



Before and After School Care

Weekly Menu – Week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	100% orange/apple juice Selection of cereals Toast with butter/jam Fruit loaf Crumpets	100% orange/apple juice Selection of cereals Toast with butter Fruit loaf Crumpets	100% orange/apple juice Selection of cereals Toast with butter/jam Fruit loaf Crumpets	100% orange/apple juice Selection of cereals Toast with butter Fruit loaf Crumpets	100% orange/apple juice Selection of cereals Toast with butter Fruit loaf Crumpets
Afternoon Tea	Fish fingers, Beans served with Jacket potato	Jacket potatoes served with cheese and beans	Chicken Fajitas served with mixed salad	Homemade macaroni cheese served with baguette and fresh vegetable sticks.	Homemade spaghetti bolognese, served with tomatoes baguete.
Light Meal	Selection of sandwiches served on 50/50 bread served with fresh vegetable sticks	Selection of seeded tortilla wraps served with a side salad.	wholemeal pitta served with fresh vegetable sticks	Bagels topped with Tuna, cheese & egg mayo, served with fresh vegetable sticks.	Selection of open sandwiches served with vegetable sticks.
Desert	* Sugar free jelly served with mandarins	Yogurt served with a selection of fruit.	* Cheese and crackers served with grapes and apple	* Apple crumble served with custard	Freshly prepared fruit salad.

- Menus can be adapted to meet pupil's individual dietary needs or allergies. Please contact school to discuss this or for further advice.
 - All puddings * are at least 50% fruit by weight.
 - Fresh fruit and water is always available in the morning/evening.
- This menu is compliant with 2015 school food standards and has been checked by the Leeds City Council Healthy eating advisor and nutritionist

