



After School Club Menu - Spring 2023



At After School Club, we serve a light meal every day for children at around 4:00p.m.

Fresh vegetables are served with every meal, including carrots sticks, salad, cucumber and tomatoes.

Fruit is served for pudding every day, including pineapple, mango, apples, watermelon, pears, peaches, apricots, apricots and grapes (on rotation).

	WEEK 1	WEEK 2	WEEK 3
MONDAY	Omelette with tomatoes or baked beans	Meatballs or Quorn meatballs in tomato sauce	Spaghetti Bolognese with mixed vegetables
TUESDAY	Mixed chicken & vegetable rice with samosas	Shepherd's pie with mixed vegetables	Pizza & garlic bread with salad
WEDNESDAY	Sausage & mash with peas & gravy	Spaghetti Bolognese with mixed vegetables	Noodles with chicken & mixed vegetables
THURSDAY	Tomato, cheesy or plain pasta with sweetcorn / mixed vegetables	Fish fingers or fish cakes & chips with salad	Roast chicken with potatoes and broccoli / sweetcorn & gravy
FRIDAY	Pitta breads with mixed fillings eg, hummus, chicken, tuna, cheese and salad	Tomato, cheesy or plain pasta with sweetcorn / mixed vegetables	Wraps with mixed fillings eg, hummus, chicken, tuna, cheese and salad

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