

High Tea Menu

Week 3

Tiny Tasters

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	High tea
Monday	Mix of rice cakes and crackers (Wheat gluten) Beetroot houmous (Sesame) Cream cheese (milk) Carrot sticks (cucumber for babies) Peach slices
Tuesday	Moroccan butternut squash couscous (wheat) Tortilla breads (wheat gluten) Mint yogurt dip (milk) Pineapple in its own juice
Wednesday	Spinach and tomato tarts (milk, wheat gluten) Sweetcorn bean salad Apple slices
Thursday	Roast Chicken pasta salad/kidney beans (wheat gluten) Cucumber slices Bananas
Friday	Make your own Mexican nachos/Tortilla slices (wheat gluten) Guacamole houmous (sesame) Cherry tomatoes Grated cheese (milk) Peach yogurt (milk)

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