

Belton Playgroup After School Club Menu

Autumn 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Week 1

30th August
19th September
10th October

Jacket Potatoes
with tuna mayo & sweetcorn
or beans
Contains dairy, fish, eggs

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Bananas & Custard
Contains dairy

Chicken Nuggets
with vegetables and salad
Contains wheat, dairy

.....

Ice Cream
Contains dairy

Fish Finger Sandwiches
with crudities
Contains fish, wheat, dairy

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Low-calorie Jelly

Cheese on Toast
with spaghetti hoops or beans
Contains wheat, dairy

.....

Yoghurt
Contains dairy

Week 2

5th September
26th September

Hot Dogs
with crudities
Contains wheat, dairy

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Yoghurt
Contains dairy

Crumpets
with cheese spread and
crudities
Contains wheat, dairy

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Low-calorie Jelly

Muffin Pizzas
with various toppings
Contains wheat, dairy, fish

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Natural Yoghurt & Fruit
Contains dairy

Pasta Salad
with seasonal salad items &
garlic bread
Contains wheat

.....

Rice Pudding
Contains dairy

Week 3

12th September
3rd October

Crumpets
with cheese spread and
crudities
Contains wheat, dairy

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Yoghurt
Contains dairy

Pasta & Sausages
with crudities & garlic bread
Contains dairy, wheat

.....

Ice Cream
Contains dairy

Toasted Bagels
with cheese spread
Contains wheat and dairy

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Frozen Yoghurt
Contains dairy

Ham & Cheese
Sandwiches
with cucumbers, peppers &
carrot sticks
Contains wheat, dairy

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Low-calorie Jelly