

Tiny Tasters



Week 1

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

	First course	Second course
Monday	Hungarian chicken paprikash and steamed rice (milk) (veg alt chickpeas)	Passionfruit yoghurt (milk)
Tuesday	Tomato and basil pasta with a side of cucumbers (v) (wheat)	Selection of melon slices (vg)
Wednesday	Creamy vegetable dahl with steamed rice (v) (milk)	Sweet potato and banana oaty bake (oat)
Thursday	Baked potatoes with rainbow baked beans and cheese (v) (milk)	Fruit salad (vg)
Friday	Slow cooked braised beef, new potatoes, and spring vegetables veg alt Vegan Quorn pieces (wheat gluten)	Bananas and yoghurt (milk)

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Week 2

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	First course	Second course
Monday	Caribbean rasta pasta (vg)(wheat, mustard)	Peaches and Greek yoghurt (milk)
Tuesday	Beef and vegetable goulash with steamed rice (veg alt butterbeans)	Banana and apricot oaty bake (vg) (Oats)
Wednesday	Vegetable balti curry with naan bread (milk, wheat)	Mixed melons (vg)
Thursday	Pasta bows in a tomato sauce with hidden veg and grated cheese (vg) (wheat, milk)	Cherry yoghurt (milk)
Friday	Creamy Tuscan chicken, with steamed orzo (veg alt chickpeas) (milk, wheat)	Fruit salad (vg)

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Week 3

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	First course	Second course
Monday	Tex mex creamy chicken penne (milk, wheat) (veg alt chickpeas)	Avocado and mango yoghurt (milk)
Tuesday	Beef mince chilli with baked potatoes and a side of sweetcorn salad (veg alt mixed beans)	Bananas and greek yoghurt (milk)
Wednesday	Roast chicken, garlic and thyme roast potatoes, peas, sweetcorn and gravy (veg alt vegan quorn) (wheat gluten)	Fruit salad (vg)
Thursday	Caribbean coconut and sweet potato curry with 'rice n peas' (mustard) (vg)	Mixed melons (vg)
Friday	Five veg pasta bake (wheat, milk) (v)	Apple crumble and yoghurt (wheat, milk)

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High Tea Menu

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	High tea
Monday	Cream cheese and carrot wraps (wheat,milk) Cucumber with kidney beans Orange slices
Tuesday	BBQ chicken pieces/ vegan bbq Quorn pieces (mustard) Cucumber side Pineapple couscous Peach slices
Wednesday	Make your own pasta (milk,wheat) Kidneybeans Cherry tomatoes Blueberry yoghurt (milk)
Thursday	Mixed pepper and red onion pizza (wheat,milk) Crunchy bean salad Apple slices
Friday	Cream cheese sandwiches (wheat/milk) Sweetcorn, chickpea and pepper salad Mango yoghurt (milk)

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High Tea Menu

Week 2

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	High tea
Monday	Egg mayo and cheese sandwiches (soya, milk, egg) Cucumbers and tomatoes Lemon yoghurt (milk)
Tuesday	Ploughman's cheese (milk) Crackers and lentil ricecakes (wheat) Cherry tomatoes Mandarin and sultanas
Wednesday	Cheese and cress sandwiches (wheat, milk, soya) Sweetcorn and edamame bean salad (soya) Pineapple chunks
Thursday	Tortillas (wheat) Carrot sticks (cucumbers for babies) Avocado houmous (sesame) Cheese cubes (milk) Bananas
Friday	Hawaiian tuna pasta salad (wheat, fish) Kidney beans Sliced peppers Honeydew melon slices

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High Tea Menu

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	High tea
Monday	Mix of rice cakes and crackers (wheat) Beetroot Houmous (sesame) Cheese cubes (milk) Carrot sticks (cucumbers for babies) Peach slices
Tuesday	Cheese and watercress sandwiches (milk, wheat) Cucumber side Apple slices
Wednesday	Morrocan fruity chickpea couscous Tortilla breads (wheat) Mint yoghurt dip (milk) Bananas
Thursday	Turkey and apple pinwheels (Wheat, Gluten), vegan pinwheels, apple and bean Cherry tomatoes Mandarin segments
Friday	Make your own wraps (cheese, red pepper, kidney beans, sweetcorn, cucumber battons) (wheat, dairy) Peach yoghurt (milk)

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