



CAPTAIN'S CREW MENU



Fruit will always be available for the children during the session

Week 1		Week 2
<u>Breakfast:</u> <i>Choice of 3 cereals, toast and yoghurt</i>		
Monday	<i>Crumpets with cheese and salad Yoghurts</i>	<i>Scrambled egg and beans on toast</i>
Tuesday	<i>Homemade pizza with a choice of toppings</i>	<i>Crumpets with cheese and salad Yoghurts</i>
Wednesday	<i>Scrambled egg and beans on toast Baking activity</i>	<i>Whole-wheat wraps with chicken or ham, tortilla chips, cheese, cucumber, carrot sticks and tomatoes</i>
Thursday	<i>Whole-wheat wraps with chicken or ham, tortilla chips, cheese, cucumber, carrot sticks and tomatoes</i>	<i>Whole-wheat pasta with sausages, peas and sweetcorn Baking activity</i>
Friday	<i>Whole-wheat pasta with sausages, peas and sweetcorn Yoghurts</i>	<i>Homemade pizza with a choice of toppings</i>