

Organic Café

Wandsworth Menu Week 4

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	Tuna pasta bake with tomato sauce with sweetcorn ●●●	Chilli con carne with rice and vegetables ●●●	Chicken korma with quinoa ●●●	Home-made fish cakes with boiled potatoes and vegetables ●●●	Beef stew with mushrooms and vegetables ●●●
Vegetarian	Vegetable pasta bake with sweetcorn ●●●	Vegetarian mince with chili con carne, rice and vegetables ●●●	Vegetable korma with quinoa ●●●	Vegetable ragout with boiled potatoes and vegetables ●●●	Macaroni and cheese ●●●
Weaning Babies Lunch	Courgette, pepper and mushroom ●	Avocado with carrot ●	Spinach and carrots ●	Parsnip and broccoli ●	Mango ●
Dessert	Fruit crumble ●●●●	Fruit yogurt ●●	Fruit and yogurt ●●	Orange muffins ●●●●	Fruit salad ●
Tea	Sweet and sour chicken ●●●	Mini pitta bread served with humus, cream cheese and sliced vegetables ●●●●	Mushroom and cheese crepes ●●●●	Chicken, Asparagus and pea risotto ●●●	Vegetable fajitas serves with tortilla wraps, natural yogurt and cucumber ●●●●
Vegetarian Tea	Sweet and sour vegetable ●●●	Mini pitta bread served with humus, cream cheese and sliced vegetables ●●●●	Mushroom and cheese crepes ●●●●	Asparagus and pea risotto ●●●	Vegetable fajitas serves with tortilla wraps, natural yogurt and cucumber ●●●●
Weaning babies tea	Banana puree ●	Swede and sweet potato ●	Green beans and parsnips ●	Asparagus and peas ●	Breen bean and parsnip ●
Dessert	Sugar free chocolate brownies ●●●●	Fruit platter ●	Oatmeal sugar free jam bars ●●	Fruit yogurt ●	Bread and butter pudding ●

- 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.