








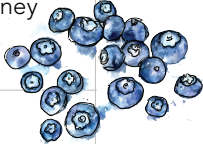
## Vegetable Tea Autumn/Winter Menu 2021/22

WEEK 1	TEA	DESSERT
<b>MONDAY</b>	<b>Pizza Twirls 'n' Sweetcorn</b> Flour( <b>Wheat</b> ), tomato, herbs, sweetcorn, <b>milk</b> , mushrooms, olives, sweet, peppers M W	<b>Kiwi Yogurt topped w Strawberry</b> Fresh Kiwi, Strawberries and Yogurt ( <b>MILK</b> ) M
<b>TUESDAY</b>	<b>Egg &amp; Cheese Salad</b> <b>Egg, milk</b> , lettuce, cabbage, chives, mayonnaise vinegar, tomato, flour ( <b>wheat</b> ), olives, cucumber, corn. E M W	<b>Apple, Raisins &amp; Cinnamon Puffs</b> Apple, Raisins, Cinnamon Powder and Puff Pastry ( <b>WHEAT</b> ) W
<b>WEDNESDAY</b>	<b>Broccoli Pasta Shells</b> W M S Broccoli, flour( <b>wheat</b> ), pasta, <b>milk</b> , soya.	<b>Pears</b>
<b>THURSDAY</b>	<b>Vegetable finger Tacos</b> W M corn, pea, carrot, green bean, potato, bread-crumb, flour ( <b>wheat</b> ), lettuce, <b>milk</b> , chive, garlic.	<b>Fruit Salad</b> Fresh Fruit Selection
<b>FRIDAY</b> 	<b>Vegetable 'n' Halloumi Frittata</b> <b>Egg, milk</b> , onion, courgette, potato, corn, peas, tomato. E M	<b>Milk &amp; Oat Cookies</b> Oats, Baking Powder, Sugar, Butter, <b>Milk</b> , Golden Syrup, Flour ( <b>WHEAT</b> ) and Sprinkles W M



WEEK 2	TEA	DESSERT
MONDAY	<b>Egg Fried Rice</b> Egg, brown rice, onion, peas, corn, vegetable stock, <b>soya</b> sauce, carrot E S	<b>Coconut Yogurt</b> Desiccated Coconut, (Milk) Yogurt & Coconut flavour M
TUESDAY	<b>Bombay Potatoes 'n' Rice</b> Potato, onion, garlic, ginger, tomato, turmeric, rice, gram masala, vegetable stock.	<b>Jelly w Fruit</b> Fruit Jelly w fruit selection 
WEDNESDAY	<b>Vegetable Hotdogs n Wedges</b> Flour( <b>wheat</b> ), oils, potato, <b>SOYA</b> , broad beans, potato. W S	<b>Apple &amp; Fudge Muffins</b> Fresh Apple, Fudge pieces, Flour ( <b>WHEAT</b> ), <b>Milk</b> , <b>Egg</b> W M E
THURSDAY	<b>Cheese 'n' Onion Pie w Baked Beans</b> Cheese, ( <b>milk</b> ), onion, chive, flour ( <b>wheat</b> ), harriot beans, tomatoes, potato M W	<b>Blueberry &amp; Banana Smoothie</b> Fresh Blueberries, Banana, Oat Milk, Oats ( <b>WHEAT</b> ) & Honey W
FRIDAY 	<b>Mediterranean Vegetables 'n' Sweetcorn</b> Tomatoes, onion, corn, herbs, pea, courgette, aubergine, potato, sweet peppers, basil.	<b>Pear Pastries</b> Pears, Puff Pastry ( <b>WHEAT</b> ) W

WEEK 3	TEA	DESSERT
MONDAY	<b>Pizza Boats</b> Bread (flour <b>wheat</b> ), tomatoes, cheese ( <b>milk</b> ), corn, carrot, olive, cabbage, onion W M	<b>Peach Melba Smoothie</b> Peaches, Orange Juice, Raspberries & Yogurt (MILK) M 
TUESDAY	<b>Vegetable Goujons &amp; Coleslaw</b> breadcrumbs ( <b>wheat</b> ), cabbage, onion, carrot, mayonnaise, <b>egg</b> , vinegar, chive, pea, corn, green bean, potato W E	<b>Carrot Oat Bar</b> Oats, Butter, Golden Syrup & Carrots
WEDNESDAY	<b>Potato &amp; Leek Soup w Roll</b> Potato, leek, onion, vegetable stock, bread roll ( <b>wheat</b> , <b>gluten</b> ) W G	<b>Roasted Apple w Vanilla &amp; Honey Yogurt</b> Apples, Cinnamon, Butter, Vanilla, & Yogurt ( <b>MILK</b> ) M
THURSDAY	<b>Homemade Cornish Pasties 'n' Beans</b> Potato, pastry ( <b>wheat</b> <b>gluten</b> ) carrot, onion, pea, corn, green beans, vegetable stock. W G	<b>Satsumas</b> W M
FRIDAY	<b>Bubble 'n' Squeak w Gravy</b> Potato, cabbage, onion, gravy <b>Wheat</b> , <b>SOYA</b> and carrot. W S	<b>Spinach, Apple 'n' Pineapple Oat Smoothie</b>

WEEK 4	TEA	DESSERT
<b>MONDAY</b>	<b>Ploughmans Lunch</b> cucumber, bread roll( <b>wheat gluten</b> ) carrot, pickle, worcester sauce, honey, 5 spice, cinnamon, clove, nutmeg, cheese ( <b>milk</b> ) tomatoes W G M	<b>Raisins &amp; Dried Apricots</b> 
<b>TUESDAY</b>	<b>Gnocchi, Chicken, Mozzarella &amp; Tomato Bake</b> Potato, <b>wheat</b> flour ( <b>gluten</b> ), chicken, tomatoes, onion, mozzarella ( <b>milk</b> ) spinach. W G M	<b>Pineapple Slices</b>
<b>WEDNESDAY</b>	<b>Vegetable Meatball N Bean Pasta</b> Pea protein, mushrooms, potato, carrot, kidney beans, haricot beans, onion, pasta ( <b>wheat flour</b> ) tomatoes, herbs W	<b>Poached Pear w Cocoa Sauce</b> Pears cinnamon, Cocoa Powder w Honey 
<b>THURSDAY</b>	<b>Spinach Sweet potato Lentil Dahl</b> Spinach, onion, garlic, ginger, tomatoes , spring onion, yellow split peas, potato, turmeric, garam masala, herbs, sweet potato.	<b>Orange Smiles</b>
<b>FRIDAY</b>	<b>Butternut Squash N Chickpea Tagine W Cous Cous</b> Tomatoes, butternut squash, chick pea, onion, dates, raisins, carrot, peas, cous cous ( <b>wheat</b> se- molina,) garlic, ginger, clove, nutmeg, cinnamon, tumeric W	<b>Yogurt (MILK)</b> M

- G** Gluten      **C** Celery      **M** Milk      **S** Soybeans      **E** Eggs      **SD** Sulphur Dioxide  
**CR** Crustaceans      **M** Mustard      **L** Lupin      **W** Wheat      **N** Nuts      **SS** Sesame Seeds  
**M** Mollusc



Have a question?

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