

MENU

Afternoon Tea – Week 1

Monday



Main: Pork Sausage/
Quorn sausage, mash
with a side of broccoli



Dessert: Raspberry jelly

Allergy info

Quorn sausage is
halal certified



Jelly is plant based



Tuesday



Main: free from red pesto
spaghetti served with a
side of cucumber



Dessert: free from
french madeleines
Madeleines- french inspired

Allergy info

free from gluten,
milk and wheat.



Wednesday



Main: Fish fingers/ free from
fish fingers served with white
rice with a side of fresh
tomatoes slices



Dessert: yoghurt /
free from yoghurt

Allergy info

halal, free from
gluten, milk and wheat



Thursday



Main: free from onion and
garlic pasta bake served
with cucumber



Dessert: Tinned peaches

Allergy info

free from gluten,
milk and wheat



Friday



Main: toast fingers/
free from toast fingers
served with beans and
grated cheese



Dessert: fruit sorbet

Allergy info

free from gluten,
wheat and milk



Healthy ♥ Tasty ♥ Happy!





MENU



AFTERNOON TEA – WEEK 2

MONDAY



Main: Seasoned Chicken/
Quorn Chicken served with
a side of white rice



Dessert: Shortbread Biscuits



ALLERGY INFO



Halal-friendly



TUESDAY



Main: Meat-Free Meatballs in
Tomato Sauce served with
Free-From Spaghetti



Dessert: Banana and Custard /
Free-From Custard



ALLERGY INFO

- Free from gluten
- Free from wheat
- Free from dairy
- Halal-friendly



WEDNESDAY



Main: Chicken Nuggets / Free-From
Chicken Nuggets with Baby New
Potatoes with a side of Cucumber



Dessert: Fromage Frais /
Free-From Fromage Frais



ALLERGY INFO

- Free from gluten
- Free from wheat
- Free from milk
- Halal-friendly



THURSDAY



Main: Free-From Chicken Korma
served with rice and
Mixed Vegetables



Dessert: Jelly



ALLERGY INFO

- Free from gluten
- Free from wheat
- Free from milk
- Halal-friendly



FRIDAY



Main: Homemade Free-From
Pizzas served with cheese
with a side of peppers



Dessert: Ice Lolly



ALLERGY INFO

- Free from gluten
- Free from wheat
- Free from milk
- Halal-friendly



SHOPPING LIST

- Cooked chicken slices x2
- Quorn chicken x3
- Easy cook rice** (bigger bag to use for multiple meals, also better rice to cook)
- Free from spaghetti x2
- Free from meatballs x3
- Onion and garlic pasta sauce x2
- Free from korma sauce x3
- Mixed vegetables**
- 1 Nuggets (88 needed – 23 children x 4 nuggets each)**
- Free from nuggets x1**
- Vegetable farmhouse mix (chunky mixed vegetables)
- Mac and cheese x4**
- Broccoli
- Maggi chicken seasoning bag



DESSERT

- Shortbread fingers
- Free from shortbread biscuit's
- Custard**
- Free from custard
- Bananas
- Yogurts x20
- Fairy cakes x22 needed
- Free from cake
- Ice-cream**



Healthy • Tasty • Happy!