



BROOK INFANT SCHOOL

### Food available in The After School Club

Week Commencing 11<sup>th</sup> November 2019

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Snack on Arrival</b>	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 to drink.				
<b>Main Course</b>	Pork and beef sausages in gravy with mashed potato and garden peas	Macaroni cheese with green beans or salad	Cheese and tomato pizza with mixed vegetables or salad	Roast chicken in gravy with roast potatoes and seasonal vegetables.	Jacket potato, soup or beans on toast
<b>Dessert</b>	Farmhouse fruit slice and custard, fresh fruit or fruit salad	Yoghurt with optional granola fresh fruit or fruit salad	Yoghurt and fruit slices, fresh fruit or fruit salad	Muesli flapjack, fresh fruit or fruit salad	Fruit, yoghurt or cake

Please note that we always have vegetable or tomato soup served with bread or jacket potato with beans and/or cheese available. So if children do not want the selection above there are other options for them.