


Tea Menu Autumn- Oct 2019-Mar 2020

Week 1	28 Oct,18th Nov,9th Dec,13th 3rd Feb,24th Feb,16th Mar	Week 2	4th ,25th Nov,16th Dec, 20th Jan, 5th ,10th Feb,2nd ,23rd Mar
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	Dhal and roti with salad and Fruit Salad
Thurs	Mix veg (broccoli)soup/bread. Fruit/Yoghurt	Thurs	Pitta bread pizza with chick peas/peppers/cheese, salad. Fruit/Yoghurt
Fri	Pitta bread with humus/salad Fruit/Yoghurt	Fri	Chunky veg and bean soup ,bread roll and salad. Fruit
Week 3	11th Nov,2nd Dec,6th , 27th Jan,17th Feb, 9th ,30th Mar		
Mon	Pasta in tomato sauce, with mixed vegetables and cannellini beans. Fruit/Yoghurt		
Tues	Egg and cress sandwich with salad /Fruit		
Wed	Mixed Dhal, roti and salad. Fruit/Yoghurt		
Thurs	Chunky veg and bean soup, bread roll and salad. Fruit		
Fri	Mixed bean couscous/ Fruit/Yoghurt		