



Autumn Winter – Tea Menu

Week 1 and 3

	First Course	Ingredients	Second Course	Ingredients
Monday	Sliced Turkey Wraps Salad	Turkey Wrap G , Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Tuesday	Red Pepper and Sardine Pate Flatbread Salad	Roasted Red Peppers, Sardines F , Cream Cheese D Flatbread G , Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Wednesday	Grated Cheese Wholemeal Roll Salad	Cheddar Cheese D , Wholemeal Roll G Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Thursday	Tomato and Sweetcorn Pasta Salad	Pasta G , Tomato Sauce T , Sweetcorn Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice
Friday	Egg Mayonnaise Wholemeal Sandwiches Salad	Free Range Egg E , Vegan Mayonnaise, Wholemeal Bread G S Carrot, Cucumber, Red Pepper	Organic Yeo Valley Fruit Yoghurt Fresh Fruit	Organic Milk D , Organic Fruit Puree, Organic Sugar, Organic Maize Starch, Organic Lemon Juice

Allergen keys

G - Contains Gluten **D** - Contains Dairy Products **E** - Contains Egg **S** - Contains Soya
SD - Contains Sulphur Dioxide **F** - Contains Fish **T** - Contains Tomato **C** - Contains Celery

ALL OF THESE DISHES ARE FREE FROM PEANUTS, TREE NUTS, SESAME SEEDS, MUSTARD, LUPIN, CRUSTACEA AND MOLLUSCS.

