



# After School Club Menu

## September - October

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Crackers with a topping and fruit salad</b>  <b>Choose from:</b> Butter, Jam, Cheese or Marmite	<b>Chicken/ Veggie Fajita with a filling</b>  <b>Choose from:</b> Mild salsa, sour cream, cheese and spinach	<b>Pasta with a tomato sauce and a side of peas (V)</b>	<b>Beans on Toast with wholemeal bread (V)</b>	<b>Pizza Toast with topping and fruit salad</b>  <b>Choose from:</b> Cheese, Ham or Peppers
Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>Crumpets with a topping (V)</b>  <b>Choose from:</b> Butter, Jam, Cheese or Marmite	<b>Wholemeal Pitta Pockets with a filling (V)</b>  <b>Choose from:</b> Cheese, tomatoes, lettuce and peppers	<b>Chicken or Paneer (V) Curry with white rice and fruit salad</b>	<b>Quick Courgette Pasta (V)</b>	<b>Jacket Potato with a topping and fruit salad</b>  <b>Choose from:</b> Cheese, Beans or Tuna