



Afternoon Tea Menu Autumn / Winter 2020 - Main

Week 1	Item 1	Item 2	Item 3	Item 4
Monday	Hulk Spinach Muffin (G) (E) (D)	Carrot Hummus	Rainbow Pepper Batons	Honeydew Melon Wedge
Tuesday	Wholemeal Ham Roll (G)	Cheese Star (D)	Cucumber & Carrot Batons	Strawberry chunks & grape halves
Wednesday	Sweet Potato Scone (G) (E)	lemony hummus	Raisins (SD)	Banana
Thursday	Spinach & Kale Pesto Pasta Salad with Cherry Tomato Halves (G) (T)	Beetroot Dip (D)	Egg Wedge (E)	Grape Halves
Friday	Wrap (G)	Egg Mayo (E)	Cherry Tomato Halfs (T)	Pear

Week 2	Item 1	Item 2	Item 3	Item 4
Monday	Sweet Potato Pancakes (G) (E) (D)	Pork Link Sausage Batons (G) (SD)	Homemade Tomato Ketchup Dip (T)	Apple
Tuesday	Broccoli, Tomato & Cheese Savoury Muffin (G) (E) (D) (T)	Roast Chicken Strips	Avocado Dip (T)	Honeydew Melon
Wednesday	Rice Cake	Tuna Mayo (F) (E)	Rainbow Pepper Batons	Satsuma
Thursday	Cold Pizza Slice (1/2 Wholemeal) with Shredded Spinach & Sweetcorn topping (G) (T) (D)	Egg Wedges (E)	Carrot Batons	Fresh Pineapple
Friday	Nairns Gluten Free Oatcakes	Triangle Cheese (D)	Cucumber Batons	Strawberry chunks & grape halves

Week 3	Item 1	Item 2	Item 3	Item 4
Monday	Wholemeal Bread (G)	Pork Link Sausage Batons (G) (SD)	Homemade Tomato Ketchup Dip (T)	Satsuma
Tuesday	Cheese & Spring Onion Scone (G) (D) & dairy free spread	Beany Hummus	Rainbow Pepper Batons	Watermelon Wedge
Wednesday	Tomato & Hidden Veg & lentil Pasta Salad (G) (T)	Sour Cream & Chive Dip (D)	Cucumber Batons	Grape Halves
Thursday	Wraps (G)	Tuna & Sweetcorn Mayo (F) (E)	Carrot & Celery Batons (C)	Nectarine
Friday	Pitta Bread Pieces (G)	Healthy Chocolate Hummus	Strawberry & Melon Chunks	Red Apple

G=Contains Gluten, D=Contains Dairy Products (Milk), E=Contains Egg, F=Contains Fish, C=Contains Celery Cr=Contains Crustacea, T=Contains Tomato, SD=Contains Sulphur Dioxide, S=Contains Soya