

Sample menus for the before and after school club *

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am	Cereal Toast Orange or Apple juice Hot chocolate Milk	Cereal Toast Orange or Apple juice Hot chocolate Milk	Cereal Toast Orange or Apple juice Hot chocolate Milk	Cereal Toast Orange or Apple juice Hot chocolate Milk	Cereal Toast Orange or Apple juice Hot chocolate Milk
3.30pm	Plain biscuit Milk	Plain biscuit Milk	Plain biscuit Milk	Plain biscuit Milk	Plain biscuit Milk
4.00pm	Mini pizza – Margherita Yogurt Juice	Cheese, crackers & cucumber Home-baking goodies Juice	Pasta twirls with a tomato sauce Satsuma Juice	Paninis - cheese - ham Ice-cream sundae	Beans on toast Grapes (halved) Juice
Available all the time	Ice-cold water	Ice-cold water	Ice-cold water	Ice-cold water	Ice-cold water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
7.30am	Cereal Toast Orange or Apple juice Hot chocolate Milk	Cereal Toast Orange or Apple juice Hot chocolate Milk	Cereal Toast Orange or Apple juice Hot chocolate Milk	Cereal Toast Orange or Apple juice Hot chocolate Milk	Cereal Toast Orange or Apple juice Hot chocolate Milk
3.30pm	Plain biscuit Milk	Plain biscuit Milk	Plain biscuit Milk	Plain biscuit Milk	Plain biscuit Milk
4.00pm	Jacket Potatoes - selection of toppings Apple slices Juice	Homemade muffins with fresh sliced banana Juice	Tuna Pasta Melon Wedges Juices	Turkey dinosaurs and alphabites Ice-cream sundae Juice	Cheese and ham toasties Fresh halved strawberries Juice
Available all the time	Ice-cold water	Ice-cold water	Ice-cold water	Ice-cold water	Ice-cold water

*subject to availability

Please inform the staff of any allergies.