

St. Mary's Snack Menu



Please see below our 4 weekly snack planners until October half term 2023. This snack menu is subject to change if we are having a culture themed week or celebrations. Weekly menu plans can be found on the parent's desk when signing in/out your child. All dietary requirements are met and can be found on the club parent board.

A reminder to parents, this is a snack menu, children will require dinner.

Week 1 Dates: 17 th Apr / 15 th May / 19 th June / 25 th Sept		Children at clubs	Allergens
Monday	Chicken pitta 1.v. with houmous 5.v peppers and apple	Same	1.Wheat Gluten
Tuesday	Fish fingers 1.8. with carrots and strawberries (ketchup v)	Pitta bread	2.Crustaceans
Wednesday	Ham wrap 1.v. with cucumber, lettuce and custard 7.vg	Same	3.Soybeans
Thursday	Vegetable noodles 1.12.v with sweetcorn and orange	Wrap	4.Mustard
Friday	Pasta 1.v with tomato sauce vg green beans and raisins	Wrap	5.Sesame
Week 2 Dates: 24 th Apr / 22 nd May / 26 th June / 4 th Sept / 2 nd Oct		Children at clubs	
Monday	Tuna mayo 4.8.9.vg or plain pasta 1.v with peas and orange	Wrap	6.Sulphites
Tuesday	Flatbread 1.vg with houmous 5.v /coleslaw 4.7.9.vg, peppers and pears	Same	7.Milk
Wednesday	Chicken 7. curry 4.7. with rice and fruit yoghurt 7.	Wrap	8.Fish
Thursday	Cheese 7.vg wrap 1.v. with cucumber and melon	Same	9.Egg
Friday	Pizza 1.7.vg with olives and apple	Wrap	10.Peanuts
			11.Molluses
Week 3 Dates: 1 st May / 5 th June / 3 rd July / 11 th Sept / 9 th Oct		Children at clubs	
Monday	Ham toasties 1.3.v. with cucumber and custard 7.vg	Same	12.Celery
Tuesday	Vegetable noodles 1.12.v with green beans and raisins	Wrap	13.Nuts
Wednesday	Cheese 7.vg wrap 1.v. with olives and banana	Same	14.Lupins
Thursday	Pitta bread 1.v. with carrots and apple	Same	15.Oat Gluten
Friday	Pasta 1.v with tomato sauce vg sweetcorn and pear	Pitta bread	16.Barley Glut
Week 4 Dates: 8 th May / 12 th June / 10 th July / 18 th Sept		Children at clubs	Other info
Monday	Pizza 1.7.vg with sweetcorn and strawberries	Wrap	V. Vegan
Tuesday	Chicken wrap 1.v. with lettuce, olives and banana	Same	Vg. Vegetarian
Wednesday	Pasta 1.v with tomato sauce vg with broccoli and raisins	Wrap or bagel	
Thursday	Ham bagel 1.3.16. with cucumber and shortbread 1.7.vg	Same	
Friday	Cheese 7. / Quorn v.vg toasties 1.3.v.vg peppers, melon	Same	

Fussy eater? – Do not worry, we will not be putting children into the stockades. We encourage children to try new foods and I do try my best to ensure fussy eaters have other foods available. For example, pasta and pasta sauces are cooked separately.

Allergen information:

Food allergen information can be found on the side. Providing families have recorded or reported their child's allergen, the team will have this record of children's allergies and requirements inside the Studio kitchen 'locked cupboard'. The menu planners for children with allergens/other dietary requirements can be found on the children's desk. Or I can email the 4 menu planners to you.

Other information:

This club's food is sourced and delivered by Sainsburys. When foods are not available or we receive unsuitable substitutions, we shall source foods from Aldi or Tesco's. Food policy will stay in line with school policy. Superkids follow the standards from environmental health England. The club currently has a 5 star rating from last inspection.