

## Tea menu: Summer

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  G, So	Pittas  G	Potato salad  E, M, Mu	Pasta  G	Sandwiches  G, So	Broccoli and Cheese Quiche  G, M, E, Mu
<b>Fruit/Vegetables</b>	Carrots	Cucumber, sweetcorn	Pepper sticks	Peas	Chopped banana, carrot sticks	Peppers, Cucumber
<b>Protein (Vegetarian)</b>	Ham and (cheese)  (M)	Tuna crunch (hummus)  F (Se)	Omelette  E	Primula - Cheese  M	Egg mayo  E, Mu	Eggs, cheese,  M, E
<b>Dessert</b>	Natural yoghurt, Strawberries  M	Apple and strawberries  G	Natural yoghurt and raspberries  M	Ice cream and raspberries  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