



### WASPS After School Club rolling menu

	Day 1	Day 2	Day 3	Day 4	Day 5
Snack	Fruit with cheese crackers or breadsticks	Fruit with cheese crackers or breadsticks	Fruit with cheese crackers or breadsticks	Fruit with cheese crackers or breadsticks	Fruit with cheese crackers or breadsticks
Tea	Baked Beans or spaghetti hoops on wholemeal toast  With a selection of vegetables	Cheesy wholemeal pasta  With a selection of vegetables	'Build your own wrap' (wholemeal) Homemade fillings include chicken tikka, tuna, egg, ham & cheese  Houmous, salad and crackers	Fish fingers in a wholemeal bap  Tortilla chips  With a selection of vegetables	Hot dogs on a wholemeal roll  Potato wedges/chips  With a selection of vegetables
Sandwich bar	Wholemeal bread with a choice of filling  Cheese, tuna or chicken breast, egg mayo, soft cheese & marmite	Wholemeal bread with a choice of filling  Cheese, tuna or chicken breast, egg mayo, soft cheese & marmite	*On request	Wholemeal bread with a choice of filling  Cheese, tuna or chicken breast, egg mayo, soft cheese & marmite	Wholemeal bread with a choice of filling  Cheese, tuna or chicken breast, egg mayo, soft cheese & marmite
Dessert	Fruit	Fruit	Fruit	Yoghurt/Fruit	Fruit
Drinks	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water