





Afterschool Club: Autumn Term 2023 Snack Menu




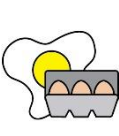
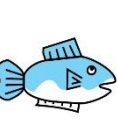
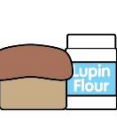

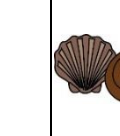
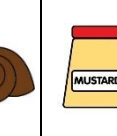



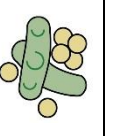

| | <u>Monday</u> | <u>Tuesday</u> | <u>Wednesday</u> | <u>Thursday</u> | <u>Friday</u> |
|----------------------|--|---|---|---|--|
| <u>Snacks</u> | <p>Ham or Cheese Sandwiches</p>  <p>Fresh Fruit</p> | <p>Tortilla wrap filled with Ham or Cheese</p>  <p>Fruit Salad</p> | <p>Bagel with Cream Cheese</p>  <p>Carrot sticks</p> | <p>Tomato Pasta with Tomato sauce</p>  <p>Fresh Yoghurts</p> | <p>Pitta bread with houmous</p>  <p>Cucumber Sticks</p> |
| <u>Drinks</u> | Water | Milk | Water | Milk | Water |

Fresh fruit and water are always available during the club and easily accessible to the children.

Our snack menu has been designed in line with Welsh Government's best practice guidance for Food & Nutrition

If your child doesn't like what's on offer, we will always cater for something they do like to ensure they've a snack.

Little Disciples Snack Menu: Dishes and their allergen content

| Dishes |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|--------------------------------------|---|---|---|---|---|--|---|---|---|---|---|---|---|---|
| | Celery | Cereals containing gluten* | Crustaceans | Eggs | Fish | Lupin | Milk/dairy | Mollusc | Mustard | Nuts [†] | Peanuts | Sesame seeds | Soya | Sulphur Dioxide |
| Bagel with Cream Cheese | | ✓ | | | | | ✓ | | | | | | | |
| Ham/Cheese Sandwiches | | ✓ | | | | | | | | | | | | |
| Pitta Bread with Humous | | ✓ | | | | | | | | | | | | |
| Crackers with butter/cream cheese | | ✓ | | | | | ✓ | | | | | | | |
| Ham/Cheese Wrap | | ✓ | | | | | ✓ | | | | | | | |
| Milk & Yoghurts | | | | | | | ✓ | | | | | | | |
| Tomato Pasta with Tomato Sauce | | ✓ | | ✓ | | | ✓ | | | | | | | |
| Breadsticks with Humous/Cream Cheese | | ✓ | | | | | ✓ | | | | | | | |
| Cheese & Vegetable Stick | | | | | | | ✓ | | | | | | | |

Review date: September 2023

Reviewed by: Mr S. Gocher (Manager)