



## Sunbeams Menu Week one



	Breakfast	Lunch	Snack	Tea
<b>Monday</b>	Wholemeal Toast Selection of Cereals	Herby Pilchard Pasta Peas and Sweetcorn  Seasonal Fruit Salad	Rice Cakes Pears	Boiled Egg Wholemeal 'Soldiers' Soft carrot Sticks  Banana and Raisin Flapjack
<b>Tuesday</b>	Wholemeal Toast Selection of Cereals	Chickpea and Vegetable Curry Brown Rice  Banana Muffin	Pitta Breads Tsatziki	Jacket Potato Tuna and sweetcorn  Selection of Fresh Fruit
<b>Wednesday</b>	Wholemeal Toast Selection of Cereals	Beef Lasagne Garlic Bread Peas and Carrots  Fruit and Yoghurt	Melon	Baked Beans Wholemeal Toast  Selection of Fresh Fruit
<b>Thursday</b>	Wholemeal Toast Selection of Cereals	Mixed Bean and Root Vegetable Stew Apricot and Herb Cous Cous  Sultana and Cinnamon Rice Pudding	Breadsticks Houmous	Scrambled Eggs on wholemeal toast mushrooms and tomatoes  Selection of Fresh Fruit
<b>Friday</b>	Wholemeal Toast  Selection of cereals	Chicken Risotto  Stewed Peaches with Vanilla Sauce	Malt Loaf	Selection of Sandwiches Cucumber and Celery sticks  Selection of Fresh Fruit

