Example Tea Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Tea	Cheesy Beans on Toast	Cous Cous or Pasta Salad	Homemade Mini Pizza	Picky Plate	Homemade Savoury Muffins
First course	Baked beans on toast topped with grated cheese	Cous cous or pasta with chick peas and mixed chopped salad vegetables	Wholemeal pitta or tortilla wrap pizzas topped with home-made tomato and red lentil sauce; vegetables and grated cheese	Crackers or rice cakes Hummus Choice of vegetable sticks	Home-made cheese and vegetable muffin
Side	Selection of vegetable sticks	N/A	N/A	N/A	Selection of vegetable sticks
Second course	N/A	Plain unsweetened yoghurt	Selection of fruit	Plain unsweetened yoghurt	N/A