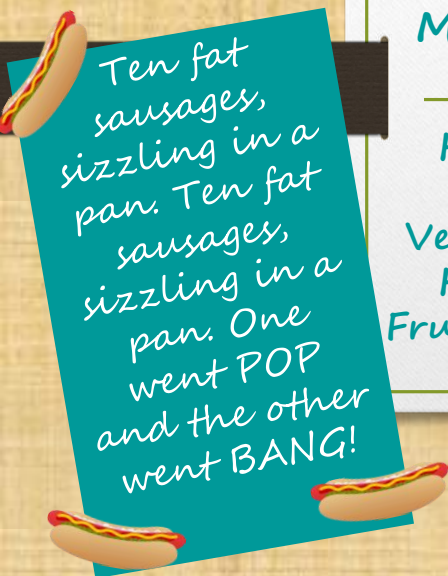


The Willows Afterschool club Menu Week 1

Monday Tuesday Wednesday Thursday Friday

Hot dog or Vegetarian Hot dog Fruit Platter	Chicken or Cheese wrap & salad popcorn	Spaghetti on toast & Biscuits	Pizza Slice & Milk shake	Crumpets Fruit Platter Tray bake
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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 & Milk shake	Pizza slice Salad & Biscuits	Vegetarian Quesadilla Fruit platter popcorn	Toasted Bagel Fruit platter Gingerbread men
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Run, run as
fast as you
can 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!





The Willows Afterschool club Menu Week 3

Monday Tuesday Wednesday Thursday Friday

Pizza
slice
Salad
&
Milk
shake

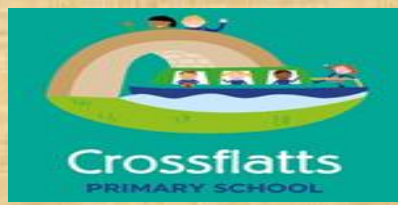
Toasted
bagel
Fruit
skewers
Popcorn

Scrambled
egg on toast
Fruit
platter
Biscuits

Pasta
Bake
&
Garlic
bread

Crackers
with various
toppings
Fruit platter
Tray bake





The Willows Breakfast club Menu Week 3

Monday Tuesday Wednesday Thursday Friday

Choice of cereals	Choice of cereals	Choice of cereals	Choice of cereals	Waffle With fruit
Toast	Crumpet	Bagel	Toast	Cream
with butter or jam	with butter or jam	with butter or jam	with butter or jam	& 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