

**BREAKFAST & AFTER SCHOOL / HOLIDAY CLUB
MENU - WEEK 1**

eat smart, think smart, be smart



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 07:00- 08:30	Cereals & Toast	Cereals & Toast	Cereals & Toast	Cereals & Toast	Cereals & Toast
Drink	Water, Diluted Orange/Apple Juice & Milk	Water, Diluted Orange/Apple Juice & Milk	Water, Diluted Orange/Apple Juice & Milk	Water, Diluted Orange/Apple Juice & Milk	Water, Diluted Orange/Apple Juice & Milk
Tea 16:00	Homemade Beef Spaghetti Bolognese in a Smooth Ratatouille Sauce with Carrots Broccoli & Garlic Bread	Pizza, Garlic Bread, Salad and Sweetcorn	Sausage & White Mash with Gravy, Peas & Carrots	Roast Chicken, Swede & Carrot Mash, Roast Potatoes & Peas	Lamb Kofta Kebabs with Roast Peppers & Red Onions, Rice and Tzatziki
Dessert	Banana Cake	Flapjacks	Chocolate Biscuit	American Pancakes	Jelly & Ice Cream
Drink	Diluted Fruit Squash or Water	Diluted Fruit Squash or Water	Diluted Fruit Squash or Water	Diluted Fruit Squash or Water	Diluted Fruit Squash or Water

*Subject to change. Subject to availability. Alternatives for allergies, intolerances, religion and preferences.

STRICTLY A NO NUT SETTING