

F.L.A.G

After School Snack Menu

(monthly rotation with Monday's option)

September - October	After School	Ingredients/Notes
Monday	Sandwiches with strawberry/raspberry jam and/or butter & fruit Milk and/or water	This option is available every day. Butter will be light/low fat spread with variety of fruit and semi-skimmed milk
Tuesday	Rice cakes or sandwiches with fillings of cheese or chicken	Variety of rice cakes & bread option this can also be wholemeal.
Wednesday	Breadsticks with dips and/or cucumber slices or cherry tomatoes/peppers	Variety of peppers, can eat with salad/dry or with dip(s)
Thursday	Wholemeal pitta or muffin, pizza topping with tomato sauce and cheese or baked beans	If allergic to dairy can have beans as an option to cheese
Friday	Crackers with cheese, jam or butter	

- Breakfast will be served with a variety of fruit juice, milk, toast and cereals.
- Near the end of every term we have "Chocolate Friday", with chocolate brioche and cereal. A healthier option of crumpets/bagels will also be available.