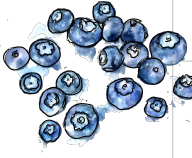




Vegetable Tea Menu

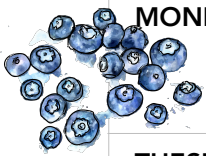
| WEEK 1 | TEA | DESSERT |
|------------------------------------|---|--|
| MONDAY | Ribbed Carrot & Cabbage Stir Fry Noodles (WHEAT), Onion, (SOYA), Soya sauce, Carrot, Cabbage, Garlic | Blueberry Yogurt Blueberries & Yogurt (MILK) |
| TUESDAY | Grilled Soya Chunks Flatbread w Lettuce Bread (Wheat), Soya Chunks, Thyme, Aubergine, Sweet Peppers, Corn, Cheese (Milk), Courgettes & Tomato | Apple & Custard Impossible Pie Apples, Flour (WHEAT), EGG, MILK, Desiccated Coconut, Vanilla & Sugar |
| WORLD FOOD WEDNESDAY INDIAN | Spiced Mince (SOYA) & Pea Roll Soya Mince, Onion, (WHEAT), Garam Masala, Turmeric, Pea's, Fennel, Potato, Carrot, Corn, Green beans | Asian Fruit Salad Mango, Pomegranate, & Melon |
| THURSDAY | Summer Veg Potato Salad Potato, Mayonnaise (EGG), Spring onion, Corn, Tomato, Sweet peppers, Pea's | Pumpkin & Carrot Muffins Pumpkin, Fresh Carrot, Flour (WHEAT), MILK & EGG |
| FRIDAY | Vegetable Fried Rice Rice, Onion, (SOYA), Rice, Pea's, Corn, Soya Chunks | Pineapple |

| WEEK 2 | TEA | DESSERT |
|-------------------------------------|--|---|
| MONDAY | Sweet Potato Falafel Kebab w Chive Yogurt Yogurt (MILK), (WHEAT), Onions, Chick Pea's & Chives sweet potato onion (SESAME) potato garlic | Pear Yogurt Fresh Pear & Yogurt (MILK) |
| TUESDAY | Courgette Mac n Cheese Courgettes, Macaroni, Cheese (MILK), Butter (MILK), Flour (WHEAT) | Spinach, Apple & Pineapple, Oat Milk Smoothie |
| WORLD FOOD WEDNESDAY ITALIAN | Bruchetta & Mozzarella w Sweetcorn Flour(Wheat), (Milk), Tomato, Basil, Onion & Sweetcorn garlic | Blackberry n Cherry Zabaglione. |
| THURSDAY | Loaded Mash Potato Potatoes, Milk, Tomato, Corn & Spring Onion | Chocolate & Orange Marble Cake Cocoa Powder, Flour (WHEAT), EGG, MILK, Dried Orange, Orange Essence, Caster sugar |
| FRIDAY | Veg Fingers n Minted Creamy Peas Fish, (Wheat), Peas, Potato, Mint & (Milk) carrots, sweetcorn, green beans, potato | Melon |





| WEEK 3 | TEA | DESSERT |
|---------------------------------------|---|---|
| MONDAY | Spring Rolls, Sweetcorn & Cucumber Pastry (Wheat), Carrots, Corn, Cucumber, Onion, Bean Sprout, Peas cabbage | Lychee Yogurt Lychee & Yogurt (MILK) |
| TUESDAY | Roasted Veg Plait Pastry & Garden Peas (WHEAT), Potato, Peas, Corn, Carrots & Green Beans onion | Rhubarb & Raspberry Flapjack Rhubarb, Butter (MILK), Oats, Golden Syrup & Raspberry |
| WORLD FOOD WEDNESDAY CARIBBEAN | Rasta Pasta Pasta (WHEAT), Onion, Garlic, Thyme, Veg Stock, Sweet Peppers, Corn, Peas, (MILK), Tumeric & Veg Stock | Pineapple |
| THURSDAY | Courgette & Squash Gratin Courgette, Butternut Squash, (MILK), Flour (WHEAT) & Potato. | Roasted Pear w Museli & Yogurt Yogurt (MILK), Pears, Cinnamon, Oats & Raisins |
| FRIDAY | Vegetable Pizza Wheels w Cucumber & Carrot Batons Tomato, Onion, Olives, Cheese (MILK), Carrots, Cucumber, Garlic, Corn & Peas pastry (WHEAT) | Coconut Cookies Desiccated Coconuts, Unsalted Butter, Flour (WHEAT), unsalted butter, vanilla bean paste, EGG |



| WEEK 4 | TEA | DESSERT |
|-------------------------------------|---|---|
| MONDAY | Veg Caesar Salad w Bread Sticks Soya Chunks, Breadstick (Wheat), Mayo (Egg), Cheese (Milk), Chives, Garlic & Egg lettuce | Peach Yogurt Peach, Yogurt (MILK) |
| TUESDAY | Italian Spaghetti Mix Bean Salad Pasta, Tomato, Cucumber, Olives, Red Onion, Olive Oil, Courgette & Thyme & Mix beans | Fruit Jelly Vegan Jelly Crystals & Fruit Selection |
| WORLD FOOD WEDNESDAY SPANISH | Spanish Spinach Rice Rice, Onions, Veg Stock, Spinach, Tomato, Thyme, Spring Onion, Corn, Peas, Sweet Peppers | Lemon Peruunilla Biscuits Butter (MILK), Sugar, EGG, Flour (WHEAT) Baking Soda, Lemon juice & Lemon zest. |
| THURSDAY | Sweet & Sour Soya Chunks w Vegetable Noodles Noodles, Sweet Peppers, Corn, Carrots, Cabbage, Vinegar, Ketchup & Soya Chunks | Satsumas |
| FRIDAY | Jacket Potato w Egg Lettuce, Mayo Potato, Vinegar, Veg Oil, Corn, Spring Onion | Apples |

