

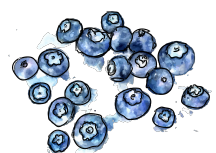


Autumn/Winter Meat Tea Menu 2023/24

WEEK 1	TEA	DESSERT
MONDAY	Mini Mezze Flat-bread (Wheat), Falafel, Cucumber, Carrot, Hummus (ChickPea), Garlic, Lemon Juice, Salt, Pepper, Olive Oil, Peas, Onion, Spinach	Apple & Raisin Yogurt Apple, Raisin, Yogurt (Milk)
TUESDAY	Mixed Jewelled Rice Brown Rice, Onion, Raisins, Carrot, Veg Stock, Corn & Cucumber	Fresh Melon Gala Melon
WEDNESDAY WORLD FOOD DAY MOROCCO	Sliced Chicken w Couscous Chicken, Parsley, Cucumber, Chicken Stock & Couscous (Wheat)	Moroccan Lemon Cheesecake Biscuit (Wheat), Eggs, Milk , Sugar, Lemons, Zest, Lemon Juice & Yogurt (Milk) Cream Cheese (Milk)
THURSDAY	Corn Pasta Salad Corn, Pasta (Wheat), Sweet peppers, Onion, Tomato, Veg Stock, Thyme, Carrot, Celery	Fresh Fruit Surprise A Fruit Surprise
FRIDAY	Cheese & Tomato Potato Gratin Potato, Chive, Creme Fraiche, Milk , Cheddar Cheese (Milk), Butter (Milk) & Tomato.	Vegan Fruit Flavoured Jelly Vegan Jelly



WEEK 2	TEA	DESSERT
MONDAY	Olive Crumpet Pizza Crumpets (Wheat), Cheese (Milk), Onion, Garlic, Olives, Cabbage, Tomato, Herbs, Corn & Carrot	Apple Yogurt Apple, Yogurt (Milk)
TUESDAY	Mini Brioche Sandwich Selection Chicken, Brioche (Egg, Milk & Wheat) Roll, Corn, Mayonnaise (Egg), Lettuce, Tomato, Cucumber.	Apricot Twist Pastry (Wheat) Apricot Jam.
WEDNESDAY WORLD FOOD DAY SWEDEN	Jansson's Fish Temptation Potato, Onion, Cod, (Milk), Breadcrumbs (Wheat), Garlic, Spring Onion	Swedish Cinnamon Swirls Pastry Sheets (Wheat), Cinnamon, Brown Sugar, Icing Sugar & Raisins
THURSDAY	Cauliflower Soup w Giant Croutons Cauliflower, Bread (Wheat), Onion, Garlic, Vegetable Stock, Potato Chives	Winter Fruit Yogurt Pot Yogurt (Milk), Forest Berry Mix (Strawberry, Blackcurrant, Raspberry, Redcurrant, Blueberry, Blackberry).
FRIDAY	Chicken Herb Couscous Semolina (Wheat), Parsley, Chives, Mint, Thyme, Cucumber, Corn, Onion, Pea, Veg Stock.	Lemon & Blueberry Muffins Lemon, Lemon Zest, Blueberry, Flour (Wheat), Milk & Eggs
WEEK 3	TEA	DESSERT
MONDAY	Chickpea Shredded Carrot Rice Brown Rice, Carrot, Onion, Vegetable stock, Chickpea, Peas	Morello Cherry Yogurt Yogurt (Milk) & Morello Cherries
TUESDAY	Fish Fingers Sweetcorn & Potato Wedges Potato Wedges, Fish fingers (Wheat) Cod, Sweetcorn	Fresh Banana Banana
WEDNESDAY WORLD FOOD DAY FRANCE	Creamy Mushroom & Thyme Pasta Pasta (Wheat), Mushroom, Creme Fraiche, Onions, Garlic, Thyme, Veg Stock	Oatmeal Cookies Oats, Flour (Wheat), Sugar, Butter (Milk), Vanilla, Cinnamon, Baking Powder, Choc Chips (Soya & Milk)
THURSDAY	Chicken, Sweetcorn Avocado Wraps w Cucumber Batons Wraps (Wheat), Avocado, Sweetcorn, Mayonnaise (Egg) Lettuce, Cucumber & Chicken	Apple, Yogurt w Biscuit Oat Topping Apple, Yogurt (Milk), Biscuit (Wheat) & Oats (Wheat)
FRIDAY	Courgette Pasta Bake Pasta (Wheat), Courgette, Corn, Sweet peppers, Onion, Herbs & Tomato	Fresh Watermelon Watermelon



