

High Tea Menu

Week 2

Tiny Tasters

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	High tea
Monday	Tuna & sweetcorn mayo pasta/ kidneybean (wheat gluten, fish) Sliced peppers Lemon yoghurt
Tuesday	Ploughman's/cheese (milk) Crackers and rice cakes (wheat gluten) Cherry tomatoes Mandarin and sultanas
Wednesday	Cheese and cress sandwiches (gluten, dairy, soy) Sweetcorn and edamame beans (soya) Peach slices
Thursday	Tiny Tasters homemade lean turkey and sage sausage roll/ vegan soya sausage roll (wheat gluten, soya, sulphites) Carrot sticks and cucumbers Apple slices
Friday	Tortilla breads (wheat gluten) Lemon chicken/ Quorn pieces (gluten) Carrot houmous (sesame) Bananas

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