

Week 1	Snack & Tea Menu				
	Snack	Tea	Ingredients	Dessert	Ingredients
Monday	Apple Cheese Spread on crackers M CG	Cheese & Onion Frittata Green beans	Eggs, cheese, milk, onions, pepper E M	Yeo Valley Strawberry Yoghurt	Strawberries, elderberry juice, lemon juice M
Tuesday	Grapes Homemade hummus & pitta CG	Selection of sandwiches Vegetable batons	Typical fillings: cheese, ham, chicken, tuna mayo, egg mayo, vegetable pate, marmite, jam on Wholemeal, white or seeded bread CG E M F	Homemade Fruity Flapjacks	Vitalite spread, oats, honey, banana, apple, raisin, apricot CG M
Wednesday	Banana Rice cakes	Butternut Squash & Potato Soup Homemade wholemeal roll	Butternut squash, potato, onion, garlic, pepper, cream, flour, yeast, salt, sugar CG M	Chocolate Chip Cookie	Chocolate chips, sugar, flour, vanilla extract, brown sugar, vitalite CG E M
Thursday	Apple Popcorn	Napolitana Pasta Bake & grated cheese	Tomato, lentils, oregano, onion, garlic, carrot, olive oil, black pepper, penne pasta, cheese E M	Natural Yoghurt with Vanilla	Milk, vanilla extract M
Friday	Banana sandwich CG	Margherita Pizza Sweetcorn	Tomato (passata), garlic, flour, olive oil, yeast, grated cheese CG M	Banana & Ice-Cream	Banana M

Week 1	Snack & Vegetarian Tea Menu				
	Snack	Tea	Ingredients	Dessert	Ingredients
Monday	Apple Cheese Spread on crackers M CG	Cheese & Onion Frittata Green beans	Eggs, cheese, milk, onions, pepper E M	Yeo Valley Strawberry Yoghurt	Strawberries, elderberry juice, lemon juice M
Tuesday	Grapes Homemade hummus & pitta CG	Selection of sandwiches Vegetable batons	Typical fillings: cheese, egg mayo, vegetable pate, marmite, jam, on Wholemeal, white or seeded bread CG E M	Homemade Fruity Flapjacks	Vitalite spread, oats, honey, banana, apple, raisin, apricot CG M
Wednesday	Banana Rice cakes	Butternut Squash & Potato Soup Homemade wholemeal roll	Butternut squash, potato, onion, garlic, pepper, cream, flour, yeast, salt, sugar CG M	Chocolate Chip Cookie	Chocolate chips, sugar, flour, egg, vanilla extract, brown sugar, vitalite M
Thursday	Apple Popcorn	Napolitana Pasta Bake & grated cheese??	Tomato, lentils, oregano, onion, garlic, carrot, olive oil, black pepper, penne pasta, cheese E M	Natural Yoghurt with Vanilla	Milk, vanilla extract M
Friday	Banana sandwich CG	Margherita Pizza Sweetcorn	Tomato (passata), garlic, flour, olive oil, yeast, grated cheese CG M	Banana & Ice-Cream	Banana M

