South Acton Children's Centre
www.southactoncc.com

South Acton Children's Centre Spring-Summer Menu

Week 3 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	Breadsticks and cream cheese 	Bananas	Bagels and butter 	Pears	Rice cakes and cream cheese
Lunch Planned to provide 30% of a child's daily nutritional requirements	Vegetable spaghetti Bolognese w/cheese Yogurt with honey 	Cottage or vegetarian pie with mixed sweet potato mash Peas and carrots Fruit salad	Sweet and sour stir fry with noodles Yogurt with berries	Vegetarian mixed lentil dal with rice Apple crumble w/custard 	Fish fingers or veggie nuggets Potato wedges and seasonal veg Ice cream
PM SNACK Planned to provide 10% of a child's daily nutritional requirements	Satsumas	Veggie sticks	Apples	Cheese cubes 	Fresh fruit
Tea Planned to provide 20% of a child's daily nutritional requirements	Vegetable jambalaya w/pita bread Peaches	Cauliflower Curry w/rice Yogurt w/honey 	Creamy Quorn pieces in tomato sauce with penne 	Fishcakes with parsley sauce Homemade cookies 	Cous-cous with summer vegetables Mandarins

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