

High Tea Menu

Week 1

Tiny Tasters

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	High tea
Monday	Cheese and red pepper toastie (wheat gluten, soy, milk) Cucumber slices Orange slices and sultanas
Tuesday	Breaded coconut Chicken pieces (wheat gluten) / Quorn pieces (wheat gluten) Rainbow couscous (wheat gluten) Peach slices Cucumber slices
Wednesday	Spinach and red onion pizza squares (milk, wheat gluten) Strawberry yoghurt (milk) Crunchy bean salad
Thursday	Make your own chicken pasta (wheat gluten) / Kidneybeans Cherry tomatoes Black Forest yoghurt (milk)
Friday	Rainbow sandwiches (wheat gluten, soya, milk) Sweetcorn and chickpea salad Bananas

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