

**Early Bloomers Breakfast and after school club**

**Food menu**

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 | **Cheesy Pasta**  Boiled Carrots or Broccoli Florets  Choice of Fruit.  water | **Fish Fingers**  Served with bread.  Baked Beans  Chopped lettuce  Water | **Pasta**  **Tomato and herb sauce**  Grated cheese  Cucumber  Water | **Sandwiches**  (Chicken slices/cheese)  Choice of Fruit  water or milk | **Tuna & Sweetcorn Pasta**  Cucumber Slices.  Water |
| Week 2 | **Tomato Soup**  Served with Wholemeal bread.  Choice of Fruit.  water | **Vegetable Biriyani**  Cucumber,  tomatoes & Sweet pepper salad water | **Cheesy Pasta**  Boiled Carrots or Broccoli Florets  Carrot sticks  Water | **Sandwiches**  (Chicken slices/cheese)  Choice of Fruit  with water or milk | **Pasta**  **Tomato and herb sauce**  Grated cheese  Cucumber  Water |

**Breakfast Club**

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|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Week 1 | Toast-Wholemeal  Choice of jams  Bread  Cereal  Fresh fruit  Drink of Milk or water | Toast-Wholemeal  Pancakes  Bread  Cereal  Fresh fruit  Drink of Milk or water | Toast-Wholemeal  Bread  Cereal  Fresh fruit  Drink of Milk or water | Toast-Wholemeal  Watermelon slices  Bread  Cereal  Fresh fruit  Drink of Milk or water | Toast-Wholemeal  Bread  Cereal  Fresh fruit  Drink of Milk or water |