













**SACRED HEART CATHOLIC VOLUNTARY ACADEMY
AFTER SCHOOL CLUB MENU**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tuna & Sweetcorn Pasta (w/gluten/fish/mustard/egg) or Chicken & Sweetcorn Pasta (w/gluten/mustard/egg)</p> 	<p>Sandwiches on Brown/Wholemeal Bread (w/gluten): Ham Cheese (milk) Egg Mayo (egg/milk/mustard) Tuna (fish/mustard/egg)</p> 	<p>Ham/Cheese (milk)/Tuna (fish/mustard/egg) Wraps (w/gluten) Carrot Sticks Cherry Tomatoes Cucumber</p> 	<p>Sandwiches on Brown/wholemeal Bread (w/gluten): Ham Egg Mayo (egg/milk/mustard)/Cheese (milk)/Tuna (fish/mustard/egg)</p> 	<p>Crumpets (w/gluten) or Toast (w/gluten) Jam, Cheese (milk) Carrot Sticks Cucumber</p> 
<p>Water/Milk/Juice</p> <p>Yoghurt (milk)</p> 	<p>Water/Milk/Juice</p> <p>Yoghurt</p> 	<p>Water/Milk/Juice</p> <p>Milkshake (milk)</p> 	<p>Water/Milk/Juice</p> <p>Yoghurt (milk)</p> 	<p>Water/Milk/Juice</p> <p>Milkshake (milk)</p> 
<p>Fresh Fruit: Bananas/Apples/Satsumas/Grapes/Watermelon</p>	<p>Fresh Fruit: Bananas/Apples/Satsumas/Grapes/Watermelon</p>	<p>Yoghurt (milk) Fresh Fruit: Bananas/Apples/Satsumas/Grapes/Watermelon</p>	<p>Fresh Fruit: Bananas/Apples/Satsumas/Grapes/Watermelon</p>	<p>Yoghurt (milk) Fresh Fruit: Bananas/Apples/Satsumas/Grapes/Watermelon</p>

