

3 WEEKLY FOOD AFTERNOON MENUS FOR ALL CLUBS



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Pancakes Cucumber apples	Soup with bread and butter Orange and pear	Sandwiches with ham, cheese or tuna Cucumber and mixed fruit	Pasta with sauce/cheese Garlic bread Carrot sticks Apples	Crackers Jam/butter/lemon curd Apple/orange/pear
WEEK 2	Crumpets Orange pear	Beans/spaghetti On toast Cucumber and mixed fruit	Noodles with garlic bread Carrot sticks and grapes	Toast with jam/butter/lemon curd Apple and pear	Soup with bread and butter Cucumber and oranges
WEEK 3	Wraps with ham, cheese or tuna Cucumber and mixed fruit	Pancakes Apples and oranges	Pasta with sauce/cheese Carrot sticks and pears	Crackers with butter or jam Cucumber and Apple	Beans/Spaghetti with toast Oranges and mixed fruit