



# Before and After School Care

## Weekly Menu – Week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	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/jam Fruit loaf Crumpets	100% orange/apple juice Selection of cereals Toast with butter Fruit loaf Crumpets
<b>Afternoon Tea</b>	Fish fingers, Jacket potatoes and beans	Homemade spaghetti bolognese with tomato baguette	Cheese omelettes served with baked beans	Jacket potatoes served with cheese or tuna	Homemade chicken curry with basmati rice and yogurt and cucumber dip
<b>Light Meal</b>	Selection of sandwiches on 50/50 bread Vegetable sticks	Wholemeal bagels with tuna, cheese and egg mayo. Fresh vegetable sticks	Selection of open sandwiches. Fresh vegetable sticks	Selection of seeded tortilla wraps with a mixed salad	Selection of sandwiches served on 50/50 bread Vegetable sticks
<b>Desert</b>	*Banana custard	Freshly prepared fruit kababs	*Homemade rice pudding served with chopped mango, sultanas and apple	Homemade apricot and *raisin flapjack	Fresh fruit salad served *with natural yogurt

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

