

Tea Menu Autumn- Oct 2018-Mar 2019

Week 1	Beginning 29 Oct	Week 2	Beginning 5 Nov
Mon	Baked beans on toast with grated cheese and salad Fruit salad	Mon	Tortilla wrap filled with egg, tomato and salad. Fruit Salad
Tues	Egg and tomato roll with salad. Fruit/Yoghurt	Tues	Beans on toast served with salad Fruit/Yoghurt
Wed	Pasta with chick peas and peppers. Fruit Salad	Wed	Vegetable quiche with salad and sliced bread Fruit Salad
Thurs	Mixed Dhal and roti. Fruit/Yoghurt	Thurs	Pitta bread pizza with chick peas/peppers/cheese, salad. Fruit/Yoghurt
Fri	Pitta bread with humus/salad Fruit/Yoghurt	Fri	Tomato and spinach/broccoli soup, bread roll and salad. Fruit
Week 3	Beginning 12 Nov		
Mon	Quorn sausages, served with wrap and salad Fruit/Yoghurt		
Tues	Baked beans on toast with grated cheese and salad Fruit salad		
Wed	Mixed Dhal, roti and salad. Fruit/Yoghurt		
Thurs	Tomato and spinach/broccoli soup, bread roll and salad. Fruit		
Fri	Egg and cress sandwich with salad. Fruit/Yoghurt		