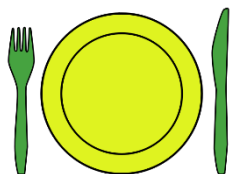
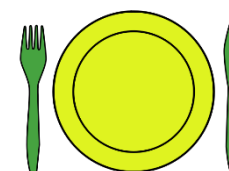


After school club menu Term 3



When you eat food with your family and friends, it always tastes better!



Week	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Fill your own Pitta Fruit	Beans on toast plus fruit yoghurt Fruit	Tomato pasta and garlic bread Fruit	Cheese and tomato Pizza and veg/salad Fruit	Jacket potato – tuna / cheese Fruit
Week 2	Cheesy Pasta Fruit	Vegetable stir fry and noodles Fruit	Build your own wraps plus fruit yoghurt Fruit	Cheese and tomato Pizza and veg/salad Fruit	Soup and a bread roll Fruit
Week 3	Vegetable stir fry and noodles Fruit	Spaghetti on toast Fruit	Tomato pasta and garlic bread Fruit	Cheese and tomato Pizza and veg/salad Fruit	Vegetable curry and Chapatti Fruit

Milk and water available daily

