

**BREAKFAST & AFTER SCHOOL / HOLIDAY CLUB
MENU - WEEK 3**

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 Cottage Pie, Carrots, Broccoli & Seasoned Wedges	Breaded Fish, Chips, Peas & Carrots	Toad in the Hole, Hasselback Potatoes, Cauliflower Cheese, Carrots & Broccoli	BBQ Pulled Pork, with Egg Noodles, Carrots and Broccoli	Veg Lasagne, Coleslaw, Salad & Garlic Bread
Dessert	Frozen Raspberry Ripple Mousse Pots	Coconut Sponge	Strawberry Mousse	Rocky Road	Ice Lollies
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