

SAMPLE MENU

BREAKFAST CLUB

Week 1

Monday	Toasted Crumpets
Tuesday	Toast
Wednesday	Porridge served with honey, raisins or jam
Thursday	Toast
Friday	Toasted Crumpets
In addition to the above, a selection of breakfast cereals and yoghurts will be available each day, plus apple, orange juice and water. Children will also be offered warm milk to accompany their breakfast during colder periods. A good selection of fresh fruit is also available at breakfast.	

Week 2

Monday	Toast
Tuesday	Toasted Crumpets
Wednesday	Toast
Thursday	Porridge served with honey, raisins or jam
Friday	Toast
In addition to the above, a selection of breakfast cereals and yoghurts will be available each day, plus apple, orange juice and water. Children will also be offered warm milk to accompany their breakfast during colder periods. A good selection of fresh fruit is also available at breakfast.	

AFTER SCHOOL CLUB

Week 1

Monday	Ham/Cheese sandwiches
Tuesday	Wholemeal wraps
Wednesday	Toasted Teacakes or Hot Cross Buns
Thursday	Wholemeal wraps
Friday	French bread and cheese
In addition to the above, a selection of salad items and fresh fruit will be available each day, plus squash or water. Additionally, some days children will be offered sugar free ice-lollies or frozen low fat yoghurt as a treat (weather permitting).	

Week 2

Monday	Wholemeal wraps
Tuesday	Toasted Teacakes or Hot Cross Buns
Wednesday	Ham/Cheese sandwiches
Thursday	Chicken/Cheese sandwiches
Friday	Crackers and cream cheese
In addition to the above, a selection of salad items and fruit will be available each day, plus squash or water. Additionally, some days children will be offered sugar free ice-lollies or frozen low fat yoghurt as a treat (weather permitting).	