

## **Extended Schools – SPLASH (After School Club) Menu**



|                 | Monday                       | Tuesday                          | Wednesday                          | Thursday                           | Friday                             |
|-----------------|------------------------------|----------------------------------|------------------------------------|------------------------------------|------------------------------------|
| W<br>E<br>E     | Pizza                        | Croissant with cheese            | Bacon Sandwiches                   | Ravioli                            | Doughballs with ham                |
| K<br>1          | Fruit/Yoghurt/<br>Vegetables | Fruit/Yoghurt/Salad              | Fruit/Yoghurt/<br>Vegetables       | Fruit/Yoghurt/Salad/<br>Vegetables | Fruit/Yoghurt/Salad/<br>Vegetables |
| w/c<br>24/02/25 | Juice/Water/Milk             | Juice/Water/Milk                 | Juice/Water/Milk                   | Juice/Water/Milk                   | Juice/Water/Milk                   |
| W<br>E<br>E     | Meatball sub                 | Sausage rolls and heart<br>tarts | Spaghetti bolognese                | Cheese on toast                    | Sandwiches                         |
| К<br>2          | Fruit/Yoghurt/Salad          | Fruit/Yoghurt                    | Fruit/Yoghurt/<br>Vegetables       | Fruit/Yoghurt                      | Fruit/Yoghurt/Salad/<br>Vegetables |
| w/c<br>03/03/25 | Juice/Water/Milk             | Juice/Water/Milk                 | Juice/Water/Milk                   | Juice/Water/Milk                   | Juice/Water/Milk                   |
| W<br>E<br>E     | Soup with Croutons           | Beans on toast                   | Bagels with cheese<br>spread       | Sausages and hash<br>browns        | Tea Cakes                          |
| K<br>3          | Fruit/Yoghurt                | Fruit/Yoghurt/Salad              | Fruit/Yoghurt/Salad/<br>Vegetables | Fruit/Yoghurt                      | Fruit/Yoghurt/<br>Vegetables       |
| w/c<br>10/03/25 | Juice/Water/Milk             | Juice/Water/Milk                 | Juice/Water/Milk                   | Juice/Water/Milk                   | Juice/Water/Milk                   |

Fruit available daily will be a selection from: For Snack Time: bananas, oranges, melon, apples, dried fruit and other seasonal fruits.

For Tea Time: strawberries, raspberries, grapes, bananas, melon, blueberries, kiwi and other seasonal fruits. Salad Vegetables: carrot sticks, cucumber, peppers, sweetcorn, and cherry tomatoes.

(This is a three week rotating menu and is subject to change when necessary.)

Please note that a vegetarian and vegan option or alternative is always available.

| W                    | BBQ chips                    | Savoury rice                       | Hot dogs                           | Nuggets and waffles          | Make your own fruit                |
|----------------------|------------------------------|------------------------------------|------------------------------------|------------------------------|------------------------------------|
| E                    |                              |                                    |                                    |                              | salad                              |
| к                    | Fruit/Yoghurt/Salad          | Fruit/Yoghurt/Salad                | Fruit/Yoghurt/<br>Vegetables       | Fruit/Yoghurt                | Fruit/Yoghurt/Salad/<br>Vegetables |
| 4<br>w/c<br>17/03/25 | Juice/Water/Milk             | Juice/Water/Milk                   | Juice/Water/Milk                   | Juice/Water/Milk             | Juice/Water/Milk                   |
| W                    | Sausage muffins              | Tomato pasta                       | Noodles                            | Couscous                     | Cheesy crumpets                    |
| E<br>E<br>K          | Fruit/Yoghurt/<br>Vegetables | Fruit/Yoghurt/Salad/<br>Vegetables | Fruit/Yoghurt                      | Fruit/Yoghurt/Salad          | Fruit/Yoghurt                      |
| 5<br>w/c<br>24/03/25 | Juice/Water/Milk             | Juice/Water/Milk                   | Juice/Water/Milk                   | Juice/Water/Milk             | Juice/Water/Milk                   |
| W<br>E<br>E          | Veggie fingers and<br>salad  | Naan breads with<br>falafels       | Cheesy chips                       | Chicken and rice             | Toast and crumpets                 |
| К<br>6               | Fruit/Yoghurt                | Fruit/Yoghurt/Salad                | Fruit/Yoghurt/Salad/<br>Vegetables | Fruit/Yoghurt/<br>Vegetables | Fruit/Yoghurt                      |
| w/c<br>31/03/25      | Juice/Water/Milk             | Juice/Water/Milk                   | Juice/Water/Milk                   | Juice/Water/Milk             | Juice/Water/Milk                   |

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