



Food available in The After School Club

Week Commencing 4th November 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack on Arrival	Children are offered a selection of snacks when they arrive at ASC, this includes fruit (dried e.g. raisins and fresh e.g. pears, apples, melon, bananas, oranges etc), chopped vegetables (chopped carrot, cucumber) breadsticks and occasionally biscuits or cake. Milk and water is available for drinks.				
Main Course	Chicken korma and rice with green beans	Beef Pasta Bolognese with garden peas	Cheese and tomato pasta with mixed vegetables	Roast ham in gravy with roast potatoes and seasonal vegetables.	Jacket potato, soup or beans on toast
Dessert	Yoghurt with optional granola, fresh fruit or fruit salad	Honeydew melon slices, fresh fruit or fruit salad	Cranberry shortbread, fresh fruit or fruit salad	Yoghurt with optional granola fresh fruit or fruit salad	Fruit, yoghurt or cake

Please note that we always have a selection of soup, baked beans, bread, jacket potatoes and cheese available so if children do not want the selection above there are other options for them.