



## Breakfast and After School Club

### Three Week Rolling Sample Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast
<b>Afterschool Club Snack</b>	Ham Bagel Fruit	Tuna and Sweetcorn Wrap Fruit	Beans on Toast Yoghurt	Salami Pitta Fruit	Chicken, Lettuce and Mayo Wrap Fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast
<b>Afterschool Club Snack</b>	Toasted Pancakes and Fruit (strawberries and raspberries)	Rice Cakes Cream Cheese and Cucumber Fruit	Mini Sausages Cheese Crackers Frubes	Wrap with Chicken, Lettuce and Mayo Fruit	Frankfurters and Rolls Fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast	Cereal/Toast
<b>Afterschool Club Snack</b>	Tuna and Sweetcorn Wrap Fruit	Crumpet with choice of Jam, Honey, Marmite, Butter Fruit	Ham and Cheese Sandwich Fruit	Beans on Toast Yoghurt	Toasted Pancakes with Fruit (strawberries and raspberries)

NB: Cheese wrap/sandwich available daily on request, please email club manager 48 hours in advance if this is required. Vegetarian options also available.