

## Bright Bees Summer Menu Week 3



	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> 8:00-9:00 am	Selection of cereals/ porridge and toast with fruit	Selection of cereals/ porridge and toast with fruit	Selection of cereals/ porridge and toast with fruit	Selection of cereals/ porridge and toast with fruit	Selection of cereals/ porridge and toast with fruit
<b>Snack</b> 10:00am	Fruit selection Milk/Water Breadsticks/crackers and cheese	Fruit selection Milk/Water Breadsticks/crackers and cheese	Fruit selection Milk/Water Breadsticks/crackers and cheese	Fruit selection Milk/Water Breadsticks/crackers and cheese	Fruit selection Milk/Water Breadsticks/crackers and cheese
<b>Lunch</b> 11:50-12:15 (Served with side salad daily)	<b>Chicken and vegetable stew with fresh bread rolls</b>	<b>Mixed lentils with basmati rice and yogurt</b>	<b>Caribbean chicken topped with sweet potato pasty</b>	<b>Moroccan cous cous with aubergines, carrots and chickpeas</b>	<b>Fish burger with french fries</b>
<b>Vegetarian option</b>	Vegetable stew with fresh bread rolls	Mixed lentils with basmati rice and yogurt	Caribbean vegetable topped with sweet potato pasty	Moroccan cous cous with aubergines, carrots and chickpeas	Vegetable sausages with chips and beans
<b>Dessert</b>	Cream cake	Mini muffins	Choc chip cookies	Mini doughnuts	Fruit salad
<b>Snack</b> 2:00pm	Fruit selection Milk/Water Breadsticks/crackers and cheese	Fruit selection Milk/Water Breadsticks/crackers and cheese	Fruit selection Milk/Water Breadsticks/crackers and cheese	Fruit selection Milk/Water Breadsticks/crackers and cheese	Fruit selection Milk/Water Breadsticks/crackers and cheese
<b>Tea time</b> 3:30pm	<b>Potato wraps and salad</b>	<b>Egg fried rice and vegetables</b>	<b>Home-made minestrone soup</b>	<b>Tomato and mascarpone pasta bake</b>	<b>Assorted sandwiches (cheese, jam, egg, cucumber)</b>