



Afternoon Tea Menu

Autumn / Winter 2020: Vegetarian

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 Cucumber Roll (G)	Cheese Star (D)	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)	Meatless Farm Veggie Sausage Batons	Homemade Tomato Ketchup Dip (T)	Apple
Tuesday	Broccoli, Tomato & Cheese Savoury Muffin (G) (E) (D) (T)	Chickpea, Tomato, Cucumber & Sweetcorn Salad (T)	Avocado Dip (T)	Honeydew Melon
Wednesday	Rice Cake	Sweet Potato Hummus	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)	Meatless Farm Veggie Sausage Batons	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)	Quinoa & Lentil Salad	Carrot & Celery Sticks (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