



## Owls Club Tea Menu

### Week 1:

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sandwiches with, tuna or chicken & salad <b>(GF option)</b> <b>(Make their own)</b>	Tomato/Chicken Soup and Rolls <b>(GF option)</b>	Sausages with beans or hoops <b>(GF option)</b>	Pasta Bake + vegetables <b>(Make their own)</b>	Pitta Pockets with cheese or ham + salad <b>(GF option)</b> <b>(Make their own)</b>
Dessert	Seasonal fruit + yogurts	Jelly and Fruit	Variety of fruit + fromage frais	Popcorn + fruit	Jelly and Fruit
Drink	water	Water or milk	Water or milk	Water	water

### Week 2:

<u>Week 2</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Wraps with ham or cheese & salad <b>(GF option)</b> <b>(Make their own)</b>	Crudities, veg sticks, pitta slices and bread sticks <b>(GF option)</b>	Cous cous with peppers, peas and rasins <b>(Make their own)</b>	Carrot/Minestrone Soup and Rolls <b>(GF option)</b>	Baked beans or hoops and Toast <b>(GF option)</b>
Dessert	Popcorn + fruit	Seasonal fruit + yogurts	Jelly + fruit	Variety of fruit + fromage frais	fruit
Drink	water	Water or milk	water	Water or Milk	

Salad will usually be sliced tomatoes, cucumber, carrots and peppers, with other salad items occasionally. Within each day's menu there will be some choice and children will be able to express some preferences (likes / dislikes). Any allergies or intolerances will be catered for, in discussion with parents.