

# Autumn Menu 2020 – Week One

## Tea Time Menu



Monday

Tuesday

Wednesday

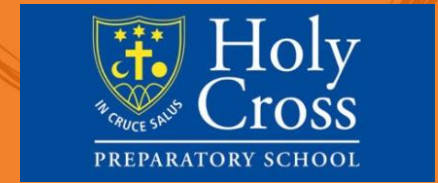
Thursday

Friday

<b>Simple sandwich or pasta pot</b>	Sausages with a bread roll	Tomato & basil pasta with cheddar cheese cubes	Breaded chicken goujons, oven chips and beans OR cheddar cheese in a wholemeal wrap	Ham or cheddar cheese sandwich	Cheddar & tomato pita pizzas
<b>Crudités, crisps or popcorn</b>	Cucumber sticks with cream cheese	Pepper sticks	Carrot sticks with humus	Popcorn	Pepper sticks with lemon yoghurt
<b>Fresh whole or cut fruit pot</b>	Selection of fruit pots	Selection of fruit pots	Selection of fruit pots	Selection of fruit pots	Selection of fruit pots
<b>Traybake, biscuit or yoghurt</b>	Raspberry yoghurt	Chocolate chip cookie	Mango yoghurt	Lemon drizzle cake	Granola & honey yoghurt
<b>Drinks</b>	Own water bottle or tap water				

# Autumn Menu 2020 – Week Two

## Tea Time Menu



**Monday**

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**Friday**

<b>Simple sandwich or pasta pot</b>	Penne pasta with a tomato sauce or plain cheese sandwich	Tomato & mozzarella OR chicken & sweetcorn wholemeal wrap	Fish fingers with wedges and peas or vegetable burger	Red pepper & pea pasta pot OR plain ham sandwich	Baked beans with toasted soldiers and grated cheese
<b>Crudités, crisps or popcorn</b>	Carrot sticks with herb soured cream	Popcorn	Cucumber sticks with salsa	Baked crisps	Cherry tomatoes & Baby corn
<b>Fresh whole or cut fruit pot</b>	Selection of fruit pots	Selection of fruit pots	Selection of fruit pots	Selection of fruit pots	Selection of fruit pots
<b>Traybake, biscuit or yoghurt</b>	Strawberry yoghurt	Flapjack	Greek yoghurt with a selection of healthy toppings	Raspberry mini muffin	Oat & sultana crunch yoghurt
<b>Drinks</b>	Own water bottle or tap water				

# Autumn Menu 2020 – Week Three

## Tea Time Menu



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>Simple sandwich or pasta pot</b>	Jacket potato with cheese and beans or plain ham sandwich	Tomato & mozzarella pasta OR plain tuna mayonnaise sandwich	Sweet chilli chicken (mild) or sweet chilli roast vegetable wrap	Pesto chicken & sweetcorn pasta OR cream cheese & grated carrot wrap	Plain cheddar cheese or egg mayonnaise small baguette
<b>Crudités, crisps or popcorn</b>	Peppers with sweetcorn relish	Baked crisps	Carrot sticks with garlic & herb yoghurt	Popcorn	Cucumber sticks with Thousand Island dressing
<b>Fresh whole or cut fruit pot</b>	Selection of fruit pots	Selection of fruit pots	Selection of fruit pots	Selection of fruit pots	Selection of fruit pots
<b>Traybake, biscuit or yoghurt</b>	Autumn berry yoghurt	Apple & cinnamon loaf	Granola yoghurt	Chocolate brownie	Oat & raisin cookie
<b>Drinks</b>	Own water bottle or bottled mineral water				