

Tiny Tasters



Week 1

Email: info@tiny-tasters.co.uk Tel: 0121 824 5510

	Lunch	Dessert
Monday	Tex Mex veggie pasta (wheat, milk, mustard) (v)	Blackberry yoghurt (milk)
Tuesday	Thai red vegetable curry and steamed rice (vg)	Bananas and greek yoghurt (milk)
Wednesday	Winter squash and kale pasta bows (wheat) (v)	Cocoa cinnamon and Sultana flapjacks (oats) (vg)
Thursday	Beef bourguignon with chateau potatoes (veg alt butterbeans)	Fruit salad (vg)
Friday	Moroccan chicken tagine with Sultana rice (veg alt chickpeas)	Crunchy baked plums with cream (wheat, milk)

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Week 2

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	Lunch	Dessert
Monday	Chicken and vegetable tikka masala curry with steamed rice and peas (milk) (veg alt lentils)	Mixed melon slices (vg)
Tuesday	Plant based shepherds pie with added gravy (vg)	Bananas and custard (oat) (vg)
Wednesday	Pasta bolognese with hidden veggies (vg) (wheat gluten, soya)	Baked peaches and cream (milk)
Thursday	Roast gammon, chateau baby potatoes, peas, cauliflower, and gravy (veg alt Quorn pieces (wheat gluten))	Strawberry yoghurt (milk)
Friday	Tuna pasta bake (wheat gluten, milk, fish) (veg alt soy mince (soy))	Baked plums and apples with cream (milk)

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Week 3

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	Lunch	Dessert
Monday	Vegetable pizza pasta (milk, wheat gluten) (v)	Fresh mandarin yoghurt (milk)
Tuesday	Mexican beef chilli jackets (veg alt mixed beans)	Mix melon slices
Wednesday	Roast chicken, chateau potatoes, carrots, swede, peas and gravy (veg alt quorn (wheat gluten))	Bananas and yoghurt (milk)
Thursday	Creamy vegetable korma curry with steamed rice (vg)	Courgette cake and custard (egg, wheat gluten, oat)
Friday	Chicken casserole with mashed potatoes (veg alt butterbeans)	Fruit salad (vg)

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