

Out of Hours Kids' Club Ltd

SNACK MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Pasta with bolognaise sauce Tuna mayo or cheese Fromage frais	Toasted bagel (V) Scone (V) Malt loaf (V) Low fat spread Fruit	Toast with either Beans or Spaghetti Low fat spread Fromage frais	Wraps With a choice of Ham, tuna or cheese. Lettuce Cucumber Fromage frais	Sandwiches with cheese, chicken or ham. Cucumber Peppers Fromage frais
WEEK 2	Dips, carrot batons, peppers, cucumber sticks, tortilla chips & pitta slices Fruit (seasonal variety) (3)	White/brown barms Fillings -any 3 of these; Chicken / Tuna / Tuna mayonnaise / Cheese Cucumber Fromage frais	Wraps With a choice of Ham, tuna or cheese. Lettuce Cucumber Fromage frais	Hot dogs & chips Fromage frais	Cheese & tomato pizza Or pepperoni pizza Garlic Bread Cucumber Fromage frais
WEEK 3	Toast with either Beans or Spaghetti Low fat spread Fromage frais	Pasta with either Tuna mayonnaise Tuna Cheese (V) Fromage frais	White/brown barms Fillings -any 3 of these; Chicken / Tuna / Tuna mayonnaise / Cheese Cucumber Fromage frais	Dips, carrot batons, cucumber sticks, tortilla chips, pitta slices Fromage Frais	Toasted bagel (V) Scone (V) Malt loaf (V) Low fat spread Seasonal Fruit

SNACK MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	Pasta with bolognaise sauce Tuna mayo or cheese Fromage frais various flavours	Chicken, cheese or Tuna Mayo Pitta pockets Lettuce Cucumber Fruit	Toast with either Beans or Spaghetti Low fat spread Fromage frais various flavours	Wraps With a choice of Ham, tuna or cheese. Lettuce Cucumber Fromage frais various flavours	Sandwiches with cheese, chicken or ham. Cucumber Peppers Fromage frais various flavours
WEEK 5	Cheese & tomato pizza Or pepperoni pizza Garlic Bread Cucumber Fruit (seasonal variety) (3)	White/brown barmes Fillings -any 3 of these; Chicken / Tuna / Tuna mayonnaise / Cheese Cucumber Fromage frais various flavours	Dips, carrot batons, cucumber sticks, tortilla chips, pitta slices Fromage Frais	Wraps Cheese, Tuna, chicken Fromage frais various flavours	Chicken or Beef Burger Cheese slice optional Lettuce Tomato Cucumber Fruit

