

## Tea menu: Autumn

Food Groups	Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Meal</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>Carbohydrate</b>	Muffin Pizza  So, G	Pittas  G Main contain M	Potato Wedges	Pasta	Sandwiches  G, So Main contain M	Toast  G, So Main contain M
<b>Fruit/Vegetables</b>	Vegetable medley, pineapple	Cucumber, carrot sticks	Pepper sticks and baby sweetcorn	Vegetable medley	Cucumber, grapes	Satsuma
<b>Protein (Vegetarian)</b>	Ham and (cheese)  M	Hummus  Se	Greek yoghurt and paprika dip  M	Cheese and Ham  M	Soft cheese  (Dairy free alternative) M	Baked Beans
<b>Dessert</b>	Strawberry yoghurt  M	Rice pudding and strawberry jam  M	Shortbread fingers  M	Milk Lollies  M	Jelly Pot and pineapple pieces	Bananas and custard  M

Allergens: G – cereals containing Gluten, M – Milk, F – Fish, C – crustaceans and molluscs, N – Nuts, Mu – mustard, Su – Sulphates, So – Soyabeans, L – Lupin, Se – Sesame, E – Eggs, C - Celery