

Spring/Summer 2022 Tea Menu



Tea	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Jacket Potato Served With Tuna Sweetcorn , Cucumber And Grated Cheese	Tomato , Roasted Sweet Potato And Lentil Pasta Bake Served With Homemade Garlic Focaccia Bread	Leek , Potato And Yellow Lentil Soup Served With Homemade Soda Bread And Cheesy Croutons	Creamy Mushroom , Baby Spinach And Hidden Cannellini Beans Served With Linguine Pasta And Petit Pois	Welsh Rare Bit Served On Homemade 50/50 Bloomer Loaf With Hidden Vegetable Baked Beans .
FSA Allergens	4.5.7	1.2.7.14	1.2.7	1.2.7	1.2.7
Week 2	Roasted Vegetable And Yellow Split Pea Curry Served With Rice And A Homemade Garlic Flat Bread	Homemade Sausage Rolls or Cheese and Haricot Bean lattice Served With Baby Potatoes , Peas And A Tomato Chutney	Double Stacked Tuna Melts On Homemade 50/50 Bread Served With Crudité s	Chicken And Basil or Quorn and tomato Pasta Bake Served With Homemade Ciabatta Bread	Jacket Potato Skins Filled With Three Cheese And Chive Served With A Cucumber Salad And Paprika Mayonnaise
FSA Allergens	2.14	1.2.7	2.4.5.7	1.2.4.7	4.7

Foods Highlighted Indicate - **Pink** = Protein Foods, **Yellow** = Starchy Foods, **Green** = Fruits And Vegetables, **Blue** = Dairy Foods, **Purple** = Deserts.
Food Standard Agency (FSA) Allergy List: 1 - Celery, 2 - Gluten(Ngci), 3 - Crustaceans, 4 - Eggs, 5 - Fish, 6 - Lupin, 7 - Milk, 8 - Molluscs, 9 - Mustard, 10 - Nuts, 11 - Peanuts, 12 - Sesame Seeds, 13 - Soya, 14 - Sulphur Dioxide (allergens are correct at time of publishing updates will be published monthly)
 Dietary Requirements Are Catered For. Menu Is Subject To Change Depending On The Availability Of Ingredients, Seasonal Vegetables Are Used Although Substitutions May Be Made Where They Are Not Available.

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Week 3	Cheesy Broccoli And Pea Pasta Bake Served With Homemade Bread	Jacket Potatoes Served With Homemade Hidden Vegetable Baked Beans And Grated Cheese	Roasted Peppers And Lentils In A Tomato Arrabiata Sauce With Penne Pasta Served With Homemade Bread	Tuna And Sweetcorn Tortilla Wrap Served With Cucumber Sticks	Cream Of White Bean Vegetable Soup Served With Homemade Chunky Bread And Crotons
FSA Allergens	2.7	1.7	1.2.7	2.4.5.7	1.2.7
Week 4	Dressed Spaghetti Served With Neapolitan Sauce Parsley And Garlic Crotons	Tuna And Sweet Corn Pasta Bake Served With Cucumber Rings	Caramelized Onion And Cheesy Chive Filled Jacket Skins Served With Sour Cream And Salad	Sweet Potato And Roasted Pepper Rolls With Adzuki Beans Served With Apple Coleslaw	Beef or Quorn Chilli With Sweetcorn Served With Homemade Chunky Bread Grated Red Leicester Cheese
FSA Allergens	1.2.7.14	2.5.7	7.14	2.4.7	2.4.7

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