South Acton Children's Centre

www.southactoncc.com

South Acton Children's Centre Spring - Summer Menu

Week 2 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	Crackers and cream cheese	Cheese cubes	Breadsticks with cheese	Rice crackers with butter	Bagels and cheese
Lunch Planned to provide 30% of a child's daily nutritional requirements	Jacket potatoes with baked beans and cheese Yogurt and honey	Salmon with cauliflower in creamy dill sauce with pasta Banana bread	Chicken stew with herbs Bulgur Fresh salad Yogurt with berries	Vegetarian crumble with pasta Melon medley	Black eye bean dal with naan bread and rice Ice cream
PM SNACK Planned to provide 10% of a child's daily nutritional requirements	Grapes	Bananas	Apples and cucumber	Veggie sticks	Fresh fruit
Tea Planned to provide 20% of a child's daily nutritional requirements	Couscous with vegetables and tomato sauce Fruit compote	Assorted cheese sandwiches and veggie sticks Yogurt w/honey	Cheesy puff pastry slices with baked beans Mandarins	Veggie nuggets with potatoe wedges and gravy Yogurt w/berries	Mixed bean burritos Peaches

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