



Butterflies After-School Club
Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Baked beans on toast Dried fruit and seeds Fruit juice / water	Cheese and crackers Fresh fruit Water	Tomato soup and wholemeal bread Yogurt Fruit juice / water	Toasted teacake and butter Fresh fruit Milk	Jacket potato with butter and grated cheese Dried fruit / seeds Water
Week 2	Bagels, cream cheese and ham Fresh fruit Water	Toasted crumpet with butter and marmite Yogurt Fruit juice / water	Pitta bread, hummus, carrot and cucumber sticks Dried fruit and seeds Fruit juice / water	Spaghetti hoops on toast Dried fruit and seeds Milk	Boiled eggs and soldiers Fresh fruit Milk
Week 3	Pretzels / rice cakes, cheese, carrot and cucumber sticks Dried fruit and seeds Fruit smoothie	Carrot soup and wholemeal bread Yogurt Water	Sandwiches (children make their own with choice of various fillings) Dried fruit and seeds Milk	Toasted muffin, butter and toppings Yogurt and banana Water	Fish finger wraps Fresh fruit Water