



Real Food for Real Energy

Tea Menu November 2023 -December 2023

Week One

WB 6th November, 27th November

Week Two

WB 13th November 4th December

Week Three

WB 20th November, 11th December

Monday

Option 1
Option 2

served with

Dessert

Margherita Pizza
Gluten Free Vegan Pizza

Garlic Bread, Salad and Coleslaw
Toppings: Pineapple, Mushrooms, Ham, Salami

Yoghurt and Fruit Bowl

Beef Tacos
Pepper, Tomato and Onion Tacos

Potato Wedges, Shredded Lettuce
Sour Cream, Salsa and Guacamole

Yoghurt

Chicken Burger
Bean Burgers

Bread Buns, Salad and Coleslaw

Peaches and Ice cream

Tuesday

Let's Cook Together

Junior Chefs

Italian Cuisine

Pastas, Meats, Cheeses, Mediterranean Vegetables

Homemade Pizzas

Mozarella, Tomatoes, Goats Cheese, Cold Meats, Peppers, Artichokes

Chicken and Dumpling Casserole

Vegetables and Creamed Potato

Wednesday

Option 1
Option 2

served with

Dessert

Chicken Koftas
Vegan Koftas

Flatbread, Cous Cous, Salad and Tzatziki

Cake and Custard

Mac and Cheese
Vegetarian, Gluten Free pasta

Garlic Bread and Salad

Homemade Shortbread

Salmon Fingers
Veggie Fingers

Potato Wedges
Peas, Carrots and Sweetcorn

Blueberry and Banana Muffins

Thursday

Let's Cook Together

Junior Chefs

Asian Fusion
A variety of Curries

Noodles, Rice, Breads and Dips

American and Mexican Yummies

Beef Tacos, Tuna Melt Quesadillas, Fish Tacos, Chicken Slidders

Italian Cuisine

Meatballs Macaroni
Olives, Garlic Bread



Suitable for Vegetarians



Suitable for Vegans & Vegetarians



Contains Fish

All items are subject to availability

Fresh fruit and fresh drinking water are available with every meal



Gluten Free