

**Rise & Shine Extended School
Breakfast Club Menu**

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wholemeal toast & jam	Wholemeal bagel	Toasted muffin	Wholemeal bagel	Wholemeal toast & jam
Weetabix	Cherrios	Shredded wheat	Cherrios	Cherrios
fresh fruit	Raisins	fresh fruit	Raisins	Fresh fruit

WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wholemeal bagel	Toasted muffin	Wholemeal toast & jam	Wholemeal toast & jam	Wholemeal bagel
Shredded Wheat	Weetabix	Cherrios	Cherrios	Porridge
Raisins	Fresh fruit	Raisins	Fresh fruit	Raisins

WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Toasted muffin	Wholemeal toast & jam	Wholemeal toast & jam	Wholemeal bagel	Wholemeal bagel
Cherrios	Shredded wheat	Weetabix	Cherrios	Porridge fruit
Fresh fruit	Raisins	Fresh fruit	Raisins	Fresh fruit

Water and milk will be offered daily

RISE AND SHINE EXTENDED SCHOOL

AFTERNOON SESSION MENU

WEEK 1				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti hoops on toast Apple slices	Tuna & mayonnaise roll Tomatoes and carrot sticks	Vegetarian hot dogs Orange quarters	Rice cakes or pitta bread with hummus Cucumber carrots	½ jacket potato with beans or cheese Melon and pear slices

WEEK 2				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Tomato soup with bread roll Orange quarters	Wholemeal pasta with cheese Grapes and blueberries	Spaghetti hoops on toast Apple slices	Cous cous with vegetables Banana or pear	Vegetarian Hot dogs Cucumber and carrots

WEEK 3				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
½ jacket potato with beans or cheese Grapes and pear slices	Wrap with tuna/cheese Pineapple/ melon	Tomato soup with bread roll Orange quarters or satsumas	Ham or Cheese Sandwich carrots/ cucumber/ tomatoes	Wholemeal pasta with tuna and low fat mayonnaise Low fat yoghurt

Water will be available at all times