



The Parachute Club's Menu

Breakfast Club

Selection of eight cereals with Semi Skimmed Milk.

Toast with a choice of Butter/Jam/Lemon Curd/Natural Honey.

Afterschool Club

Main: *Beans & Sausage on toast Spaghetti Hoops on toast*

Toast, crumpets, waffles, panckaes

Hot dogs with roll

Soup Tomato or Chicken

Noodles, rice, pasta macaroni cheese,

Sandwiches Ham/Cheese/Jam

Afters: *Grapes/ pears*

Strawberries/ Melon

Ice Cream

Jellies (Sugar Free)

Yoghurt (Low Calorie)

Ice Lollies (Sugar Free)

Healthy Options:

Cucumber/Carrots

Tomatoes /Celery

Unlimited: *sugar free juice / water*

Apples & Oranges

For special occasions:

Crisp & Popcorn

Should your child have any special dietary requirements please inform a member of staff.