



Tea Club Menu

Autumn Term 2023 Term
4.05pm-5pm

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Breadsticks and Hummus Fresh Fruit Available	Organic Unsalted Rice Cakes and Creamed Cheese Fresh Fruit Available	Melon Smiles Pineapple Slices Mango Pieces Fresh Fruit Available	Cheese and Ham Wraps Fresh Fruit Available	Low Sugar Jam Sandwiches Fresh Fruit Available
Week Two	Crackers with Cream Cheese and Grapes Fresh Fruit Available	Carrot, Cucumber Red Pepper Sticks and Hummus Fresh Fruit Available	Pancakes and Bananas Fresh Fruit Available	Ham Sandwiches Low Fat Cheese Sandwiches Fresh Fruit Available	Cheese or Fruit Scones Fresh Fruit Available
Week Three	Banana Sandwiches Fresh Fruit Available	Hummus and Cucumber Wraps Fresh Fruit Available	Bread Sticks and Cream Cheese Fresh Fruit Available	Cheese Sticks and Cherry Tomatoes Fresh Fruit Available	Blue Berry Muffins Fresh Fruit Available

Food allergies and intolerances: Please speak to our staff about the ingredients, when taking your snack
Cool, fresh drinking water always available