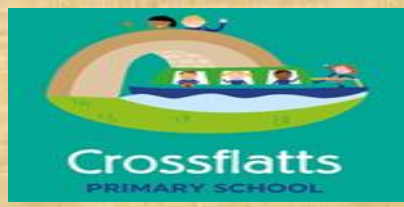


Fresh fruit & yogurts available every day



The Willows Afterschool club Menu Week 1

Monday Tuesday Wednesday Thursday Friday

Hot dog or Vegetarian Hot dog

Chicken or Cheese wrap & salad pot

Spaghetti on toast & Bake of the Day

Pizza Slice & Milk shake

Crumpets or English Muffins
Fruit skewers, popcorn

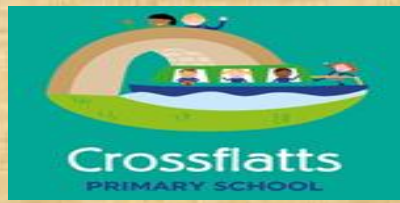
Ten fat sausages, sizzling in a pan. Ten fat sausages, sizzling in a pan. One went POP and the other went BANG!



Did you know Blueberries are a Superfood, be Super and eat some this week!



Fresh fruit
& yogurts
available
every day



The Willows Afterschool club Menu Week 2

Monday Tuesday Wednesday Thursday Friday

Assorted
sandwiches
&
Baked
Crisps

Beans
on
toast
&
Bake of
the Day

Pizza
slice
Salad pot
&
Milk
shake

Soup &
a roll
&
flapjack

Crackers
with babybel
Cream cheese
Popcorn
Fruit skewers

Run, run as
fast as you
can't catch
me I'm the
gingerbread
man!



Did you know
One of our
Salad pots
counts as 1 of
your 5 a day.
So be super
smart and eat
your veggies
today!



Fresh fruit
& yogurts
available
every day



The Willows Afterschool club Menu Week 3

Monday Tuesday Wednesday Thursday Friday

Pizza
slice
&
Milk
shake

Hummus or
Cream cheese
with
Carrot
& Cucumber
Batons

Ham
& Cheese
toastie
Veggie Ham
available

Pasta
pots
&
Bake of
the day

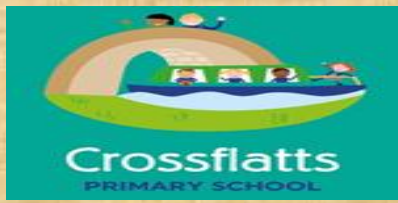
Toasted
bagel
Fruit
skewers
Popcorn

Did you
know
Pasta
makes
you faster
so make
sure you
eat yours
this week!



Did you know
Your bones
need calcium to
grow
1 glass of milk
contains 305mg
of calcium
So drink up
your milk every
day!





The Willows Breakfast club Menu

Monday Tuesday Wednesday Thursday Friday

Choice of cereals	Choice of cereals	Choice of cereals	Choice of cereals	Waffle
Toast with butter or jam	Bagel with butter or jam	crumpet with butter or jam	Toast with butter or jam	With fruit Cream & Honey or Cereal/toast

- Available every day
- Fresh fruit
- Yogurts
- Frubes
- Fresh apple & orange juice
- Fresh milk



Did you know
We get our
day off to a
great start
by doing fun
activities
every day

