

Beanstalk Weekly Menu - Week 3

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
Toasted Bagels with Fish Paste (Tuna & yoghurt)	Breadsticks & Roasted Red Pepper Hummus	Bread & butter with cheese cubes & cucumber	Turkey, tomato & Cheese Wraps	Crumpets with sardines
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Quorn & veg Bolognese	Sausage Cassoulet, mashed potatoes with carrots & peas Self serve	Tuna & Sweet corn Fish Pie with peas and carrots	Sweet and sour chicken with rice	Quorn nuggets with chips and spaghetti
<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>
Bananas & custard	Watermelon & flapjacks	Cornflake cakes Activity	Homemade apple pie	Home-made coconut Cake
<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>
Mushy Egg & Cucumber Sandwiches	Potato waffles with beans & salad	Bagels with vegetable sausage & cream cheese	Cheese & onion rolls with cucumber	Chicken salad sandwiches
<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>
Semolina and berry compote	Blueberries & yoghurt	Pineapple & strawberry custard	Strawberries & Ice cream	Yoghurt

Fresh milk and water will be available throughout the day