

High Tea Menu

Week 1

Tiny Tasters

Email: info@tiny-tasters.co.uk Tel: 0121 824 5510



	Ingredients
Monday	White bread Wholemeal Wheat Flour, Water, Wheat Protein, Yeast, Wheat Bran, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], Malted Barley Flour, Sugar, Spirit Vinegar, Soya Flour, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), flora spread (Plant Oils (Rapeseed, Sunflower, Linseed), Water, Coconut Fat, Salt (1.3%), Plant Based Emulsifier (Lecithin), Faba Bean preparation, Natural Flavourings, Vitamin A), cheese, red pepper, oranges, sultanas, cucumbers
Tuesday	Rice, sweetcorn, peppers, cooked chicken pieces, couscous breadcrumbs (Fortified Wheat Flour [Wheat Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Yeast, Salt), coconut, cucumber, peas, peaches in own juice, Quorn pieces (Mycoprotein (85%), Natural Flavouring, Potato Protein, Pea Fibre, WHEAT Gluten, Firming Agents: Calcium Chloride, Calcium Acetate. Roasted BARLEY Malt Extract. Stabiliser: Carrageenan).
Wednesday	Pizza (Pizza Base (56%): Fortified WHEAT Flour (WHEAT Flour, WHEAT Gluten, Calcium Carbonate, Iron, Niacin, Thiamin), Water, Wholemeal WHEAT Flour, Yeast, Psyllium Husk Powder, Rapeseed Oil, Dried seaweed (Ascophyllum nodosum species), Salt. Cheese Topping (21%): Mozzarella Cheese (MILK), Mature Cheddar Cheese (MILK), Anti-caking Agent: Potato Starch. Sauce Topping (23%): Tomato Sauce (Tomatoes, Salt, Sunflower Oil, Sugar, Herbs & Spices (Oregano, Pepper, Basil, Garlic), Acidity Regulator: Citric Acid.), Water, Red Pepper Paste (Grill Roasted Red Peppers, White Wine Vinegar, Sunflower Oil, Salt), strawberry puree, yoghurt, kidney beans, black eyed beans, green beans, borlotti beans, haricot beans, sweetcorn, red peppers, chickpeas, sweetcorn, spinach, red onion
Thursday	British chicken breast pieces, pasta (durham wheat semolina), tomatoes, peppers, cheese, plain yoghurt, blackberry puree, blackcurrant puree, cherry puree, kidney beans
Friday	White bread Wholemeal Wheat Flour, Water, Wheat Protein, Yeast, Wheat Bran, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], Malted Barley Flour, Sugar, Spirit Vinegar, Soya Flour, Preservative (Calcium Propionate), Emulsifier (Mono- and Diacetyl Tartaric Acid Esters of Mono- and Diglycerides of Fatty Acids), Flour Treatment Agent (Ascorbic Acid), flora spread (Plant Oils (Rapeseed, Sunflower, Linseed), Water, Coconut Fat, Salt (1.3%), Plant Based Emulsifier (Lecithin), Faba Bean preparation, Natural Flavourings, Vitamin A) cheese, cress, red pepper, spinach, sweetcorn, chickpeas, bananas

tiny-tasters.co.uk

 [tiny_tasters](https://www.instagram.com/tiny_tasters)