



Sunbeams Menu Week Three



	Breakfast	Lunch	Snack	Tea
Monday	Wholemeal Toast Selection of Cereals	Vegetable and Bean Pie Swede and Cauliflower Stewed Peaches with Vanilla Yoghurt	Melon	Selection of Sandwiches Cucumber and Celery Sticks Banana and Raisins
Tuesday	Wholemeal Toast Selection of Cereals	Turkey Pilaf Green Beans Crunchy Summer Crumble and Ice Cream	Malt Loaf	Scrambled Eggs Wholemeal Toast Blueberry Muffin
Wednesday	Wholemeal Toast Selection of Cereals	Chicken and Potato Pie Cabbage Rice Pudding with Sultanas	Pitta Bread Hummus	Popeye Pasta (Pasta with Spinach) Apple and Pear Slices
Thursday	Wholemeal Toast Selection of Cereals	Herby Pilchard Pasta Sweetcorn Apple Crumble and Custard	Banana and Raisins	Minestrone Soup Crusty Bread Selection of Fresh Fruit
Friday	Wholemeal Toast Selection of cereals	Tomato and Lentil Lasagne Peas and Carrots Fresh Fruit Salad	Rice Cakes Soft Carrot Sticks	Beans Wholemeal Toast Fromage Frais

