

St Vincent's Tea Menu

Week 1 – Winter

Monday

Jacket Potato with Baked Beans & Cheese

Contains: Dairy, Gluten

Fruit – Banana Slices

Tuesday

Vegetable Quiche

Homemade quiche made with short crust pastry, egg, milk and roasted vegetables

Contains: Gluten, Dairy, Egg

Fruit – Orange Segments

Wednesday

Baked Macaroni Cheese

Contains: Dairy, Gluten

Fruit– Melon Wedges

Thursday

Mixed Sandwiches

A choice of tuna and cucumber, humous and soft cheese using wholemeal bread

Contains: Fish, Dairy, Gluten

Fruit – Apple Slices

Friday

Butternut Squash and Carrot Soup

Homemade soup using butternut squash, carrots, potato, celery, onion and vegetable stock with croutons

Contains: Dairy, Gluten, Egg

Fruit – Pear Slices

St Vincent's Tea Menu

Week 2 – Winter

Monday

Baked Macaroni Cheese

Contains: Dairy, Gluten

Fruit – Melon Wedges

Tuesday

Carrot and Coriander Soup

Homemade soup using carrots, coriander, onion and vegetable stock with croutons

Contains: Egg, Dairy, Gluten

Fruit – Banana Slices

Wednesday

Jacket Potato with Baked Beans & Cheese

Contains: Dairy, Gluten

Fruit – Orange Segments

Thursday

Vegetable Quiche

Homemade quiche made with short crust pastry, egg, milk and roasted vegetables

Contains: Gluten, Dairy, Egg

Fruit – Apple Slices

Friday

Mixed Sandwiches

A choice of tuna and cucumber, humous and soft cheese using wholemeal bread

Contains: Fish, Dairy, Gluten

Fruit – Pear Slices

St Vincent's Tea Menu

Week 3 – Winter

Monday

Leek & Potato Soup

Homemade soup using leek, potato, onion and vegetable stock with croutons

Contains: Egg, Dairy, Gluten

Fruit – Melon Wedges

Tuesday

Jacket Potato with Baked Beans & Cheese

Contains: Dairy, Gluten

Fruit – Apple Slices

Wednesday

Vegetable Quiche

Homemade quiche made with short crust pastry, egg, milk and roasted vegetables

Contains: Gluten, Dairy, Egg

Fruit – Banana Slices

Thursday

Baked Macaroni Cheese

Contains: Dairy, Gluten

Fruit – Orange Segments

Friday

Mixed Sandwiches

A choice of tuna and cucumber, humous and soft cheese using wholemeal bread

Contains: Fish, Dairy, Gluten

Fruit – Pear Slices

St Vincent's Tea Menu

Week 4 – Winter

Monday

Vegetable Quiche

Homemade quiche made with short crust pastry, egg, milk and roasted vegetables

Contains: Gluten, Dairy, Egg

Fruit – Melon wedges

Tuesday

Baked Macaroni Cheese

Contains: Dairy, Gluten

Fruit – Apple Slices

Wednesday

Mixed Sandwiches

A choice of tuna and cucumber, avocado and soft cheese using wholemeal bread

Contains: Fish, Dairy, Gluten

Fruit – Pear Slices

Thursday

Jacket Potato with Baked Beans & Cheese

Contains: Dairy, Gluten

Fruit– Banana Slices

Friday

Carrot & Coriander Soup

Homemade soup using carrots, coriander, onion, vegetable stock & croutons

Contains: Egg, Dairy, Gluten

Fruit – Orange Segments