

SCHOOLS OUT

AFTERNOON TEA MENU

Unlimited fresh fruit available throughout the session

| <i>Sample</i> | <i>Tea</i> |
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| Monday | <p>Reduced-salt Baked Beans on Wholemeal toast</p> <p>Dried/Fresh Fruit & Yoghurts</p> |
| Tuesday | <p>Crumpets with smoked mackerel pate and cucumber Vegetable Platter</p> <p>Dried/Fresh Fruit & Yoghurts</p> |
| Wednesday | <p>Ham &/or Cheese Croissants Salad Platter</p> <p>Dried/Fresh Fruit & Yoghurts</p> |
| Thursday | <p>Wholemeal Baps with Turkey & Cranberry or Quorn slices and Cream Cheese Salad Platter</p> <p>Dried Fresh Fruit & Yoghurts</p> |
| Friday | <p>Tuna & Sweetcorn Wholemeal Pitta breads Vegetable Platter</p> <p>Dried/Fresh Fruit & Yoghurts</p> |

Nutritional Information

We provide a mixture of wholegrain/non-wholegrain carbohydrates. This is because at a very young age, a too high fibre diet (i.e. 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 carbohydrate during the week and 5 portions of fruit & 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 and 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.