AFTER SCHOOL CLUB MENU

CARBOHYDRATES:

TOAST
BAGELS
PITTA
WRAPS
CRUMPETS/MUFFINS
CRACKERS/RICE CAKES
BREADSTICKS

FILLNGS:

BUTTER
SPREADABLE CHEESE
CHEDDAR CHEESE
MARMITE
JAM/MARMALADE/LEMON
CURD
TUNA

VEGETABLES:

PEPPERS
CARROTS
LETTUCE
CUCUMBER
SWEETCORN
TOMATOES

FRUIT:

APPLES
PEARS
MELON/PINEAPPLE
ORANGES/SATSUMAS
BANANAS





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