

Menu

Breakfast

Choice of cereal with Cow's milk or Soya milk
Toast with a choice of butter, jam or marmalade
Crumpets with a choice of butter, jam or marmalade
Croissants
A choice of fresh fruit

After school club snacks

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
3:45pm	Apples	Bread sticks	Children's Choice	A choice of biscuits	Club Choice
5:15pm	Pasta Bake	Omelette with a choice of vegetables	Pancakes with sliced banana	Soup with a bread roll	Club Choice

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
3:45pm	Children's Choice	Pears	Cake	Plums	Club Choice
5:15pm	Cheese and sweetcorn spaghetti bake	Toasted Pitter bread with cucumber sticks	Vegetable rice	Cream cheese crackers with carrot sticks	Club Choice

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
3:45pm	Rice cakes	Children's Choice	Fruit Yogurt	Oranges	Club Choice
5:15pm	Croissants with Raisins	Jam Sandwiches with pepper sticks	Cheese and tomato pizza	Sweet and sour rice	Club Choice

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
3:45pm	Banana	Water Mellon	Rice crispy cakes	Children's Choice	Club Choice
5:15pm	Vegetable Noodles	Cheese wraps with baby tomatoes	Butter crumpets	Egg rice	Club Choice

Children's Choice – allows our children to choose the snack for that day.

Club Choice – allows the club to use up any food that maybe left from previous days of that week to prevent any food wastage at WKC all food will be within date and would not have exceeded the date of which is advised to dispose when opened.

Water

Children have access to our water table throughout each and every session – children are given drinks with breakfast and every set snack time to promote and encourage water drinking regularly at Welldon Kids Club