

Tea Menu – Autumn term '25

Any allergies/dietary requirements will be catered for, and an alternative provided when needed.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 1st Sept			A variety of sandwiches with hummus & vegetable sticks Homemade raisin cookies	Pasta bake Fruit salad	
Week 2 8th Sept	Beans on toast Watermelon slices	Crackers, selection of meat and cheese, boiled egg and vegetable sticks Fruit salad	Quiche and salad Bananas and custard	Pitta bread, dips, cold meat, cream cheese vegetable sticks Oat biscuits	
Week 3 15th Sept	Macaroni cheese & garlic bread Seasonal fruits	Spaghetti on toast Natural yoghurt & fruit compote	Fish finger sandwiches Healthy chocolate biscuits	Homemade pizza, cucumber & carrot sticks Strawberries & grapes	
Week 4 22nd Sept	Chill con carne and rice Unsweetened yoghurt	A variety of sandwiches with dips and vegetable sticks Apple, pear and pineapples chunks	Stir fry vegetables & egg noodles with prawn crackers. Carrot cake muffins	Ham and cheese filled croissants with salad Jelly & ice cream	
Week 5 29th Sept	Crackers, cold meats and cheese and vegetable sticks Peaches & cream	Bacon pasta bake topped with cheese Fruit salad sundae	Homemade sausage rolls & spicy cous cous Natural yoghurt, honey and blueberries	Homemade pizza & vegetable sticks Oat biscuits with apple and cinnamon	
Week 6 6th Oct	Ham & cheese turnovers with potato wedges & vegetable sticks Blueberry muffins	A variety of sandwiches, mini rice Crackers & vegetable sticks Melon & grapes	Vegetable curry and rice Yoghurt	Beans on toast Banana split	
Week 7 13th Oct	Sausage sandwiches Fruity oat bake	Pitta bread cold meat & cheese, hummus and vegetable sticks Apple slices & raisins	Scrambled egg on toast Watermelon	Spaghetti Bolognese Unsweetened yoghurt	
Week 8 20th Oct	Quiche and salad Natural yoghurt & tinned fruit	Homemade sausage rolls & savoury rice Tutti frutti frozen yoghurt bark	Pasta bake and garlic bread Selection of fruit	Crackers & cheese with egg mayonnaise & vegetable sticks Pineapple sponge	