



## Sample High Tea Menus

Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Spaghetti on Toast	Chicken & Sweetcorn Pasta Garlic Bread	Choice of sandwiches Salad Sticks	Cheese & Tomato Pizza Pepperami	Crackers & Cheese Ham Slices Salad sticks
	Yoghurt Grapes	Raisins Exotic Fruit Smoothis	Sponge Fairy Cakes	Banana Milkshake	Satsumas Glass of Milk
Week 2					
	Sausage Rolls Baked Beans Cheese	Hot Dogs Cherry Tomatoes	Crumpets with choice of spreads Salad Sticks	Choice of Tomato or Vegetable Soup Crusty Rolls	Wedges and choice of dip Cucumber
	Fresh Fruit Salad	Sponge Fingers & Honey Yoghurt Dip	Berry Smoothie	Apple Bites	Banana & custard