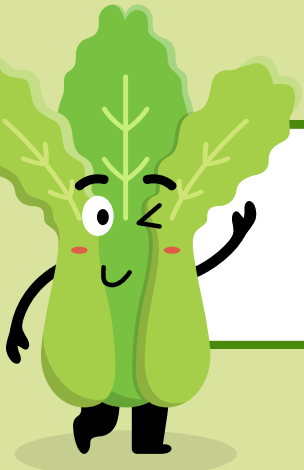
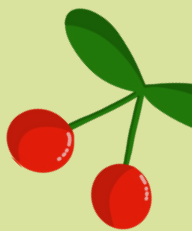




The Club Menu Meal Planner



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	MAINS Cheese, Ham or Tuna sandwiche DESSERT Cookie	MAINS Taco Tuesday DESSERT Rice Pudding	MAINS Penne Pasta with tomato sauce DESSERT Ice pops	MAINS Spaghetti Carbonara DESSERT Satsuma	MAINS Cheese Pizza DESSERT Melon slices
Week 2	MAINS Mac n Cheese DESSERT Freeze pops	MAINS Chilli Con Carne with rice DESSERT Jaffa cake	MAINS Hot dogs DESSERT Custard	MAINS Fusilli with pasta sauce DESSERT Popcorn	MAINS Fishy Friday - Fish finger sandwiche DESSERT Trifle
Week 3	MAINS Spaghetti and tomato sauce DESSERT Raspberries	MAINS Cheese, ham and tuna bagels DESSERT Raisins	MAINS Southern fried chicken wrap DESSERT Blueberries	MAINS Sweet and sour noodles DESSERT Yoghurt	MAINS Curry with rice DESSERT Profiteroles



Notes Each meal is offered with variety of sides (there will be 4 different options each day):
 Sweetcorn, peppers, pear slices, apple slices, cucumber sticks, peaches, grapes, tomatoes, raisins,
 blueberries, bananas & apricots.

*All meals have vegetarian options

