

**A HOT TEA IS PROVIDED  
MONDAY - THURSDAY  
SERVED AT 4.30PM - 5PM**



## AFTER SCHOOL CLUB WEEKLY MEAL PLAN AUTUMN TERM 2025

| WEEK 01 | <b>Main dish</b><br><br><b>Starter or second dish</b>   | <b>MONDAY</b><br>Rainbow pizza<br>Create your own with garlic bread<br><br>Hummus with veggie fingers | <b>TUESDAY</b><br>Classic bangers, with hidden veg mash to help get your 5 a day!<br><br>Blueberry and manana muffins | <b>WEDNESDAY</b><br>Butter chicken curry, rice and naan bread<br><br>Cucumber sticks and yogurt dip | <b>THURSDAY</b><br>Creamy tomato pasta bake with peas and sweetcorn<br><br>Apple and grape slices |
|---------|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|
|         |                                                                                                                                          |                                                                                                       |                                                                                                                       |                                                                                                     |                                                                                                   |
| WEEK 02 | <b>Main dish</b><br><br><b>Starter or second dish</b> | Tomato soup with bread rolls<br><br>Tropical Fruits with banana dip                                   | Glazed tofu, with broccoli and rice<br><br>Apple, apricot and Sultana squares                                         | Spaghetti Bolognese with hidden vegetables<br><br>Mini apple and banana muffins                     | Ham pasta bake, with green beans<br><br>Carrot and cucumber sticks                                |
|         |                                                                                                                                          |                                                                                                       |                                                                                                                       |                                                                                                     |                                                                                                   |
| WEEK 03 | <b>Main dish</b><br><br><b>Starter or second dish</b> | Pizza crumpets, with pepper and cucumber slices<br><br>Pineapple slices                               | Roast chicken with mashed potatoes, peas and carrots<br><br>Healthy cookies and milk                                  | Cheesy broccoli pasta<br><br>Watermelon slices                                                      | Fish Pie with vegetables<br><br>Healthy Apple Crunch                                              |
|         |                                                                                                                                          |                                                                                                       |                                                                                                                       |                                                                                                     |                                                                                                   |
| WEEK 04 | <b>Main dish</b><br><br><b>Starter or second dish</b> | Chicken crunch with beans and corn on the cob<br><br>Toasted pitta bread with hummus                  | Mini omelettes with peas and potato wedges<br><br>Rainbow fruit pots                                                  | Pitta pockets with tuna, cheese and tomatoes<br><br>Greek yoghurt and raspberry chill               | Pasta in a blended roast vegetable sauce<br><br>Strawberry banana boats                           |
|         |                                                                                                                                          |                                                                                                       |                                                                                                                       |                                                                                                     |                                                                                                   |

Salad will be available to the children daily. A vegetarian option is available if required. The menu is changed termly and the children's choices are incorporated into the menu. Please email us if you have any suggestions for Spring terms menu.