



Food available in The After School Club

Week Commencing 18th 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 to drink.				
Main Course	Macaroni cheese with mixed vegetables or salad	Chicken tikka and rice with garden peas	Cheese and tomato pizza with mixed vegetables or salad	Roast beef in gravy with roast potatoes and seasonal vegetables.	Jacket potato, soup or beans on toast
Dessert	Yoghurt and fruit slices, fresh fruit or fruit salad	Mandarin marble cake, fresh fruit or fruit salad	Yoghurt and fruit slices, fresh fruit or fruit salad	Farmhouse fruit slice and custard, 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.