After School Club

Light Tea Tea Menu

Week One

Monday	Tuesday	Wednesday	Thursday	Friday
Beans on brown toast	Falafel & mixed salad pittas	Tomato & mascarpone pasta with garlic bread	Jacket potato with beans or cheese topping	Fish Fingers or Veg Fingers with peas
Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese and onion slices, sausage rolls and vegan rolls	Jacket potato with beans or cheese topping	Spaghetti hoops on brown toast	Cheese and Tomato Pizza with salad	Tomato & mascarpone pasta with garlic bread
Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Fish fingers or Veg fingers & peas	Tomato soup with crusty bread	Falafel, mixed salad & pitta with yoghurt dip	Spaghetti hoops on brown toast	Cheese and onion slices, sausage rolls and vegan rolls
Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks	Mixture of fruit & veg for snacks