



# Winter Food Menu

## Food Menu Week 2+4

	Breakfast Club	Afterschool Club
Monday	Crumpets, Cereals, Fruit Yoghurts and raisins	Beans/Spaghetti on Toast Raspberries, Carrots, Grapes, Apricots
Tuesday	Potato cakes, Cereals, fruit Yoghurts and raisins	Ritz Crackers and Cheese Tomatoes, Pear, Mango, Melon, Oranges
Wednesday	Croissants, Cereals, fruit Yoghurts and raisins	Savoury eggs and Cocktail sausages Strawberries, Peppers, Cucumber, Apples, Kiwi
Thursday	Pancakes, Cereals, fruit Yoghurts and raisins	Ham, Chicken or Cheese Wraps Oranges, Watermelon, Plums, Pear
Friday	Bagels, Cereals, fruit Yoghurts and raisins	Crisp breads and cream cheese Apples, Grapes, Banana, Kiwi

**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.

