

**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 BeansChopped lettuce  Water  | **Pasta** **Tomato and herb sauce** Grated cheeseCucumber 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 cheeseCucumber Water  |

**Breakfast Club**

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|  | Monday  | Tuesday  | Wednesday | Thursday  | Friday  |
| Week 1  | Toast-WholemealChoice of jamsBreadCerealFresh fruitDrink of Milk or water | Toast-WholemealPancakesBreadCerealFresh fruitDrink of Milk or water | Toast-WholemealBreadCerealFresh fruitDrink of Milk or water | Toast-WholemealWatermelon slicesBreadCerealFresh fruitDrink of Milk or water | Toast-WholemealBreadCerealFresh fruitDrink of Milk or water |