

Out of Hours Kids' Club Ltd

SIX WEEK SNACK MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	TOMATO OR CHICKEN SOUP WITH CRUSTY BAGUETTE FRESH FRUIT	CHEESE OR PEPPERONI PIZZA OR GARLIC BREAD YOGHURT	BEANS OR SPAGHETTI ON TOAST FRESH FRUIT	PASTA WITH TUNA SWEETCORN AND CHEESE YOGHURT	CHEESE, HAM OR TUNA WRAPS MIXED SALAD
WEEK 2	PITTA BREAD WITH HUMMUS, DIPS CARROT + CUCUMBER YOGHURT	PASTA WITH TOMATO AND HERB SAUCE OR CHEESE FRESH FRUIT	CURRY OR SWEET AND SOUR SAUCE WITH RICE YOGHURT	HAM, CHEESE OR TUNA BARMS MIXED SALAD	CRUMPETS, BAGELS OR SCONES + MALT LOAF FRESH FRUIT
WEEK 3	BEANS OR SPAGHETTI ON TOAST YOGHURT	MILD CHILLI SAUCE OR TERIYAKI SAUCE WITH RICE FRESH FRUIT	TOMATO OR CHICKEN SOUP WITH CRUSTY BAGUETTE YOGHURT	SANDWICHES WITH HAM, TUNA OR CHEESE MIXED SALAD	NOODLES WITH SOY OR HOI SIN SAUCE YOGHURT

Out of Hours Kids' Club Ltd

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 4	PEPPERONI OR CHEESE PIZZA FRESH FRUIT	BEANS OR SPAGHETTI WITH TOAST YOGHURT	PASTA WITH TUNA, SWEETCORN OR CHEESE FRESH FRUIT	SANDWICHES WITH CHOICE OF FILLINGS MIXED SALAD	PITTA BREAD WITH CHOICE OF DIPS, CARROT & CUCUMBER YOGHURT
WEEK 5	BAGELS, SCONES, FRUIT LOAF YOGHURT	CURRY OR SWEET & SOUR SAUCE WITH BOILED RICE FRESH FRUIT	WRAPS WITH CHEESE, HAM OR TUNA MIXED SALAD	BEANS OR SPAGHETTI WITH TOAST FRESH FRUIT	PASTA WITH TOMATO OR HERB SAUCE YOGHURT
WEEK 6	BARMS WITH CHOICE OF FILLINGS MIXED SALAD	PASTA WITH TUNA, SWEETCORN OR CHEESE FRESH FRUIT	MILD CHILLI SAUCE WITH BOILED RICE YOGHURT	CRUMPETS, SCONES AND FRUIT LOAF FRESH FRUIT	BEANS OR SPAGHETTI WITH TOAST YOGHURT