



Owls Club Tea Menu

Week 1:

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Sandwiches with, tuna or chicken & salad <i>(free from dairy option)</i>	Tomato/Chicken Soup and Rolls	Chicken dippers with beans or hoops	Pasta Bake + vegetables <i>(GF option)</i>	Pitta Pockets with cheese or ham + salad
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 <i>(free from dairy option)</i>	Fish fingers with baked beans/hoops	Sandwiches with, tuna or chicken & salad	Minestrone/tomato Soup and Rolls <i>(GF option)</i>	Toast/crumpets
Dessert	Popcorn + fruit	Seasonal fruit + yogurts	Jelly + fruit	Variety of fruit + fromage frais	fruit
Drink	water	Water or milk	water	Water or Milk	water

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.