

Autumn/Winter Light Tea Menu

Week 1

Week
Commencing

01.09.26

14.09.26

28.09.26

12.10.26

26.10.26

09.11.26

23.11.26

14.12.26

Monday	Carrot and Cheese Wraps and Tortilla Chips (Dairy/Wheat)
Tuesday	Build your own Pasta (Wheat/Dairy)
Wednesday	Soup and a Sandwich (Wheat/Dairy)
Thursday	Vegetable Cous Cous & Garlic Bread (Barley/Wheat)
Friday	Build your own Pizza (Dairy/Wheat)

Children will be involved in the preparation of their own meals as part of our food for life ethos. As per our school Food and nutrition policy, all meals are balanced and healthy and sugar is limited. Children will also be offered fruit/natural yoghurt after their meal.

Autumn/Winter Light Tea Menu

Week 2

Week
Commencing

7.09.26

21.09.26

05.10.26

19.10.26

02.11.26

16.11.26

07.12.26

Monday	Cream Cheese Bagels with cucumber sticks (Dairy/Wheat)
Tuesday	Ploughmans Platter (Cheese, peppers, lettuce, apple, cooked meats, crispbreads) (Wheat/Dairy)
Wednesday	Topped Potato Waffles with cheese and Beans (Wheat/Dairy)
Thursday	Quiche & Salad (Dairy/Wheat/Egg)
Friday	Scrambled Egg and Toast (Egg/Wheat)

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