



Summer 2018 Tea Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Baked Beans on Wholemeal Toast & Malt Loaf	Ham Sandwiches & Cherry Tomatoes with a Fruit Cocktail	Tuna & Sweetcorn Pasta, Red Peppers and Mandarins in Juice	Cheese with Crackers, Raisins & a Fruit Yoghurt	Vegetable Ravioli in a Tomato Sauce with a Wholemeal Roll & Banana
Week Two	Vegetable Soup with a Wholemeal Roll and Pears in Juice	Chicken Salad Wraps with a Banana	Sausage Roll & Baked Beans with a Fruit Yoghurt	Wholemeal Egg Mayonnaise Roll with Cucumber and Sliced Peaches	Toasted Crumpets with Ham and a Jelly Pot
Week Three	Spaghetti on Wholemeal Toast with a Banana	Margarita Pizza, Carrot Sticks, Yellow Peppers and Vanilla Ice Cream	Chicken Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie	Jacket Potato with Cheese & Beans and Melon Pieces	Chicken & Pasta in a Tomato & Herb Sauce with Pineapple Chunks

Vegetarian Summer 2018 Tea Menu

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Baked Beans on Wholemeal Toast and Malt Loaf	Cheese Sandwiches and Cherry Tomatoes with a Fruit Cocktail	Mixed Bean & Sweetcorn Pasta with Red Peppers and Mandarins in Juice	Cheese with Crackers, Raisins and a Fruit Yoghurt	Vegetable Ravioli in Tomato Sauce with a Wholemeal Roll and a Banana
Week Two	Vegetable Soup with a Wholemeal Roll and Pears in Juice	Cheese Salad Wraps and a Banana	Vegetarian Roll and Baked Beans with a Fruit Yoghurt	Wholemeal Egg Mayonnaise Roll with Cucumber and Sliced Peaches	Toasted Crumpets with Cheese and a Jelly Pot
Week Three	Spaghetti on Wholemeal Toast with a Banana	Margarita Pizza, Carrot Sticks, Yellow Peppers and Vanilla Ice Cream	Quorn Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie	Jacket Potato with Cheese & Beans and Melon Pieces	Quorn Pasta in a Tomato & Herb Sauce with Pineapple Chunks





Summer 2018 Tea Menu (Allergen Free)*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Baked Beans on Wholemeal/ Free-from Pitta Bread & Orgran Cookies	Free-from Ham Wrap with Cherry Tomatoes & Fruit Cocktail	Mixed Bean Free-from Pasta with Red Peppers and Mandarins in Juice	Violife Cheese with Free- from Crispbread with Raisins and an Orange & Mango Smoothie	Chicken with Free-from Pasta in a Tomato & Herb Sauce with a Free-from Pitta and a Banana
Week Two	Vegetable Soup with a Free- from Pitta and Pears in Juice	Violife Cheese Salad Free- from Wraps and a Banana	Free-from Ham & Tomato Pastry Turnover with Baked Beans & Fruit Pot	Free-from Violife Cheese Sandwich with Cucumber & Sliced Peaches	Toasted Free-from Bread Slices with Ham and Jelly Pot
Week Three	Baked Beans on Free-from Toast with a Banana	Margarita Free-from Pizza with Carrot Sticks, Yellow Peppers and a Fruit Smoothie	Chicken Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie	Jacket Potato with Violife Cheese & Beans and Melon Pieces	Chicken with Free-from Pasta in a Tomato & Herb Sauce with Pineapple Chunks

Vegetarian Summer 2018 Tea Menu (Allergen Free)*

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
Week One	Baked Beans on Wholemeal/ Free-from Pitta Bread & Orgran Cookies	Free-from Violife Cheese Wrap with Cherry Tomatoes & Fruit Cocktail	Mixed Bean Free-from Pasta with Red Peppers and Mandarins in Juice	Violife Cheese with Free- from Crispbread with Raisins and an Orange & Mango Smoothie	Mixed Vegetables with Free- from Pasta in a Tomato & Herb Sauce with a Free-from Pitta and a Banana
Week Two	Vegetable Soup with a Free- from Pitta and Pears in Juice	Violife Cheese Salad Free- from Wraps and a Banana	Free-from Violife Cheese & Tomato Pastry Turnover with Baked Beans & Fruit Pot	Free-from Violife Cheese Sandwich with Cucumber & Sliced Peaches	Toasted Free-from Bread Slices with Ham and Jelly Pot
Week Three	Baked Beans on Free-from Toast with a Banana	Margarita Free-from Pizza with Carrot Sticks, Yellow Peppers and a Fruit Smoothie	Falafel Kebab with Cucumber, Tomatoes, Savoury Rice and an Orange & Mango Smoothie	Jacket Potato with Violife Cheese & Beans and Melon Pieces	Chicken with Free-from Pasta in a Tomato & Herb Sauce with Pineapple Chunks

Please ask to see our ingredients and allergen information.

