South Acton Children's Centre

www.southactoncc.com

South Acton Children's Centre Spring - Summer Menu

Week 1 of 4

Children have access to water at all times. Milk is offered at snack times.	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack (Willow room only) Planned to provide 10% of a child's daily nutritional requirements	Rice cakes and cheese	Crackers and butter	Bagels and creamy cheese	Apples	Cheese cubes
Lunch Planned to provide 30% of a child's daily nutritional requirements	Baked beans with mashed potatoes and cheese Yogurt and honey	Beef or vegetarian tagine with wholegrain rice and fresh salad Oat flapjack	Chicken roasted with thyme and rosemary or vegetarian nuggets Garlic roasted potatoes, Seasonal vegetables Yogurt and berries	Macaroni cheese Seasonal vegetables Melon medley	Fish curry with coconut milk and rice Ice cream
PM SNACK Planned to provide 10% of a child's daily nutritional requirements	Grapes	Bananas	Pears	Veggie soldiers and cream cheese	Satsumas
Tea Planned to provide 20% of a child's daily nutritional requirements	Couscous with vegetables and tomato sauce Peaches	Ratatouille with penne Yogurt w/honey	Butternut squash risotto and green beans Fruit salad	Potato bake with cheesy topping & tomato sauce Yogurt w/berries	D.I.Y. wraps with chicken, egg and veg Fruit compote

*** Please note that menus are subject to change based on availability ***