

6.42 SIX WEEK SNACK MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Curry and Rice, Naan Bread Tomato, onion and cucumber chopped salad	Open Sandwiches: Ham, cottage cheese, lettuce, tomatoes, Avocado mash	Beans or Spaghetti on Toast Tomatoes, cucumber, peppers	Soup - vegetable, chicken or tomato Bread rolls with soya spread Tomatoes, cucumber, peppers	Pasta Salad Wholewheat pasta with tuna/mayo/cheese Chopped peppers, cucumber, tomatoes
WEEK 2	Dips, Dippers and Pitta Hummus, chive and onion dip Radish, peppers, carrots, cucumber, celery	Sweet & Sour sauce or Teriyaki Sauce with Plain Rice or Rice Noodles Cucumber, spring onion and sweetcorn salad with soy sauce and ginger	Pasta Salad Wholewheat pasta with tuna/mayo/cheese chopped peppers, cucumber, tomatoes	Open Sandwiches Ham, cottage cheese, lettuce, tomatoes Avocado mash	Beans or Spaghetti on Toast Tomatoes, cucumber, peppers
WEEK 3	Open Sandwiches Ham, cottage cheese, lettuce, tomatoes Avocado mash	Beans or Spaghetti on Toast Chopped peppers, cucumber, tomatoes	Pomodoro sauce and Wholewheat Penne Pasta Bruschetta - chopped tomatoes on bread Chopped Spinach and tomato salad Green Olives	Soup - vegetable, chicken or tomato Bread rolls with soya spread Tomatoes, cucumber, peppers	Dips, Dippers and Pitta Hummus, chive and onion dip Radish, peppers, carrots, cucumber, celery

For office use only

BREAK MENU SIX WEEK

REVISED: 04.09.18

REVIEW DATE: 04.09.19

Out of Hours Kids' Club Ltd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	Beans or Spaghetti on Toast Chopped peppers, cucumber, tomatoes	Open Sandwiches Ham, cottage cheese, lettuce, tomatoes Avocado mash	Dips, Dippers and Pitta Hummus, chive and onion dip Radish, peppers, carrots, cucumber, celery	Cous Cous with mixed vegetables Chickpea, tomato and cucumber chopped salad Hummus and pitta	Pasta Salad Wholewheat pasta with tuna/mayo/cheese chopped peppers, cucumber, tomatoes
WEEK 5	Soup - vegetable, chicken or tomato Bread rolls with soya spread Tomatoes, cucumber, peppers	Dips, Dippers and Pitta Hummus, chive and onion dip Radish, peppers, carrots, cucumber, celery	Pasta Salad Wholewheat pasta with tuna/mayo/cheese Chopped peppers, cucumber, tomatoes	Beans or Spaghetti on Toast Chopped peppers, cucumber, tomatoes	Tortillas with black beans, salad and cheese Tomato salsa and guacamole with toasted tortillas to dip
WEEK 6	Pad thai - rice noodles with mixed vegetables	Soup - vegetable, chicken or tomato Bread rolls with soya spread Tomatoes, cucumber, peppers	Beans or Spaghetti on Toast Chopped peppers, cucumber, tomatoes	Pizza Chopped peppers, cucumber, tomatoes	Open Sandwiches Ham, cottage cheese, lettuce, tomatoes Avocado mash