



Spring Tea Menu 2026

SAMPLE



Week 1	Tea	Dessert
Monday	<p><u>Vegetable & Tomato Puff Pastry</u> Sweet bell peppers, tomato paste, flour: WHEAT/GLUTEN, mixed herbs</p>	<p><u>Natural Yoghurt</u> Natural yoghurt- DAIRY/MILK</p>
Tuesday	<p><u>Pizza Pasta Salad</u> Twisty Pasta: WHEAT/GLUTEN, cheese: MILK/ DAIRY, tomato, vegan pepperoni, olive, bell pepper</p> <p>(Vegetarian Option) Cheese- DAIRY/MILK</p>	<p><u>Orange Slices</u> Orange</p>
Wednesday	<p><u>Carrot & Courgette Muffins</u> Carrot, courgette, Wheat Flour: WHEAT/GLUTEN, Butter: MILK/ DAIRY, EGG</p>	<p><u>Blueberry & Banana Smoothie</u> Blueberry, banana, water</p>
Thursday	<p><u>Mexican Taco Salad</u> Sour cream/Cheese: MILK/DAIRY, tomato, lettuce, avocado, Salsa, minced beef, taco seasoning</p> <p>(Vegetarian Option) Cheese- DAIRY/MILK</p>	<p><u>Peach Yoghurt</u> Natural yoghurt- DAIRY/MILK, peach</p>
Friday	<p><u>Turkey Ham & Cucumber Sandwiches</u> Wholemeal bread: WHEAT/GLUTEN, butter (non-dairy), cucumber</p> <p>(Vegetarian Option) Cheese- DAIRY/MILK, Cucumber</p>	<p><u>Fresh Fruit Pot</u> Orange, pear and Raspberry</p>



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Week 2	Tea	Dessert
Monday	<p><u>Carrot & Coriander Soup</u> Carrot, coriander, onion, garlic, water, black pepper, potato</p>	<p><u>Vanilla Baked Pears</u> Vanilla extract, cinnamon, butter (non-dairy), pears</p>
Tuesday	<p><u>Fluffy Wholemeal Rolls with Cheese & Cucumber</u> Wheat flour: WHEAT/GLUTEN, butter (Non-dairy), cheese: DAIRY/MILK</p>	<p><u>Raspberry Yoghurt Compote</u> Raspberry natural yoghurt: MILK/DAIRY</p>
Wednesday	<p><u>Veggie Sausages with Baked Beans</u> Veggie sausages: sweetcorn, carrots, broccoli, WHEAT/GLUTEN baked beans: Haricot beans</p>	<p><u>Fresh Apple Slices</u> Apple</p>
Thursday	<p><u>Spinach & Soft Cream Cheese Sandwiches</u> Soft cream cheese: MILK/DAIRY, wholemeal bread: WHEAT/GLUTEN, spinach</p>	<p><u>Fruit Salad Pot</u> Banana, orange, apple</p>
Friday	<p><u>Vegetable Chow Mein</u> Soya sauce: SOYA, rice noodles, carrots, bell pepper, spring onion, broccoli, cabbage</p>	<p><u>Fresh Orange Slices</u> Orange</p>



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Week 3	Tea	Dessert
Monday	<p><u>Soft Cream Cheese & Lettuce Sandwiches</u> Soft cream cheese: DAIRY/MILK, wholemeal bread- Wheat Flour: WHEAT/GLUTEN, lettuce</p>	<p><u>Peach Yoghurt Compote</u> Peach, natural yoghurt: MILK/DAIRY</p>
Tuesday	<p><u>Chicken Nuggets with Salad</u> Breadcrumbs- Wheat flour: WHEAT/GLUTEN, lettuce, tomato, Chicken (Vegetarian Option) Breaded veggie fingers: WHEAT/GLUTEN</p>	<p><u>Fresh Apple Slices</u> Apple</p>
Wednesday	<p><u>Creamy Vegetarian Potato Salad</u> Potato, Tomato, Mayo: EGG, MUSTARD, MILK/DAIRY, cucumber, carrot, coriander</p>	<p><u>Strawberry Protein Bar</u> Oats, strawberry, butter/natural yoghurt: DAIRY/MILK, cinnamon</p>
Thursday	<p><u>Tuna Mayo Sandwiches</u> Tuna: FISH, mayonnaise: EGG, MUSTARD, wholemeal bread: WHEAT/GLUTEN</p>	<p><u>Fruit Salad Pot</u> Apple, mango, Orange</p>
Friday	<p><u>Vegetable Salad Tortillas</u> Cheese: MILK/DAIRY, mayonnaise: EGG, Mustard, tomato, cucumber, sweet bell peppers, cilantro, Wholemeal tortilla: WHEAT/GLUTEN</p>	<p><u>Natural Greek Yoghurt</u> Natural Greek style yoghurt- DAIRY/MILK</p>