

ST ALPHEGE CE INFANT SCHOOL

AFTER SCHOOL CLUB MENU - Week 1

W/C 2.11.20, 30.11.20

Snacks available daily from 3.15pm toast, crumpets, breadsticks, crackers, fruit & vegetable sticks.
Main meal served at 5.00pm

Monday	Tuesday	Wednesday	Thursday	Friday
Roast chicken roast potatoes, broccoli, carrots	Pasta & Meatballs	Lasagne	Pitta pockets with chicken and vegetables	Hot dogs and salad
Roast Quorn roast potatoes, broccoli, carrots	Quorn mince 'meat'balls and pasta	Vegetable pasta bake	Pitta pockets with vegetable strips	Vegetarian hot dogs and salad
Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard
Milk & water	Milk & water	Milk & water	Milk & water	Milk & water

ST ALPHEGE CE INFANT SCHOOL

AFTER SCHOOL CLUB MENU - Week 2

W/C 9.11, 7.12

Snacks available daily from 3.15pm toast, crumpets, breadsticks, crackers, fruit & vegetable sticks.

Main meal served at 5.00pm

Monday	Tuesday	Wednesday	Thursday	Friday
Chilli con carne & rice	Chicken burger and fries	Three vegetable pasta bake	Shepherd's Pie	Toast & toppings or Omlette
Quorn mince chilli and rice	Vegetable burger and sweet potato wedges	Three vegetable pasta bake	Shepherdess Pie	Vegetable stir fry
Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard
Milk & water	Milk & water	Milk & water	Milk & water	Milk & water

ST ALPHEGE CE INFANT SCHOOL

AFTER SCHOOL CLUB MENU - Week 3

W/C 16.11, 14.11

Snacks available daily from 3.15pm toast, crumpets, breadsticks, crackers, fruit & vegetable sticks.

Main meal served at 5.00pm

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage, mash beans or peas	Mushroom and spinach creamy pasta	Spaghetti bolognaise	Chicken curry, rice and nan bread	Make your own pizza
Vegetarian sausages, mash, beans or peas	Mushroom and spinach creamy pasta	Quorn mince bolognaise and spaghetti	Vegetable curry and nan bread	Make your own pizza
Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard
Milk & water	Milk & water	Milk & water	Milk & water	Milk & water

ST ALPHEGE CE INFANT SCHOOL

AFTER SCHOOL CLUB MENU - Week 4

W/C 23.11,

Snacks available daily from 3.15pm toast, crumpets, breadsticks, crackers, fruit & vegetable sticks.

Main meal served at 5.00pm

Monday	Tuesday	Wednesday	Thursday	Friday
Enchiladas various fillings	Roast pork, potato mash, sweetcorn	Ham & Mushroom Carbonara	Chicken and vegetable risotto	Beef burger and salad
Enchiladas various fillings	Roast Quorn, sweet potato mash, sweetcorn	Vegetable pasta bake	Vegetable risotto	Bean burger and salad
Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard	Choice of fresh fruit, yoghurt, ice cream, muffins, cookies, flapjacks or fruit & custard
Milk & water	Milk & water	Milk & water	Milk & water	Milk & water