WEEK 4	TEA	DESSERT
MONDAY	Hummus Rainbow Wrap Wraps (Wheat), Red Cabbage, Carrot, Corn, Lettuce Hummus (Chickpea, Onion, Garlic & Olive Oil)	Fresh Pear Compote w Short Bread Pears, Flour Wheat , Cinnamon & Milk
TUESDAY	Mozzarella, Kale, Cherry Tomato Pasta Pasta (Wheat), Kale, Tomato, Garlic, Herbs, Veg Stock, Mozzarella (Milk), Onions	Orange Overnight Oat w Raisins Pot Fresh Orange, Orange zest, Oats (Wheat), Raisins
WEDNESDAY WORLD FOOD DAY TRINIDAD	Trinidadian Chicken Pelau Rice, Onion, Thyme, Carrots, Blackeye peas & Chicken	Coconut Cake Desiccated Coconut, Flour (Wheat), Milk , Egg & Sugar
THURSDAY	Oriental Chicken Stir Fry Noodle Rice Noodles, Peppers, Bamboo Shoots, Onion, Carrot, Chicken & Soya Sauce	Plain Natural Yogurt Yogurt (Milk)
FRIDAY	Sweet Potato Curry w Rice Sweet Potato, Potato, Tumeric, Garlic, Tomato, Onion, Veg Stock Paprika & Spinach	Strawberry & Apple Smoothie Strawberries, Apple & Apple Juice

Have a question?

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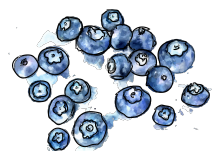


Autumn/Winter Vegetable Tea Menu 2023/24

WEEK 1	TEA	DESSERT
MONDAY	Mini Mezze Flat-bread (Wheat), Falafel, Cucumber, Carrot, Hummus (ChickPea), Garlic, Lemon Juice, Salt, Pepper, Olive Oil, Peas, Onion, Spinach	Apple & Raisin Yogurt Apple, Raisin, Yogurt (Milk)
TUESDAY	Mixed Jewelled Rice Brown Rice, Onion, Raisins, Carrot, Veg Stock, Corn & Cucumber	Fresh Melon Gala Melon
WEDNESDAY WORLD FOOD DAY MOROCCO	Soya Chunks w Couscous Soya Chunks, Parsley, Cucumber, Veg Stock & Couscous (Wheat), Egg	Moroccan Lemon Cheesecake Yogurt (Milk), Cream Cheese (Milk) Flour (Wheat), Eggs, Milk , Sugar, Lemons, Zest, Lemon Juice &
THURSDAY	Corn Pasta Salad Corn, Pasta (Wheat), Sweet peppers, Onion, Tomato, Veg Stock, Thyme, Carrot, Celery	Fresh Fruit Surprise A Fruit Surprise
FRIDAY	Cheese & Tomato Potato Gratin Potato, Chive, Creme Fraiche, Milk , Cheddar Cheese (Milk), Butter (Milk) & Tomato.	Vegan Fruit Flavoured Jelly Vegan Jelly



