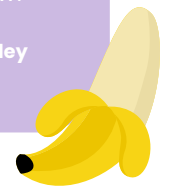
WEEK 1

WISE OWLS CHILDCARE
COURTHOUSE AFTER SCHOOL CLUB – WINTER MENU

At Wise Owls Childcare, we recognise the important role good nutrition plays in children's health, growth and wellbeing. Our after-school club menu offers a variety of balanced, nourishing meals and snacks to help children refuel after a busy day at school. With familiar favourites and plenty of variety, we aim to make mealtimes enjoyable while encouraging children to explore new foods and flavours.
We are committed to meeting the individual needs of every child in our care. Suitable alternatives will be provided where necessary to accommodate allergies and dietary requirements, ensuring every child can safely enjoy the meals and snacks provided.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Build your own baked potato bar! Choose from a choice of toppings: Tuna, baked beans or grated cheddar cheese **Contains Fish, Egg, Mustard, Milk**	Hidden veg mac & cheese (cauliflower, butternut squash) served with garlic bread **Contains Wheat, Milk**	Hearty cumberland sausage casserole with fluffy mashed potato (Butcher's meat) **Contains Celery**	Spaghetti Bolognese served with wholewheat spaghetti and a rich, tasty tomato sauce (Butcher's meat) **Contains Wheat, Celery**	Tender Hunter's BBQ chicken served with brown rice (Butcher's meat)
Veggies/Salad Colourful veggie sticks: cucumber, carrot and pepper	**Veggies/Salad** Crunchy cucumber batons	**Veggies/Salad** Chopped carrots	**Veggies/Salad** Tender green beans	**Veggies/Salad** Sweetcorn
Dessert Natural yoghurt with seasonal fruit **Contains Milk**	**Dessert** Homemade apple and berry crumble **Contains Wheat, Oats, Milk**	**Dessert** Natural yoghurt with tinned peaches **Contains Milk**	**Dessert** Apple & cinnamon rice pudding **Contains Milk**	**Dessert** Make your own fruit salad bar!
Snack PM Chopped apple & cheddar cubes **Contains Milk**	**Snack PM** Seasonal fruit bowl & oat cakes **Contains Oats**	**Snack PM** Seasonal fruit bowl & rice cakes	**Snack PM** Seasonal fruit bowl & oat cakes **Contains Oats**	**Snack PM** Seasonal fruit bowl & breadsticks **Contains Wheat, Barley**



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wise owls childcare

WEEK 1 – VEGGIE

WISE OWLS CHILDCARE
COURTHOUSE AFTER SCHOOL CLUB – WINTER MENU

VEGETARIAN • VEGETARIAN

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Build your own baked potato bar! Choose between baked beans or grated cheddar cheese **Contains Mustard, Milk**	Hidden veg mac & cheese (cauliflower, butternut squash) with garlic bread **Contains Wheat, Milk**	Meat free sausage casserole with fluffy mashed potato **Contains Celery, Eggs, Wheat, Barley**	Meat free mince in a rich, tasty tomato Bolognese sauce, served with wholewheat spaghetti **Contains Wheat, Celery, Eggs, Barley**	Meat free Hunter's BBQ chicken fillets served with brown rice **Contains Eggs**
Veggies/Salad Colourful veggie sticks: cucumber, carrot and pepper	**Veggies/Salad** Crunchy cucumber batons	**Veggies/Salad** Chopped carrots	**Veggies/Salad** Tender green beans	**Veggies/Salad** Sweetcorn
Dessert Natural yoghurt with seasonal fruit **Contains Milk**	**Dessert** Homemade apple and berry crumble **Contains Wheat, Oats, Milk**	**Dessert** Natural yoghurt with tinned peaches **Contains Milk**	**Dessert** Apple & cinnamon rice pudding **Contains Milk**	**Dessert** Make your own fruit salad bar!
Snack PM Chopped apple & cheddar cubes **Contains Milk**	**Snack PM** Seasonal fruit bowl & oat cakes **Contains Oats**	**Snack PM** Seasonal fruit bowl & rice cakes	**Snack PM** Seasonal fruit bowl & oat cakes **Contains Oats**	**Snack PM** Seasonal fruit bowl & breadsticks **Contains Wheat, Barley**



