

A Place to Belong,
Before and After School



WHAT'S ON THE MENU

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	SNACK 3.20pm-4.30pm	Cheese & Crackers, Ham & Crackers, Chicken & Crackers, Rice Cakes, Cucumber and Cheese Triangle, Fruit, Milk, Water, Sugar Free Squash				
	MEAL 4.30pm-6pm	Beef Burger in a Roll with Cheese Slice Veggie Burger in a Roll with Cheese Slice	Tomato Pasta with Chicken & Cheese Tomato Pasta with Veg & Cheese	Beans or Cheese on Toast	Pepperoni Pizza & Sweetcorn Margarita Pizza & Sweetcorn	Panini's with Various Fillings
WEEK 2	SNACK 3.20pm-4.30pm	Cheese & Crackers, Ham & Crackers, Chicken & Crackers, Rice Cakes, Cucumber and Cheese Triangle, Fruit, Milk, Water, Sugar Free Squash				
	MEAL 4.30pm-6pm	Chicken Burger with the option of Mayo in Roll Veggie Burger with the option of Mayoo in a Roll	Fish Cakes with Peas & Carrots Veggie Cakes with Peas and Carrots	Spaghetti, Ravioli or Cheese on Toast	Italian Style Tomato Pasta with Meatballs or Veg Topped with Cheese Italian Style Tomato Pasta with Veg Topped with Cheese	Meat Hotdogs in Rolls Vegetarian Hotdogs in Rolls
WEEK 3	SNACK 3.20pm-4.30pm	Cheese & Crackers, Ham & Crackers, Chicken & Crackers, Rice Cakes, Cucumber and Cheese Triangle, Fruit, Milk, Water, Sugar Free Squash				
	MEAL 4.30pm-6pm	Sausage Rolls Quorn Rolls	Chicken Noodles Vegetable Noodles	Potato Waffles with Beans or Cheese	Fish Finger Wraps with Lettuce with the option of Mayo Veg Finger Wraps with Lettuce with the option of Mayo	Panini's with Various Fillings



AFTER SCHOOL CARE