

Smarties After School Club

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Activities	Activities	Activities	Activities	Activities
Construction activities Board games Mindfulness colouring	Construction activities Board games Mindfulness colouring	Construction activities Board games Mindfulness colouring	Construction activities Board games Mindfulness colouring	Construction activities Board games Mindfulness colouring
Fruit smoothie making	Craft club - change ideas weekly	Music / making instruments	Craft club - change ideas weekly	fruit milkshake making / movie night (from 4:30)
Menu	Menu	Menu	Menu	Menu
Beans on toast Wheat	Fish fingers & Potato Waffles Fish - Wheat	Wraps – assorted fillings / salad Wheat – fish - Milk	Quorn Nuggets & potato pops Wheat – egg - milk	Assorted sandwiches Fruit milkshake Wheat – fish - milk

Week 2				
Monday	Tuesday	Wednesday	Thursday	Friday
Activities	Activities	Activities	Activities	Activities
Construction activities Board games Mindfulness colouring	Construction activities Board games Mindfulness colouring	Construction activities Board games Mindfulness colouring	Construction activities Board games Mindfulness colouring	Construction activities Board games Mindfulness colouring
Ice-lolly making	Craft club - change ideas weekly	Pizza making for tea	Craft club - change ideas weekly	Fruit smoothie making / movie night (from 4:30)
Menu	Menu	Menu	Menu	Menu
Scrambled egg on toast Wheat - egg	Pasta & sauce - low fat / sugars & garlic bread fruit salad Wheat	Make your own Pizza - wrap base / toppings Banana / Custard Wheat – milk - buttermilk	Quorn Nuggets & potato pops Wheat – egg - milk	Assorted sandwiches / salad fresh fruit / fruit milkshake Wheat – fish – milk - egg

Yoghurt and fresh fruit / veg sticks (carrot, celery, peppers) available every day - low fat and frozen yoghurt available - bread 50:50 - cooked meats, cheese, tuna for sandwiches / wraps - dried apricots / raisins - Condiments no more than one tea spoon in a school day – **Allergens in bold**