

After School Club Menu

Week Commencing:	w/c: 2nd & 23rd Sept 14th Oct, 11th Nov, 2nd Dec	w/c: 9th & 30th Sept, 21st Oct, 18th Nov, 9th Dec	w/c: 16th Sept, 7th Oct 4th & 25th Nov, 16th Dec
Monday	<p>Crumpets with butter or strawberry seedless jam.</p> <p>Fresh Fruit</p>	<p>Open sandwiches on french bread chicken, ham, tuna Cheddar cheese/cream cheese</p> <p>Fresh fruit</p>	<p>Ham, Tuna or Cheese wrap Cheddar Cheese wrap</p> <p>served with lettuce, mayonnaise and cucumber</p> <p>Fresh fruit</p>
Tuesday	<p>Cheddar cheese, crackers, margarine</p> <p>Fresh fruit</p>	<p>Quesadillas with cheese and baked beans</p> <p>Fresh fruit</p>	<p>Rivitia original, Low fat cream cheese, margarine</p> <p>Fresh fruit</p>
Wednesday	<p>Bagels and low fat cream cheese</p> <p>Fresh fruit</p>	<p>Houmous selection, Pitta bread and vegetable sticks</p> <p>Fresh fruit</p>	<p>Pepperoni/Margarita Pizza</p> <p>Fresh fruit</p>
Thursday	<p>Ham, Tuna or cheese wrap Cheddar cheese wrap</p> <p>served with lettuce, mayonnaise and cucumber</p> <p>Fresh fruit</p>	<p>Scotch pancakes with margarine, honey and strawberries</p> <p>Fresh fruit</p>	<p>Bagels and low fat cream cheese</p> <p>Fresh fruit</p>
Friday	<p>Pepperoni/Margarita Pizza</p> <p>Fresh fruit</p>	<p>Cheese and tomato panini</p> <p>Fresh fruit</p>	<p>English muffin with margarine or strawberry seedless jam.</p> <p>Fresh Fruit</p>