



Culham After School Club

Europa School UK
OFSTED 2510434

	Week 1	Week 2	Week 3
Monday	Sandwiches with either cheese or ham with carrot sticks. (G, Mk ,So)	Muesli with milk or yoghurt, seeds, dates and dried fruit (G,P, Se, N,Mk)	Bread rolls with cheese and cucumber (G, E, Mk, So) May contain (E, N, P, Se)
Tuesday	After School Club made pizza. (G, Mk)	Tuna mayo with crispbreads and sweet corn (G, E ,F, Mu)	Baked beans on toast. (G, Mk)
Wednesday	Rice cakes, natural yoghurt, seeds and raisins. (Mk) (May contain N, Se, So)	Pasta with tomato sauce grated cheese. (G, Mk)	Baguettes, saucisson and olives (G, Mk)
Thursday	Naan, salsa and multi-coloured peppers. (G, Mk)	Savoury bagels with cream cheese or marmite and cucumber sticks (G, Mk)	Crumpets with butter/honey/jam (G, Mk)
Friday	Brioche with grapes (G ,E ,Mk) (May contain N, P)	Pain au chocolate with Grapes (G, Mk ,So) May contain (E,N,P)	Crackers with chopped vegetables and houmous (G, Mk, Se) (May contain Mk)

Ce – Celery E- Eggs G- Cereals (with Gluten) Mk -Milk Mu – Mustard P- Peanuts So-Soya Cr - Crustacean F- Fish
L- Lupin Mo – Molluscs N – Nuts Se – Sesame Seeds Su – Sulphur Dioxide