

Sunbeams Winter 2018/19 Menu prepared daily for your child

Foods prepared and cooked at Sunbeams. Sunbeams use free range eggs to cook with. Milk is delivered by the local milkman.

All meat is British. Vegetarian additional options include; macaroni cheese, cheesy pasta bake, Quran filets, Lentil stew,

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of wholegrain cereals, Fresh fruit, toast(white bread, pancake, muffin, crumpet) with choice of spreads (jam, marmite)				
Morning Snack	Seasonal fruit slices (different each day) served with whole milk or child's formula or water (a light snack so as not to spoil their appetite for lunch)				
Lunch Week 1	Lentil and vegetable curry, rice and green beans. Banana Custard	Roast beef, gravy, Yorkshire puds, new potatoes and cabbage Flapjack and Yog	Macaroni Cheese with bacon with green beans Fruit muffins	Mild chicken and vegetable curry, naan bread and rice Banoffee Mousse	St Helena Fish pie with seasonal vegetables Artic roll and tinned fruit
Lunch Week 2	Naked burger – wedges, carrot salad and board beans Pear Ginger cake and Custard	One pot chicken and potato stew with cabbage Swiss roll and custard	Cottage Pie, Cauliflower, broccoli and gravy Pears and Coca custard	Cowboy pie with turkey meat balls, hidden vegetables and mash potato Warm winter fruit salad and vanilla sauce	Fish fingers, potato wedges, baked beans and broad beans Peach crumble and icecream

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Afternoon Snack	Seasonal fruit slices (different each day) with snack baked by the children earlier in the day, biscuits or mini breadsticks served with whole milk or child's formula or water.				
High Tea	<ul style="list-style-type: none"> • Baked beans, bread and butter • Bread ham, cheese sticks and salad • Assorted sandwiches • Scrambled eggs on muffins with tomato slices • Toasted teacakes, butter and jam • Fish finger sandwich • Macaroni cheese • French toast 				
	Served with either, yoghurt, cupcakes, cookies or fromage frais				

Drinks – water and milk are offered at all mealtimes. Drinking water is available throughout the day

Birthday cakes are welcome but please make sure they do not contain nuts

Special diets can be catered for in partnership with parents