

Sure Starts Children's Centre – Menu 2014

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weetabix	Ulezi Porridge	Cornflakes	Ready Brek	Oats
MORNING SNACK	A selection of sliced fruits				
LUNCH	Beef or Vegetable Stew with Ugali and rice or Sausage, Mashed potato, green beans and cabbage	Vegetable pasta bake or Beef Lasagne, peas and carrots	Shepherd's pie and green beans	Rice and Ugali with Chicken & vegetables or Fish pie with vegetables	Margarita and red pepper pizza with salad or Picnic – Carrot, Cucumber and pepper sticks, tomatoes and a selection of sandwiches with fillings
DESSERT	Yoghurt	Chocolate Sponge or Pineapple Upside Down Cake with Custard	Custard with seasonal fruits	Ice-cream or jelly	Fruit Crumble

*For younger children food can be pureed or alternative meal will be made. When this is a case we will let you know.

Alternatives are made for those with food allergies.

