

School Club Menu - week 1

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Tuna wraps	Pasta with tomato sauce	Jacket potato with cheese/ tuna/beans	Couscous	Pizza on wrap
Vegetables	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots
Fruit	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes
Drinks	Water or milk	Water or milk	Water or milk	Water or milk	Water or milk

School Club Menu - week 2

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Pizza pins wheels	Noodles with vegetables	Couscous	Tuna wraps	Hummus, pepper and carrot pockets
Vegetables	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots
Fruit	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes
Drinks	Water or milk	Water or milk	Water or milk	Water or milk	Water or milk

School Club Menu - week 3

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Meal	Jacket potato with tuna /beans	Pizza	Pasta with tomato ragu	Pitta pockets with cheese	Beans or spaghetti on toast
Vegetables	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots	Cucumber, tomatoes, peppers, carrots
Fruit	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes	Apples, bananas, small oranges, plums, kiwis, grapes
Drinks	Water or milk	Water or milk	Water or milk	Water or milk	Water or milk