

After School Club Menu

A selection of pastries, crumpets, muffins, bagels and cereal are available every morning.

Monday	Tuesday	Wednesday	Thursday	Friday
Bacon sandwich	Pancakes and fruit	Beans on toast	Sausage sandwich	Pancakes and fruit
Gluten	Gluten, milk, eggs	Gluten, pulses	Gluten	Gluten, milk, eggs

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Sweet and sour chicken and rice	Spaghetti bolognaise	Fish fingers wedges and veg	Ham and cheese wraps	Carbonara
None	Gluten (wheat)	Fish, wheat,	Gluten (wheat)	Gluten (wheat)

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage casserole & roast potatoes	Mince and roast potatoes	Fish crumble	Chicken and pepper risotto	Beans on Toast
Sulphates, wheat, soya, barley	Wheat, sulphates soya,	Milk, fish, wheat	Milk	Gluten (wheat)

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Chickpea curry and rice	Sausage pasta	Spaghetti bolognaise	Soup bread and butter	Pizza Fruit/Veg Sticks
Gluten (wheat), Fish, Milk, soya, barley	Wheat	Gluten (wheat),	Wheat, milk	Gluten (wheat), Milk

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Salmon broccoli pasta	Meat balls and spaghetti	Sausage, roast potatoes and veg	Bacon and leek risotto	Beans on Toast
Fish, Gluten (wheat)	Gluten (wheat)	Barley, soya, Milk	Wheat	Gluten (wheat),