

Breakfast club menu

Cereal:
Malted Wheaties
Rice Crispies
1 x weekly - cheerios
(optional semi skimmed milk)

Fruit:
Raisins
Banana
Melon

Yoghurts:
Fromage Frais

Drinks:
water
semi skimmed milk

Tuck Shop Menu

Fruit/Vegetables:
Apples
Bananas
Pears
Satsumas
Carrots
(these rotate so that there is a variety for children)

Dairy:
Frube yoghurt
(different flavours to offer variety)

Starchy:
Soreen Loaf
(different flavours to offer variety)

Drinks:
water available in all classrooms from tap
drinking fountain in toilets

Tea Time Club

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Low fat cheese on toast - choice of white or wholegrain bread</p> <p>Yoghurt</p> <p>Offering of breads Fresh fruit available Skimmed milk and water available</p>	<p>Crumpets with low fat spread and soft cheese</p> <p>Offering of breads Fresh fruit available Skimmed milk and water available</p>	<p>Cheese salad tortilla wraps with choice of tomato, cucumber and lettuce.</p> <p>Yoghurt</p> <p>Offering of breads Fresh fruit available Skimmed milk and water available</p>	<p>Tuna pasta Mayonnaise (1 tsp)</p> <p>Offering of breads Fresh fruit available Skimmed milk and water available</p>	<p>No added sugar baked beans on toast - choice of white or wholegrain bread</p> <p>Yoghurt</p> <p>Offering of breads Fresh fruit available Skimmed milk and water available</p>

