



# Extended Schools - After School Club Menu



(Produced in-line with the Government's food-based standards for all schools as published by the School Food Trust)

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>Crumpets with sweet or savoury topping</p> <p>Choice of Sandwiches</p> <p>Rice Pudding</p> <p>Fresh Fruit/Yoghurt/Salad Vegetables</p> <p>Juice/Water/Milk</p>	<p>Cheese, Ham &amp; Sweetcorn Pasta</p> <p>Choice of Sandwiches</p> <p>Strawberry Mousse</p> <p>Fresh Fruit/Yoghurt/Salad Vegetables</p> <p>Juice/Water/Milk</p>	<p>Fish Fingers in warm pitta bread</p> <p>Choice of Sandwiches</p> <p>Jelly and Fruit</p> <p>Fruit/Yoghurt/Salad Vegetables</p> <p>Juice/Water/Milk</p>	<p>Warm wrap with choice of filling</p> <p>Choice of Sandwiches</p> <p>Fruit Pie and Custard</p> <p>Fruit/Yoghurt/Salad Vegetables</p> <p>Juice/Water/Milk</p>	<p>Baked Beans or Spaghetti on Toast</p> <p>Choice of Sandwiches</p> <p>Madeira Sponge and Custard</p> <p>Fruit/Yoghurt/Salad Vegetables</p> <p>Juice/Water/Milk</p>
Week 2	<p>Toastie or Sandwich with choice of filling</p> <p>Lemon Sponge and Custard</p> <p>Fruit/Yoghurt/Salad Vegetables</p> <p>Juice/Water/Milk</p>	<p>Breaded Chicken Goujons in warm pitta bread</p> <p>Choice of Sandwiches</p> <p>Jelly and fruit</p> <p>Fruit/Yoghurt/Salad Vegetables</p> <p>Juice/Water/Milk</p>	<p>Toasted Cheese topped Muffins</p> <p>Choice of Sandwiches</p> <p>Strawberry Mousse</p> <p>Fruit/Yoghurt/Salad Vegetables</p> <p>Juice/Water/Milk</p>	<p>Baked Beans or Spaghetti on Toast</p> <p>Choice of Sandwiches</p> <p>Syrup Sponge &amp; custard</p> <p>Fruit/Yoghurt/Salad Vegetables</p> <p>Juice/Water/Milk</p>	<p>Tuna &amp; Sweetcorn Pasta</p> <p>Choice of Sandwiches</p> <p>Jam Tart and Custard</p> <p>Fruit/Yoghurt/Salad Vegetables</p> <p>Juice/Water/Milk</p>

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 3	Tomato & Ham Pasta Choice of Sandwiches Jam Swiss Roll and custard Fruit/Yoghurt/Salad Vegetables Juice/Water/Milk	Fish Cakes with beans or spaghetti Choice of Sandwiches Rice Pudding Fruit/Yoghurt/Salad Vegetables Juice/Water/Milk	Cheese and Tomato Pizza (with choice of extra toppings) Choice of Sandwiches Strawberry Mousse Fruit/Yoghurt/Salad Vegetables Juice/Water/Milk	Warm wrap with selection of filling Choice of Sandwiches Ginger Sponge & custard Fruit/Yoghurt/Salad Vegetables Juice/Water/Milk	Toastie or Sandwich with choice of filling Jelly and Fruit Fruit/Yoghurt/Salad Vegetables Juice/Water/Milk

**Fruit** available daily will be a selection from:

**For Snack Time:** bananas, oranges, melon, apples, dried fruit and other seasonal fruits.

**For Tea Time:** strawberries, raspberries, grapes, bananas, melon, blueberries, kiwi and other seasonal fruits.

**Salad Vegetables:** carrot sticks, cucumber, peppers, sweetcorn, and cherry tomatoes.

(This is a three week rotating menu and is subject to change when necessary.)