Dip</i>
Tea	<i>Hot Veggie Wraps</i>	<i>Jacket Potato with Tuna Mayo</i>	<i>Lentil Curry with Naan Bread</i>	<i>Vegetable Stir Fried Rice</i>	<i>Hot Pitta Cheese, Tomato and Sweetcorn Pockets</i>

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A selection of cereals, porridge & toast				
Morning Snack	Seasonal selection of fruit				
Two Course Lunch	<i>Lamb Mince and Potato Curry with Cous Cous followed by Fresh Fruit Yoghurt</i>	<i>Garlic bread followed by Kidney Bean Chilli Con Carne with Rice</i>	<i>Lemon Chicken with Bulgur and Vegetables followed by Steamed Apples with Cinnamon</i>	<i>Coconut Fish Curry with Rice followed by Cinnamon Bites</i>	<i>Chef's Choice Starter and Lunch</i>
Afternoon Snack	<i>Jam on Toast</i>	<i>Breadsticks with Cheese Cubes</i>	<i>Buttered Crumpets</i>	<i>Cucumber sticks with Hummus</i>	<i>Chef's Choice Snack</i>
Tea	<i>Mushroom Linguine</i>	<i>Potato and Mixed Vegetable Pie</i>	<i>Spanish Omelet with Cucumber Sticks</i>	<i>Creamy Broccoli Pasta</i>	<i>Chef's Choice Tea</i>

Meal Times: 7:30am Breakfast / 10am Morning Snack / 11:30am Lunch with Starter or Pudding / 2pm Afternoon Snack / 4:30pm Tea

All meals are provided with a substitute if your child has any restrictions or allergies

