South Acton Children's Centre Spring-Summer Menu

Week 4 of 4

www.southactoncc.com

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	Bananas	Breadsticks and cream cheese 	Cheese cubes 	Apples	Crackers and butter
Lunch Planned to provide 30% of a child's daily nutritional requirements	Mixed fish with whole grain pasta in basil & tomato sauce Yogurt with honey 	Rajma (red kidney beans in a thick tomato and onion gravy) Wholegrain rice Pineapple cake 	Moroccan lamb stew with bulgur Yogurt with berry puree 	Vegetable lasagne with fresh salad Ice cream 	Chicken in creamy mushroom and tarragon sauce Three colour pasta
PM SNACK Planned to provide 10% of a child's daily nutritional requirements	Crackers and cream cheese 	Bananas	Pears	Rice cakes w/butter 	Fresh fruit
Tea Planned to provide 20% of a child's daily nutritional requirements	Jacket potatoes with baked beans and cheese Mandarins	Cream cheese and salmon sandwiches Veggie soldiers Yogurt w/honey 	Pasta primavera (rich tomato sauce with ricotta cheese) Peaches	Five bean mild chilli Rice Fruit salad	Cheesy pizza roll Fruit compote

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