

## MINI EXPLORERS AFTER SCHOOL CLUB MENUS

The food we provide at Mini Explorers is not intended as a substitute for a main evening meal. We provide our Mini Explorers with a nutritious, healthy snack, including fresh fruit and vegetables. Water will also be available throughout the session. Food will be prepared on school premises by trained staff. If your child has any allergies or dietary requirements please ensure that these are included within your registration form. Please feel free to discuss any special food requirements you may have with a member of the wraparound team.



### WEEK ONE

<b>Monday</b>	<b>Sandwiches with a choice of fillings</b>	<b>Fresh fruit</b> <b>Fromage frais</b>
<b>Tuesday</b>	<b>Pittas with a choice of fillings</b>	
<b>Wednesday</b>	<b>Fish cakes/fish fingers</b>	
<b>Thursday</b>	<b>Wraps with a choice of fillings</b>	
<b>Friday</b>	<b>Make your own pizza</b>	

### WEEK TWO

<b>Monday</b>	<b>Sandwiches with a choice of fillings</b>	<b>Fresh fruit</b> <b>Fromage frais</b>
<b>Tuesday</b>	<b>Pittas with a choice of fillings</b>	
<b>Wednesday</b>	<b>Vegetarian burgers</b>	
<b>Thursday</b>	<b>Wraps with a choice of fillings</b>	
<b>Friday</b>	<b>Make your own pizza</b>	

### WEEK THREE

<b>Monday</b>	<b>Sandwiches with a choice of fillings</b>	<b>Fresh fruit</b> <b>Fromage frais</b>
<b>Tuesday</b>	<b>Pittas with a choice of fillings</b>	
<b>Wednesday</b>	<b>Vegetarian hot dogs</b>	
<b>Thursday</b>	<b>Wraps with a choice of fillings</b>	
<b>Friday</b>	<b>Make your own pizza</b>	

*Freshly prepared salad is available with every meal (cucumber, carrot and tomatoes).*

*Fresh drinking water is available at all times.*

*Toppings/Fillings include, cheese spread, cheese, jam, butter, ham, chicken.*