



Monkey Puzzle Menu - Week 1

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Am Snack</u>	- Crackers - Dried Fruit	- Fresh Fruit - Breadsticks	- Rice Cakes - Dried Apricots	- Crackers - Soft cheese	- Fresh Fruit - Breadsticks
<u>Lunch</u>	<u>Tuna Pasta bake</u> - Tinned tuna - Pasta - Soft Cheese - Grated Cheese	<u>Chicken Curry</u> - Diced chicken - Onions, - Peppers - Sweet potato - Tinned tomatoes - Herbs - Curry powder - Naan bread	<u>Quorn Bolognese</u> - Quorn Mince - Onions - Mushrooms - Carrots - Garlic - Tinned Tomatoes - Herbs - Spaghetti	<u>Roast Gammon</u> - New potatoes - Frozen sweetcorn - Broccoli - Gravy	<u>Jacket Potato</u> - Grated Cheese - Tinned Tuna - Mayo - Carrot sticks
<u>Pudding</u>	- Yoghurt - Jam	- Swiss Roll - Custard	- Berries	- Chocolate Cracknell	- Melon
<u>PM Snack</u>	- Breadsticks - Dips	- Crackers - Soft cheese	- Cheese Crackers - Dried Fruit	- Fresh Fruit - Breadsticks	- Rice Cakes - Dried Apricots
<u>Tea</u>	<u>Beans on Toast</u> - Cucumber Sticks	<u>Scrambled/Boiled Eggs</u> - Bread Rolls - Mayo - Salad	<u>Toasted Wraps</u> - Ham - Grated cheese - Sliced tomatoes - Oven cook	<u>Tuna Pasta Salad</u> - Tuna - Pasta - Peppers chopped - Cucumber chopped - Tomatoes Chopped	<u>Toasted Fruit Loaf</u> - Jam - Butter
<u>Pudding</u>	- Bananas	- Apples and Pears	- Fresh Fruit	- Frozen Fruit	- Jelly