

SCHOOLS' OUT

Sample Daily Menu

<p>Early Morning Snack 8.45-9.30am</p>	<p>Fresh fruit, fruit juice or fresh semi-skimmed milk</p> <p>Selection of Wholegrain Breakfast Cereals</p> <p>Wholemeal toast/crumpets/pancakes with a selection of spreads</p>
<p>Lunch 12-12.30pm</p>	<p>Hot Roast Chicken with Sage & Onion Stuffing /Cranberry Sauce or Tuna Mayo On Wholemeal Rolls or Wraps</p> <p>Sausage Rolls</p> <p>Easy Eat Salad (cucumber sticks, tomatoes, pepper sticks)</p> <p>Ice Cream /Wafer/Chocolate Sauce, Fresh Fruit</p>
<p>Afternoon Tea 3.45-4.30pm</p>	<p>Baked Potatoes with Cheddar Cheese</p> <p>Homemade Coleslaw</p> <p>Corn on the Cob</p> <p>Fresh Fruit, Yoghurts</p>
<p>Snacks throughout the day</p>	<p>Selection of Fresh Whole and Prepared Fruit</p> <p>Water</p>

A vegetarian option is available at every meal

Nutritional Information

We provide a mixture of wholegrain/non-wholegrain carbohydrates. This is because at a very young age, a too high fibre diet (ie all wholegrain products) would fill the children too much so that they do not then receive sufficient nutrition from the other foods they eat. We make sure that we offer a variety of complex carbohydrates during the week and 5 portions of fruit and vegetables (sometimes hidden) per day (full days during Holiday Club only). All meals, including vegetarian, include protein with each meal and oily fish is on the menu at least once a week. We do not add salt and monitor salt content of purchased foods to keep it to a minimum. We aim for children to have at least 80% of their RDA of iron offered in their full day holiday club diet. All yoghurts provided contain less than 15g sugar in every 100g. Water is available throughout the day and is also offered at mealtimes. Full-fat milk (EYFS children only), semi-skimmed milk and fruit juice is available at breakfast, and occasionally at other mealtimes.

Special Dietary Requirements

We cater for many special dietary requirements, if your child needs a different option to those listed above, please inform the team members in your club in advance. Thank you.