



SPRING/SUMMER 2025



WEEK 1	COLD TEA VEG	DESSERT
MONDAY	<u>Soya Chunks Rice w Curry Sauce</u> Soya: (SOYA) , rice, onion, cucumber, turmeric, sweetcorn, carrots, honey, garlic, soya sauce: (SOYA)	<u>Mango Yogurt</u> mango, yogurt: milk (MILK) contains: DAIRY
TUESDAY	<u>Sweet Potato & Sweet Pepper Quiche w Cucumber</u> (EGG) , cucumber, sweet potato, sweet peppers, onion, cheese: (MILK) , contains: DAIRY	<u>Banana Smoothie</u> banana, milk: (MILK) , Yogurt: (MILK) contains: DAIRY
WEDNESDAY	<u>Meatloaf Squares w Sweetcorn</u> Bread: (WHEAT)(GLUTEN) , carrot, cauliflower, onion, garlic, thyme, vegetable stock, swede, sweetcorn lentils, gravy	<u>Apple & Peach Fruit Crumble</u> Wheat flour: (WHEAT)(GLUTEN) , apple, peach, oats: (WHEAT)(GLUTEN) , margarine, sugar
THURSDAY	<u>Cherry Tomato & Feta Fusilli w Peas</u> Breadcrumbs: (WHEAT)(GLUTEN) , pasta: (WHEAT)(GLUTEN) , feta: (MILK) , cherry tomato, onion, spinach, peas, contains: DAIRY	<u>Fresh Apple</u>
FRIDAY	<u>Bean Potato Salad w Cucumber</u> Kidney beans, potato, cucumber, sweetcorn, mayonnaise: (EGG)	<u>Lemon Cake</u> Lemon zest, vanilla, sugar, milk: (MILK) , eggs (EGG) , flour: (GLUTEN)(WHEAT) , water, baking soda, contains: DAIRY

WEEK 2	COLD TEA VEG	DESSERT
MONDAY	<u>Thai Cous Cous</u> Cous cous: (WHEAT)(GLUTEN) , onion, garlic, aubergine, butternut squash, carrot, tofu chunks: (SOYA) , light Soya sauce: (SOYA)	<u>Blueberry Yogurt</u> blueberry, yogurt: milk (MILK) , contains: DAIRY
TUESDAY	<u>Mushroom Spinach Frittata w Cucumber</u> Cucumber, (EGG) , potato, mushrooms, spinach, cheese: (MILK) , onion, contains: DAIRY	<u>Crackers and Cheese</u> Flour: (WHEAT) (GLUTEN) , Cheese: (MILK) contains: DAIRY
WEDNESDAY	<u>Italian Potato Salad</u> Kidney beans, green beans, olives, potato onion, cherry tomato, chives, olive oil	<u>Very Berry Jelly</u> Raspberries, Blueberries, Vegan gelatine: sugar
THURSDAY	<u>Moroccan Tofu Noodles</u> Rice noodles, onion, garlic, turmeric, cinnamon, green beans, carrot, olive oil, tofu: (SOYA)	<u>Banana</u>
FRIDAY	<u>Spring Garden Pasta Salad</u> Pasta: (WHEAT)(GLUTEN) , cabbage, courgette, spinach, onion, olive oil, vegetable stock, aubergine, lentils	<u>Pineapple Pancake Sheet</u> Pineapple, sugar, milk: (MILK) , eggs (EGG) , flour: (WHEAT) (GLUTEN) , water, baking soda, (SOYA) contains: DAIRY



WEEK 3	COLD TEA VEG	DESSERT
MONDAY	<u>Egg Mayo Rolls w Cucumber</u> Bread roll: (WHEAT)(GLUTEN),(EGG), cucumber, chives, spring onion, sweetcorn, mayonnaise:(EGG)	<u>Pear Yogurt</u> Pear, yogurt: milk (MILK), contains: DAIRY
TUESDAY	<u>Thai Tofu Noodle Salad</u> Rice noodles, onion, green beans, carrot, garlic, ginger, light soya sauce: (SOYA), mushroom, tofu (SOYA)	<u>Pineapple & Coconut Smoothie</u> Pineapple, coconut milk, water
WEDNESDAY	<u>Mini Potato Waffles w Tomato Salsa</u> Kidney beans, onion, tomato, sweet peppers, potato, smoked paprika, thyme, waffles: (WHEAT)(GLUTEN), starch, potato	<u>Mixed Fruit Jelly</u> Vegan Gelatine, mango, raspberries, blueberries, sugar
THURSDAY	<u>Egg Mayo Sandwiches</u> Bread: (WHEAT)(GLUTEN), mayo:(EGG) chives, sweetcorn	<u>Apricot, Peaches & Watermelon</u>
FRIDAY	<u>Spinach & Cherry Tomato Pasta Salad</u> Mayonnaise: (EGG), pasta:(WHEAT)(GLUTEN), cherry tomato, spinach, onion, chives, lentils	<u>Orange Cake</u> orange, sugar, milk: (MILK), (EGG), flour:(WHEAT)(GLUTEN), water, baking soda contains: DAIRY

