

## Breakfast Club Menu

Day	Week 1	Week 2	Week 3
Mon	Toast with low-fat spread and a selection of jam or marmite or Wholegrain Cereals with milk	Wholewheat English muffins with low fat spread or Wholegrain Cereals with milk	Toast with low-fat spread and a selection of jam or marmite or Wholegrain Cereals with milk
Tue	Bagels with light cream cheese or Cereals with milk	Toast with low-fat spread and a selection of jam or marmite or Wholegrain Cereals with milk	Wholewheat English muffins with low fat spread or Wholegrain Cereals with milk
Wed	Toast with low-fat spread and a selection of jam or marmite or Wholegrain Cereals with milk	Crumpets with low-fat spread + selection of fruit Wholegrain Cereals with milk	Toast with low-fat spread and a selection of jam or marmite or Wholegrain Cereals with milk
Thu	Pre-made toasted pancakes + yogurt pot or Wholegrain Cereals with milk	Toast with low-fat spread and a selection of jam or marmite or Wholegrain Cereals with milk	Wholewheat English muffins with low fat spread or Wholegrain Cereals with milk
Fri	Toasted bagel halves with low fat spread + selection of fruit or Wholegrain Cereals with milk	Toast with low-fat spread and a selection of jam or marmite or Wholegrain Cereals with milk	Crumpets + selection of fruit Or Wholegrain Cereals with milk


**Afterschool Club – Menu**

Day	Week 1	Week 2	Week 3
Mon	Pitta with tuna or cheese + carrot sticks  With a yogurt or fruit	Pitta bread with hummus & veg sticks  With a yogurt	Cheese and biscuits + cucumber sticks  With a yogurt or fruit
Tue	Tomato soup + bread roll  With a selection of fruit	Sandwiches with cheese or tuna + selection of fruit	Sandwiches (ham or tuna) + veg sticks
Wed	Whole meal wraps (ham/cheese/veg) + fruit	Cheese and biscuits + cucumber sticks  With a yogurt or fruit	Cheese and biscuits + cucumber sticks  With a yogurt or fruit
Thu	Cheese and biscuits + cucumber sticks  With a yogurt or fruit	Wholemeal wraps with tuna or hummus + selection of fruit	Beans on toast + selection of fruit
Fri	Beans on toast + a selection of fruit	Spaghetti on toast + selection of fruit	Vegetable soup + bread