

AFTER SCHOOL CLUB 'LIGHT BITE' MENU

SYTHWOOD PRIMARY SCHOOL

MONDAY

FISH, CHIPS & PEAS

Ingredients: Fish Fingers - Alaska Pollock, Batter & Rapeseed Oil (**Fish, Wheat, Mustard & Milk**), Chips - Potatoes & Sunflower Oil

TUESDAY

VEGETARIAN HOT DOGS & SALAD BAR

Ingredients: Quorn Meat Free Sausages (**Barley, Eggs & Wheat**), Bread Roll (**Soya & Wheat**), Ketchup (**Celery**)
Salad Bar: Carrot Sticks, Cucumber, Sweetcorn & Peppers

WEDNESDAY

RAINBOW RICE & SALAD BAR

Ingredients: Brown Rice, Sweet Corn, Peppers, Peas
Salad Bar: Carrot Sticks, Cucumber, Sweetcorn & Peppers

THURSDAY

TOMATO & VEGGIE PASTA & GARLIC BREAD

Ingredients: Fusilli (**Wheat**), Garlic Bread (**Milk & Wheat**), Tomato & Cheese Pasta Sauce - Water, Tomatoes (19%), Mascarpone Cheese (**Milk**) (Lactic Acid, Citric Acid), Basil, Yeast Extract, Dried Onion, Peas

FRIDAY

PITTA BREAD PIZZA

Ingredients: Pitta Bread (**Wheat**), Cheddar Cheese (**Milk**), Tomato & Basil Pizza Sauce - Partially Concentrated Tomatoes (74%), Tomato Purée Concentrate (14%), Onions (4%), Rapeseed Oil, Modified Maize Starch, Sugar, Salt, Garlic Purée, Acidity Regulator (**Citric Acid**), Oregano, Basil, Black Pepper, Optional Toppings of Sweetcorn & Peppers

DESSERTS

Yoghurt (**Milk**), Fruit & Crackers (**Wheat & Soya**)



PLEASE NOTE:

This menu is prepared in the school's kitchen, where other food and ingredients not displayed on this menu are also prepared. Please contact NSSport if your child has any specific allergies. We cannot guarantee the school kitchen is allergen free, if you have any concerns contact NSSport.

All of our meals are catered to those of a halal diet as well as vegetarians.