# After School Club Menu  Term 3  Winter 2023

The menu works on a 3 week cycle and provides a light evening meal in line with school food standards.

Please note the menu is subject to change if menu items are unavailable

**Week 1, 4 & 7**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Buffet bar /Wraps | Macaroni Bake | Cheese and Onion Roll | Spaghetti Hoops on Toast | Jacket Potato with Baked Beans |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Milk/Water | Milk/Water | Milk/Water | Milk/Water | Milk/Water |

**Week 2, 5 & 8**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| Buffet Bar and Wraps | Vegetable Pasta | Beans on Toast | Cheese and Tomato Pizza | Cauliflower Gratin |
| Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Milk/Water | Milk/Water | Milk/Water | Milk/Water | Milk/Water |

**Week 3 & 6**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| **Buffet Bar/Wraps** | Tomato Pasta | Jacket Potato and Cheese | Sausage pasta Bake | Scrambled eggs on Toast |
| **Fresh Fruit** | Fresh Fruit | Fresh Fruit | Fresh Fruit | Fresh Fruit |
| Milk/Water | Milk/Water | Milk/Water | Milk/Water | Milk/Water |

*If children do not like the menu choice on then a sandwich with cheese or ham and salad will be always be provided as an alternative.*

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| **Medical Conditions / dietary needs / additional needs:** |
| **Is medication required:  YES  NO** |
| **If so, please give details & complete an 'Authorisation to Administer Medication' form at the office:** |
| ***Emergency contact details (Name & Number)*** |

**Activities for both Before and After School Care may include:**

- Multi-sports including: Dodgeball, Basketball, Football, Hockey etc
- Playground games, team building
- Book / colouring corner, Arts & crafts, Play dough
- Use of laptops. Children are welcome to bring their home learning, spellings, number bonds, multiplication tables or reading to practice during the session.