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wise owls childcare

WEEK 2

WISE OWLS CHILDCARE
COURTHOUSE AFTER SCHOOL CLUB – WINTER MENU

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gently spiced chickpea & carrot curry served with fluffy brown rice & warm flatbread **Contains Sulphites, Celery, Wheat**	Hearty beef chilli in a rich tomato sauce served with brown rice (Butcher's meat) **Contains Celery**	Beef meatballs in tomato sauce with wholewheat pasta served with garlic bread (Butcher's meat) **Contains Wheat, Milk**	Tender roast chicken served with roast potatoes, fluffy Yorkshire pudding and vegetable gravy (Butcher's meat) **Contains Wheat, Eggs, Milk, Soya**	Build your own baked potato bar! Choose from a choice of toppings: Tuna, baked beans or grated cheddar cheese **Contains Fish, Eggs, Mustard, Milk**
Veggies/Salad Garden peas	**Veggies/Salad** Broccoli florets	**Veggies/Salad** Sweetcorn	**Veggies/Salad** Chopped carrots	**Veggies/Salad** Colourful veggie sticks: cucumber, carrot and pepper
Dessert Homemade banana bread **Contains Wheat, Eggs**	**Dessert** Natural yoghurt & seasonal fruit **Contains Milk**	**Dessert** Homemade apple & berry crumble **Contains Wheat, Oats, Milk**	**Dessert** Natural yoghurt with tinned peaches **Contains Milk**	**Dessert** Apple & cinnamon rice pudding **Contains Milk**
Snack PM Seasonal fruit bowl & oat cakes **Contains Oats**	**Snack PM** Chopped apple & cheddar cheese cubes **Contains Milk**	**Snack PM** Seasonal fruit bowl & oat cakes **Contains Oats**	**Snack PM** Seasonal fruit bowl & breadsticks **Contains Wheat, Barley**	**Snack PM** Seasonal fruit bowl & rice cakes



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WEEK 2 - VEGGIE

WISE OWLS CHILDCARE
COURTHOUSE AFTER SCHOOL CLUB – WINTER MENU

VEGETARIAN • VEGETARIAN

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Gently spiced chickpea & carrot curry served with fluffy brown rice & warm flatbread **Contains Sulphites, Celery, Wheat**	A warming meat free bean chilli in a rich tomato sauce served with brown rice **Contains Celery, Eggs, Barley**	Juicy meat free meatballs in tomato sauce with wholewheat pasta served with garlic bread **Contains Wheat, Milk, Eggs, Barley**	Tender meat free chicken fillets served with roast potatoes, fluffy Yorkshire pudding and vegetable gravy **Contains Wheat, Eggs, Milk, Soya**	Build your own baked potato bar! Choose between baked beans or grated cheddar cheese **Contains Mustard, Milk**
Veggies/Salad Garden peas	**Veggies/Salad** Broccoli florets	**Veggies/Salad** Sweetcorn	**Veggies/Salad** Chopped carrots	**Veggies/Salad** Colourful veggie sticks: cucumber, carrot and pepper
Dessert Homemade banana bread **Contains Wheat, Eggs**	**Dessert** Natural yoghurt & seasonal fruit **Contains Milk**	**Dessert** Homemade apple & berry crumble **Contains Wheat, Oats, Milk**	**Dessert** Natural yoghurt with tinned peaches **Contains Milk**	**Dessert** Apple & cinnamon rice pudding **Contains Milk**
Snack PM Seasonal fruit bowl & oat cakes **Contains Oats**	**Snack PM** Chopped apple & cheddar cheese cubes **Contains Milk**	**Snack PM** Seasonal fruit bowl & oat cakes **Contains Oats**	**Snack PM** Seasonal fruit bowl & breadsticks **Contains Wheat, Barley**	**Snack PM** Seasonal fruit bowl & rice cakes

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