



## Tigger's Nurseries Ltd High Tea Menu

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese [7] & Onion Swirls [1, 2, 7]	Vegetable Pizza [2, 7, 14]	Ham and Pickle Wraps with Rocket Salad [2, 7]	Chicken Rolls [2, 5, 7, 13]	Cheese [7] & Tomato Sandwiches [2, 7, 13]
Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities
Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Roasted Vegetable Tarts [2, 7]	Ham, Tomato & Salad Rolls [2, 7]	Homemade Carrot & Coriander Soup with Bread & Butter [1, 7]	Cheese [7] & Tomato Pizza [2, 7, 14]	Cheese Toasties [2, 7, 13]
Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities
Week 3				
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese [7] & Vegemite Swirls [1, 2, 7]	Hummus, Carrot & Cucumber with French Stick [2, 7]	Homemade Vegetable Soup with a Warm Buttered Muffin [1, 7]	Cheese [7], Ham, Cucumber & Tomato with Oven Baked Tortilla Slices [2, 7, 13]	Vegetable Pizza [2, 7, 14]
Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities
Week 4				
Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Toasties [2, 7, 13]	Turkey Rolls with a Mixed Salad [2, 5, 7, 13]	Ham & Cream Cheese Wraps [7, 2]	Roasted Vegetable Tarts [2, 7]	Tuna & Cucumber Sandwiches with Mixed Salad [1, 2, 5, 7, 9, 13]
Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities	Selection of Fresh Fruit/ Crudities

V Option: Replace Meat or Fish for a Protein Substitute

\*Tiggers Nurseries Ltd- Due to new regulations, all meals included in our menus have been carefully identified accordingly to the 14 allergens [which legally need to be highlighted throughout our meals and menu plans]. Please see Allergens List as these numbers all correlate to the 14 allergens\*

**Key**

Meat Free Days



Meat Days



Fish Days



Puddings

