

## SEPTEMBER 2021

### BREAKFAST CLUB MENU

- Healthy cereals
- Toast
- Waffles
- Pancakes
- Bagels
- Fruit
- Voghurts
- Variety of Spreads, jam, honey, marmite etc.
- Apple juice, Orange juice, milk or water

### AFTER SCHOOL CLUB MENU

Short session: 3.00 p.m. - 4.30 p.m.

- Fruit
- Voghurts
- Apple juice, Orange juice or water

Whole session: 3.00 p.m. - 6.00 p.m.

- Fruit
- Voghurts
- Apple juice, Orange juice or water

At 4.45 p.m. light snack of:

Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich	Bagel	Wrap	Toastie	Pitta

Fillings are: Ham, cheese or tuna

(To be pre-ordered)

- Crudites (carrot sticks, cucumber sticks)
- Cheese and crackers