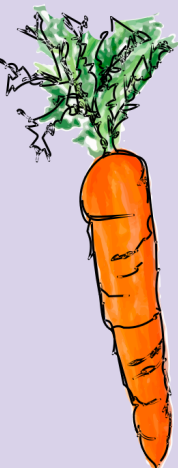
WEEK 4	COLD TEA VEG	DESSERT
MONDAY	<u>Feta Tomato Potato Salad</u> Onion, parsley, olive oil, spring onion, potato, spinach, feta (MILK), tomato, Kidney Beans, contains: DAIRY	<u>Strawberry Yogurt</u> Milk:(MILK), strawberries, contains: DAIRY
TUESDAY	<u>Vegetable Frittata w Baked Beans</u> (EGG), haricot beans, tomato, cheese: (MILK), sweet potato, green beans aubergine courgette, contains: DAIRY	<u>Apple & Orange Smoothie</u> Apple, orange, water
WEDNESDAY	<u>Pesto Pasta Salad</u> Pasta:(WHEAT)(GLUTEN), basil, onion, garlic, peas, olive oil, lemon juice	<u>Pear Jelly</u> Vegan Gelatine, pear, sugar
THURSDAY	<u>Sweet Potato & Feta Cous Cous</u> Cous cous: (WHEAT)(GLUTEN) sweet potato, carrot, onion, olive oil, garlic, feta: (MILK), edamame bean: (SOYA), contains: DAIRY	<u>Satsuma</u>
FRIDAY	<u>Mini Croissants w Egg & Avocado Mayo w Cucumber</u> Sweetcorn, (EGG), mayonnaise: (EGG), avocado, flour: (WHEAT)(GLUTEN), cucumber	<u>Banana Rice Pudding</u> Banana, rice, milk:(MILK), Sugar, cinnamon, contains: DAIRY