WEEK 2	TEA	DESSERT
MONDAY	Olive Crumpet Pizza Crumpets (Wheat), Cheese (Milk), Onion, Garlic, Olives, Cabbage, Tomato, Herbs, Corn & Carrot	Apple Yogurt Apple, Yogurt (Milk)
TUESDAY	Mini Brioche Sandwich Selection Brioche (Egg, Milk & Wheat) Roll, Corn, Mayonnaise (Egg), Lettuce, Tomato, Cucumber, Cheese (Milk)	Apricot Twist Pastry (Wheat) Apricot Jam.
WEDNESDAY WORLD FOOD DAY SWEDEN	Jansson's Temptation Potato, Onion, (Milk), Breadcrumbs (Wheat), Garlic, Spring Onion, Peas	Swedish Cinnamon Swirls Pastry Sheets (Wheat), Cinnamon, Brown Sugar, Icing Sugar & Raisins
THURSDAY	Cauliflower Soup w Giant Croutons Cauliflower, Bread (Wheat), Onion, Garlic, Vegetable Stock, Potato Chives	Winter Fruit Yogurt Pot Yogurt (Milk), Forest Berry Mix (Strawberry, Blackcurrant, Raspberry, Redcurrant, Blueberry, Blackberry).
FRIDAY	Tofu Herb Couscous Tofu (soya) Semolina (Wheat), Parsley, Chives, Mint, Thyme, Cucumber, Corn, Onion, Pea, Veg Stock.	Lemon & Blueberry Muffins Lemon, Lemon Zest, Chia Seeds, Flour (Wheat), Milk & Eggs & Blueberries
WEEK 3	TEA	DESSERT
MONDAY	Chickpea Shredded Carrot Rice Brown Rice, Carrot, Onion, Vegetable stock, Chickpea, Peas	Morello Cherry Yogurt Yogurt (Milk) & Morello Cherries
TUESDAY	Veg Fingers Sweetcorn & Potato Wedges Potato Wedges, Veg fingers (Wheat), Sweetcorn	Fresh Banana Banana
WEDNESDAY WORLD FOOD DAY FRANCE	Creamy Mushroom & Thyme Pasta Pasta (Wheat), Mushroom, Creme Fraiche, Onions, Garlic, Thyme, Veg Stock	Oatmeal Cookies Oats, Flour (Wheat), Sugar, Butter (Milk), Vanilla, Cinnamon, Baking Powder, Choc Chips (Soya & Milk)
THURSDAY	Pinto Bean Sweetcorn & Avocado Wraps w Cucumber Batons Pinto Bean, Wraps (Wheat), Avocado, Sweetcorn, Mayonnaise (Egg) Lettuce, Cucumber.	Apple, Yogurt w Biscuit Oat Topping Apple, Yogurt (Milk), Biscuit (Wheat) & Oats (Wheat)
FRIDAY	Courgette Pasta Bake Pasta (Wheat), Courgette, Corn, Sweet peppers, Onion, Herbs & Tomato	Fresh Watermelon Watermelon



WEEK 4	TEA	DESSERT
MONDAY	Hummus Rainbow Wrap Wraps (Wheat), Red Cabbage, Carrot, Corn, Lettuce Hummus (Chickpea, Onion, Garlic & Olive Oil)	Fresh Pear Compote w Short Bread Pears, Flour Wheat , Cinnamon & Milk
TUESDAY	Mozzarella, Kale, Cherry Tomato Pasta Pasta (Wheat), Kale, Tomato, Garlic, Herbs, Veg Stock, Mozzarella (Milk) Onions	Orange Overnight Oat w Raisins Pot Fresh Orange, Orange zest, Oats (Wheat), Raisins
WEDNESDAY WORLD FOOD DAY TRINIDAD	Trinidadian Kidney Bean Pelau Rice, Onion, Thyme, Carrots, Blackeye peas & Kidney Beans	Coconut Cake Desiccated Coconut, Milk , Flour (Wheat) , Eggs , Sugar
THURSDAY	Oriental Veg Stir Fry Noodle Rice Noodles, Peppers, Bamboo Shoots, Onion, Carrot & Soya Sauce	Plain Natural Yogurt Yogurt (Milk)
FRIDAY	Sweet Potato Curry w Rice Sweet Potato, Potato, Tumeric, Garlic, Tomato, Onion, Paprika Veg Stock & Spinach	Strawberry & Apple Smoothie Strawberries, Apple & Apple Juice

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