

## Organic Café Wandsworth Winter Sample Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals Toast with various toppings ●●●	Selection of Cereals Toast with various toppings ●●●	Selection of Cereals Yogurts Toast with various toppings ●●●	Selection of Cereals Toast with various toppings ●●●	Cooked porridge Toast with various toppings ●●●
<b>Morning snack</b>	Fresh seasonal fruit milk/water ●●●	Fresh seasonal fruit milk/water ●●●	Fresh seasonal fruit milk/water ●●●	Fresh seasonal fruit milk/water ●●●	Fresh seasonal fruit milk/water ●●●
<b>Lunch</b>	Tuna pasta bake with vegetables ●●●●	Roast chicken, roast sweet potatoes and root vegetables ●●●●	Baked salmon poached in lemon and herb sauce with couscous and green beans ●●●●	Sweet and sour beef with vegetable chow mein ●●●●	Beef meat balls in tomato sauce with seasonal vegetables ●●●●
<b>Vegetarian</b>	Vegetable pasta bake ●●●	Vegetarian Sausage & roast sweet potato and root vegetables ●●●●	Baked vegie slices in tomato sauce with couscous ●●●●	Mixed vegetable and tofu chow mein ●●●●	Vegetarian pasta bolognaise ●●●●
<b>Weaning Babies lunch</b>	Sweet potato & green Bean ●	Courgette, carrot & pepper ●	Broccoli, Swede & potato ●●	Carrot, celery & courgette ●	Parsnips & carrot ●
<b>Dessert</b>	Fruit platter with yoghurt ●●	Banana loaf ●●●●	Ice cream with fresh fruit ●●	Seasonal fruit crumble & yoghurt ●●●	Orange muffins ●●
<b>Tea</b>	Jacket potato with baked beans ●●●	Chick pea and sweetcorn patties with tomato sauce ●●●	Shepherd's pie with lamb mince ●●●●	Mushroom and courgette frittata ●●●●	Macaroni cheese ●●●
<b>Weaning Babies tea</b>	Carrot & swede ●●	Avocado & banana ●●	Butternut squash & green beans ●	Carrot & peaches ●	Potato, cauliflower & green beans ●
<b>Dessert</b>	Sponge cake ●●●	Fruit yoghurt ●	Oat biscuits ●●●	Fresh fruit ●	Fruit yoghurt ●●

- 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.