



# After School Club Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b> 23 Sep 14 Oct 11 Nov 2 Dec	Fresh chicken wraps or Quorn wraps with mayonnaise, ketchup or BBQ sauce  Cucumber, carrot, red pepper, cherry tomatoes, bread	Homemade pizza topped with a choice of cheese, tomato and/or peppers  Cucumber, carrot, red pepper, bread	Pasta with cheese or carbonara sauce (ham free)  Peas and sweetcorn, bread	Jacket Potato with beans or cheese  Cucumber, carrot, red pepper, bread	Cheese and/or ham toastie  Cucumber, carrot, red pepper, bread
<b>Week 2</b> 30 Sep 21 Oct 18 Nov 9 Dec	Jacket Potato with beans or cheese  Cucumber, carrot, red pepper, bread	Fresh chicken or Quorn baguettes with mayonnaise, ketchup or BBQ sauce  Cucumber, carrot, red pepper, bread	Quesadillas – cheese, tomato or ham  Cucumber, carrot, red pepper, bread	Vegetable and cheese pasta  Peas and carrots, bread	Tomato soup & cheese sandwich  Cucumber, carrot, red pepper, bread
<b>Week 3</b> 7 Oct 4 Nov 25 Nov 16 Dec	Fresh crispy chicken or Quorn with homemade potato wedges with sweetcorn  Cucumber, carrot, red pepper, bread	Jacket Potato with cheese or tuna  Cucumber, carrot, red pepper, cherry tomatoes, bread	Cheese & tomato pizza muffins  Cucumber, carrot, red pepper, bread	Pasta with homemade tomato sauce and/or grated cheese  Peas & sweetcorn, bread	Baked beans on toast with optional grated cheese  Cucumber, carrot, red pepper, bread