

Beanstalk weekly menu

Week 4

<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>
Rice cakes & Beetroot Hummus <i>Activity</i>	Melon & breadsticks	Crumpets with cheese Spread & Tomato	Boiled Egg slices with bread & butter	Cracker Breads with Sardines & cucumber
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Beef, ginger & onion chow mein	Chunky Fish Chowder	Sausages with mashed potatoes & vegetables	Teriyaki Chicken & Rice <i>Self serve</i>	Cheese & Chickpea pasta & salad
<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>
Swiss roll	Strawberries & yoghurt	Homemade banana & chocolate cake	Sultana & Cherry Flapjacks	Fruit & yoghurt
<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>	<u>Afternoon Tea</u>
Sardine & cheese sandwiches	Beans on toast with cheese	Garlic bread with Hummus & cucumber sticks	Tuna & Tomato Pizza	Beans on toast with sliced tomatoes
<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>	<u>Pudding</u>
Tapioca	Apple sponge & Custard	Frozen Fruit Yoghurt <i>Activity</i>	Orange Scones with lemon curd	Strawberries & Vanilla Yoghurt

Fresh milk and water will be available throughout the day