



Winter Food Menu

Food Menu Week 1+3

	Breakfast Club	Afterschool Club
Monday	Crumpets, Cereals, Fruit Yoghurts and raisins	Ham, Chicken, Cheese Sandwiches Raspberries, Apples, Plums, Banana
Tuesday	Potato cakes, Cereals, fruit Yoghurts and raisins	Pitta bread/Bread sticks with cream cheese, Oranges, Carrots, Grapes, Apricots, Kiwi
Wednesday	Croissants, Cereals, fruit Yoghurts and raisins	Tortilla chips with dips Strawberries, Peppers, Cucumber, Pears, Melon
Thursday	Pancakes, Cereals, fruit Yoghurts and raisins	Potato waffles with Beans/Spaghetti, Mango, Oranges, Watermelon, Apples, Nectarines
Friday	Bagels, Cereals, fruit Yoghurts and raisins	Ritz crackers with Cheese Tomatoes, Grapes, Kiwi, Pear

Veg Sticks include: Carrots, Peppers, Cucumber and Tomatoes.

Fruits include: Apple, Pear, Grapes, Banana, Orange, Kiwi, Melon, Mango, Apricots, Blueberries, Strawberries and raspberries, plums.

Cereals include: Multi grain hoops, Shreddies, Cornflakes, Rice Crispies and Weetabix.

