



Summer Teatime Menu for Little Seedlings

	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Boiled Eggs with bread soldiers Or Scrambled Egg on toast.</p> <p>Pudding of fresh/tinned fruit in natural juices or yoghurt</p> <p>Drink of Milk or Water</p>	<p>Pasta with tomato/carbonara sauce or cheese and peppers.</p> <p>Pudding of fresh/tinned fruit in natural juices or yoghurt</p> <p>Drink of Milk or Water</p>	<p>Crackers & Cheese with carrot sticks/cheese on toast with tomatoes.</p> <p>Pudding of fresh/tinned fruit in natural juices or yoghurt</p> <p>Drink of Milk or Water</p>	<p>Quiche/Pizza with baked beans.</p> <p>Pudding of fresh/tinned fruit in natural juices or yoghurt</p> <p>Drink of Milk or Water</p>	<p>Make your own sandwich/pitta with ham or cheese with cucumber and carrot sticks/tomato pieces.</p> <p>Pudding of fresh/tinned fruit in natural juices or yoghurt</p> <p>Drink of Milk or Water</p>

Vegetarian & Vegan substitutes are provided daily. Water and milk are provided daily. All food is subject to availability and may be subject to change on occasions. An alternative will be provided daily to meet the children's allergy and dietary requirements.

