

Organic Café Wandsworth Summer Sample Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals Toast with various toppings ●●●	Selection of Cereals Toast with various toppings ●●●	Selection of Cereals Toast with various toppings ●●●	Selection of Cereals Toast with various toppings ●●●	Selection of Cereals Toast with various toppings ●●●
Morning snack	Fresh summer seasonal fruit milk/water ●●●	Fresh summer seasonal fruit milk/water ●●●	Fresh summer seasonal fruit milk/water ●●●	Fresh summer seasonal fruit milk/water ●●●	Fresh summer seasonal fruit milk/water ●●●
Lunch	Vegetable croquets with home-made tomato sauce and vegetables ●●●	Spaghetti Bolognese with peas and sweetcorn ●●●●	Home-made chicken pie with mixed vegetables and quinoa ●●●●	Baked cod with sweet potato wedges and pea ●●●	Mild Thai green chicken and vegetable curry with rice ●●●
Vegetarian	Vegetable croquets with home-made tomato sauce and vegetables ●●●	Vegetarian Bolognese with peas and sweetcorn ●●●●	Baked vegie slices with vegetables and quinoa ●●●●	Mixed vegetable and tofu with potato wedged ●●●●	Mild Thai green vegetable curry with rice ●●●
Weaning Babies lunch	Courgette, peppers and mushrooms ●	Turnip and broccoli ●	Spinach and carrots ●●	Carrot, celery & courgette ●	Parsnips & carrot ●
Dessert	Fruit platter with yoghurt ●●	Seasonal fruit crumble and custard ●●●●	Banana yoghurt ●●	Carrot Cake ●●●	Fruit yoghurt ●
Tea	Home- made fish cakes with salad ●●●	Jacket potato with grated cheese and coleslaw ●●●●	Homemade vegetable pizza ●●●●	Mushroom and courgette frittata ●●●●	Aubergine Vegie balls with couscous ●●●●
Weaning Babies tea	Carrot & swede ●●	Sweet potato & banana ●●	Butternut squash & green beans ●	Avocado & banana ●	Potato, cauliflower & green beans ●
Dessert	Ginger Loaf ●●●	Fruit yoghurt ●	Cinnamon biscuits ●●●	Fresh fruit platter ●	Orange muffins ●●

- Protein
- Fruits and vegetables
- Carbohydrates
- Dairy

All of our meals are planned by a nutritionist and freshly cooked on our premises. They are designed to be healthy and nutritionally well balanced. We do not add sugar or salt to any of our meals. We aim to broaden your child's palate, by introducing food from a range of cultures, develop social skills and good manners at meal times. We teach children how to set and clear a table and serve themselves. In addition we teach children about healthy eating.