



Autumn Winter – Tea Menu

Week 2 and 4

	First Course	Ingredients	Second Course	Ingredients
Monday	Houmous Flatbread Salad	Pitta G , Houmous (contains chickpeas) 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	Cheese Wraps Salad	Cheddar Cheese D , 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
Wednesday	Cream Cheese Wholemeal Sandwiches Salad	Cream Cheese D , 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
Thursday	Pesto, Pasta, Peas and Sweetcorn Salad	Pasta G , Pesto D , Peas, 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	Tuna Mayonnaise Wholemeal Sandwiches Salad	Tuna F , 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.

