

After School Club
Light Tea Summer 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
Falafel & mixed salad pittas	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 & beans	Tomato soup with crusty bread	Falafel, mixed salad & pitta with yoghurt dip	Spaghetti hoops on brown toast	Lasagne/Veg Lasagne with salad
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