

## High Tea Menu

Week 2

# Tiny Tasters

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|           | Ingredients  |
|-----------|--|
| Monday    | <b>Tuna</b> , <b>vegan mayonnaise</b> (Rapeseed oil, water, modified maize starch, sugar, acidity regulator (acetic acid), salt, stabiliser (xanthan gum), preservative (potassium sorbate), <b>pasta</b> (durham <b>wheat</b> semolina), <b>sweetcorn</b> , <b>pepper</b> , <b>peppers</b> , <b>kidney beans</b> , <b>plain yoghurt</b> , <b>blueberry puree</b>  |
| Tuesday   | <b>Cheese</b> , <b>rice cakes</b> (Brown Rice, Salt), <b>crackers</b> (Fortified <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Palm Oil, Salt, Raising Agent (Sodium Carbonates), Yeast), <b>tomatoes</b> , <b>mandarin slices in own juice</b> , <b>sultanas</b>  |
| Wednesday | <b>Bread</b> <b>Wholemeal Wheat Flour</b> , Water, Wheat Protein, Yeast, Wheat Bran, Salt, Vegetable Oils and Fat [Rapeseed Oil, Palm Fat, Palm Oil], <b>Malted Barley Flour</b> , 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) <b>flora spread</b> (Plant Oils (Rapeseed, Sunflower), Water, Coconut Fat, Salt (1.3%), Plant Based Emulsifier (Lecithin), Faba Bean Preparation, Natural Flavourings, Vitamin A), <b>cheese</b> , <b>criss</b> , <b>sweetcorn</b> , <b>edamame beans</b> , <b>peaches</b> ( <b>gluten</b> , <b>soya</b> , <b>dairy</b> )  |
| Thursday  | <b>British lean turkey mince</b> , <b>pepper</b> , <b>garlic</b> , <b>sage</b> , <b>puff pastry</b> (Fortified <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Rapeseed Oil, Concentrated Lemon Juice, Salt, Emulsifier (Mono- and Diglycerides of Fatty Acids), Preservative (Potassium Sorbate), Inactive Dried Yeast, Flavouring, Colour (Carotenes), Flour Treatment Agent (Ascorbic Acid), Acidity Regulator), <b>carrots</b> , <b>cucumbers</b> , <b>apples</b> , <b>vegan sausage roll</b> (Water, Fortified <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Rehydrated <b>Soya</b> Protein (16%) [Water, <b>Soya</b> Flour], Palm Oil, Rehydrated <b>Wheat</b> Protein (6%) [Water, <b>Wheat</b> Gluten, <b>Wheat</b> Starch, Stabiliser (Calcium Sulphate), Preservative (Sodium Metabisulphite)], Onions, Rapeseed Oil, Pea Protein, Stabilisers (Methylcellulose, Hydroxypropyl Methyl Cellulose), <b>Wheat Gluten</b> , Maltodextrin (contains <b>Sulphites</b> ), Yeast Extract, Salt, Dextrose (contains <b>Sulphites</b> ), Potassium Chloride, Sugar (contains <b>Sulphites</b> ), Thyme, White Pepper, Sage, Mace, Citric Acid, Colour (Carotenes), Flavouring, Paprika Extract, Capsicum Extract, Black Pepper Extract, Nutmeg Extract) |
| Friday    | <b>British chicken pieces</b> , <b>lemon juice</b> , <b>syrup</b> , <b>carrots</b> , <b>bananas</b> , <b>tortilla</b> (Fortified <b>Wheat</b> Flour [ <b>Wheat</b> Flour, Calcium Carbonate, Iron, Niacin (B3), Thiamin (B1)], Water, Palm Oil, Humectant (Glycerol), Raising Agents (Diphosphates, Sodium Carbonates), Sugar, Emulsifier (Mono- and Diglycerides of Fatty Acids), Acidity Regulator (Citric Acid), Salt, Preservatives (Calcium Propionate), <b>Wheat</b> Starch, Flour Treatment Agent), <b>humous</b> (Chickpeas (52%) [Chickpeas, Water], Water, <b>Sesame Seed Paste</b> (13%), Rapeseed Oil, Concentrated Lemon Juice (4%), Garlic Purée, Salt, Preservative), <b>Quorn pieces</b> (Mycoprotein (85%), Natural Flavouring, Potato Protein, Pea Fibre, <b>WHEAT Gluten</b> , Firming Agents: Calcium Chloride, Calcium Acetate. Roasted <b>BARLEY</b> Malt Extract)   |

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