



Sunbeams Menu Week Four



	Breakfast	Lunch	Snack	Tea
Monday	Wholemeal Toast Selection of Cereals	Sweet and Sour Meatballs Egg Noodles & Peas Fromage Frais	Banana	Spaghetti Wholemeal Toast Selection of Fruit
Tuesday	Wholemeal Toast Selection of Cereals	Bean Burgers Boiled New Potatoes Red Cabbage & Broccoli Seasonal Fruit Salad	Breadsticks Houmous	Selection of Muffins Cheese, Egg Mayonaise, Tuna Carrot Cake
Wednesday	Wholemeal Toast Selection of Cereals	Fruity Chicken Curry Brown Rice Pineapple Cake with Custard	Rice Cakes Apple Slices	Jacket Potatoes Cheese and Beans Selection of Fresh Fruit
Thursday	Wholemeal Toast Selection of Cereals	Tuna Fishcakes Mashed Potatoes Sweetcorn and Tomato Relish Semolina with Apricots	Melon	Selection of Sandwiches Cucumber and Soft Carrot Sticks Banana and Raisins
Friday	Wholemeal Toast Selection of cereals	Mighty Macaroni Cheese Carrots and Green Beans Fruit and Natural Yoghurt	Pear and Sultanas	Scrambled Eggs Wholemeal Toast Blueberry Muffin