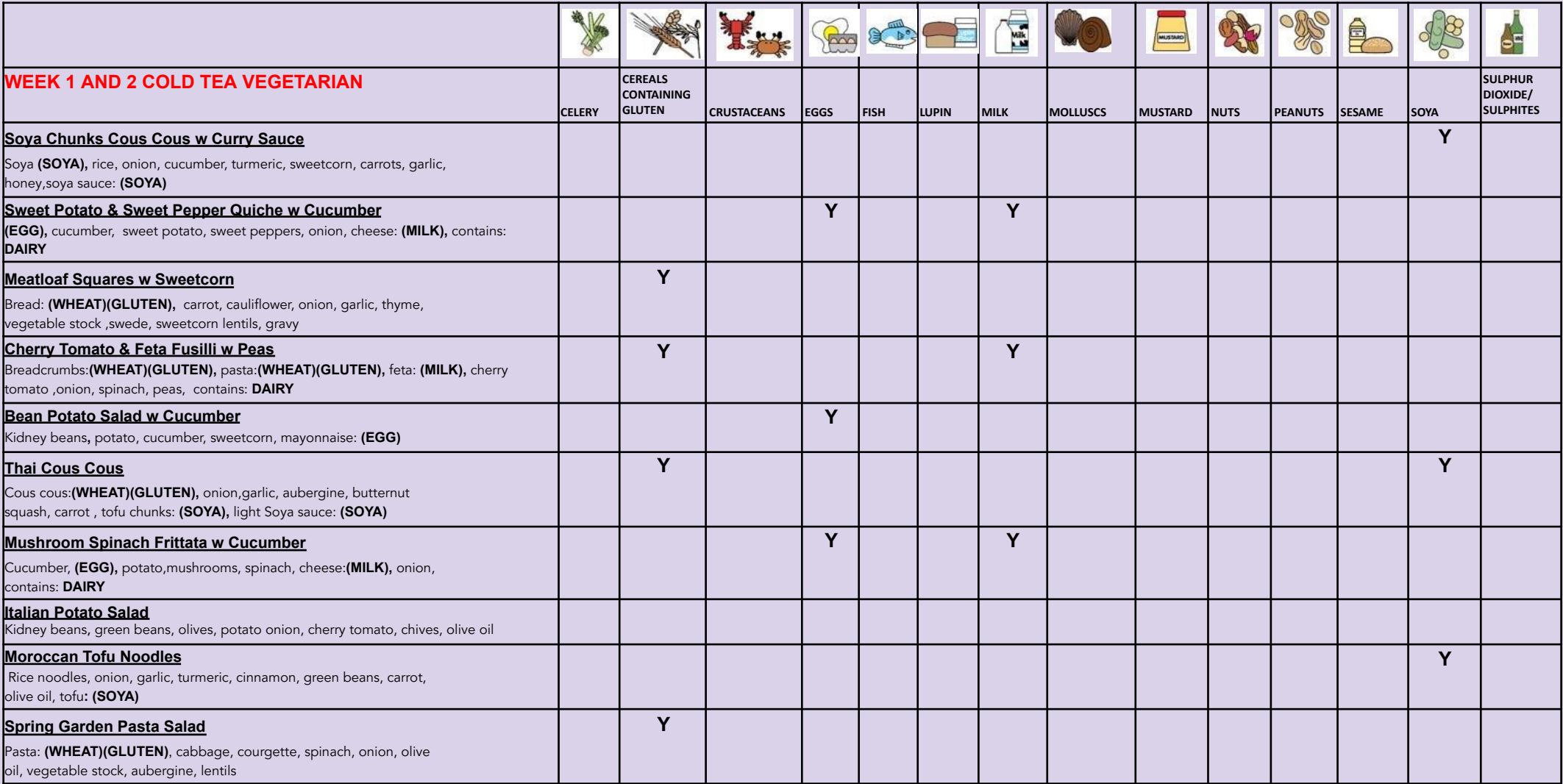
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TEA DESSERTS WEEK 1 & 2	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE/ SULPHITES
<u>Mango Yogurt</u> mango, yogurt: milk (MILK) contains: DAIRY							Y							
<u>Banana Smoothie</u> banana, milk: (MILK), Yogurt: (MILK) contains: DAIRY							Y							
<u>Apple & Peach Fruit Crumble</u> Wheat flour: (WHEAT)(GLUTEN),apple, peach, oats:(WHEAT) (GLUTEN), margarine, sugar		Y												
<u>Fresh Apple</u>														
<u>Lemon Cake</u> Lemon zest, vanilla, sugar, milk: (MILK) , eggs (EGG), flour: (GLUTEN)(WHEAT),water, baking soda, contains: DAIRY		Y		Y			Y							
<u>Blueberry Yogurt</u> blueberry, yogurt: milk (MILK), contains: DAIRY							Y							
<u>Crackers and Cheese</u> Flour:(WHEAT) (GLUTEN), Cheese: (MILK) contains: DAIRY		Y					Y							
<u>Very Berry Jelly</u> Raspberries, Blueberries, Vegan gelatine: sugar														
<u>Banana</u>														
<u>Pineapple Pancake Sheet</u> Pineapple, sugar, milk: (MILK) , eggs: (EGG), flour:(WHEAT) (GLUTEN),water, baking soda, (SOYA) contains: DAIRY		Y		Y			Y						Y	



														
TEA DESSERTS WEEK 3 & 4	CELERY	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	LUPIN	MILK	MOLLUSCS	MUSTARD	NUTS	PEANUTS	SESAME	SOYA	SULPHUR DIOXIDE/ SULPHITES
Pear Yogurt Pear, yogurt: milk (MILK), contains: DAIRY							Y							
Pineapple & Coconut Smoothie Pineapple, coconut milk, water														
Mixed Fruit Jelly Vegan Gelatine, mango, raspberries, blueberries, sugar														
Apricot, Peaches & Watermelon														
Orange Cake orange, sugar, milk: (MILK) , (EGG), flour:(WHEAT) (GLUTEN), water, baking soda contains: DAIRY		Y		Y			Y							
Strawberry Yogurt Milk:(MILK), strawberries, contains: DAIRY							Y							
Apple & Orange Smoothie Apple, orange, water														
Pear Jelly Vegan Gelatine, pear, sugar														
Satsuma														
Banana Rice Pudding Banana, rice, milk:(MILK), Sugar, cinnamon, contains: DAIRY							Y							