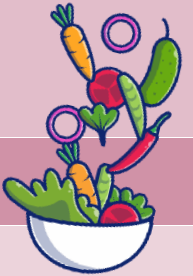


# Autumn/Winter Tea Menu 2025/26



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



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

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

