



Before and After School Care

Weekly Menu - Week 3

Week 3	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 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
Afternoon Tea	Homemade margarita pizza served on a whole meal tortilla wrap	Jacket potatoes served with cheese and beans.	Homemade fish pie served with fresh broccoli	Homemade extra lean turkey burgers served with mixed salad.	Roast ham served with broccoli and rosemary mashed potatoes
Light Meal	Selection of sandwiches on 50/50 bread. Fresh vegetable sticks.	Whole meal fun pitta pizza, served with fresh vegetable sticks.	Selection of seeded tortilla wraps served with a mixed salad.	Selection of open sandwiches served with a Fresh vegetable sticks	Wholemeal bagels with tuna, cheese & egg mayo, mixed salad.
Desert	*Homemade apricot and raisin flapjack.	Sugar free raspberry jelly *served with fresh raspberry's	Homemade orange cake served with a selection of *fruit.	* Freshly prepared fruit salad.	*Cheese and crackers served with apples and grapes.

This menu is compliant with 2015 school food standards and has been checked by the Leeds City Council Healthy Eating Advisor and Nutritionist
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.

