



## Monthly Menu – The Aviary

### *The Aviary Out of School Care*

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheese on toast  Fresh Fruit	Pasta with basil and tomato sauce  Fresh Fruit	Selection of savoury sandwiches  Rice Pudding	Crackers, cheese and grapes  Yoghurt	Spaghetti hoops on toast  Sugar Free Jelly
Week 2	Tomato Soup with baguette  Fresh Fruit	Pitta pockets with a variety of savoury fillings.  Fresh Fruit	Crumpets with a selection of crudités  Sugar Free Jelly	Beans on Toast  Yoghurt	Crackers, cheese and grapes  Rice Pudding
Week 3	Scrambled egg on toast  Fresh Fruit	Pasta with basil and tomato sauce  Fresh Fruit	Selection of savoury sandwiches  Rice Pudding	Homemade cheese and tomato Pizza  Yoghurt	Spaghetti hoops on Toast  Sugar Free Jelly
Week 4	Macaroni cheese and salad  Fresh Fruit	Homemade cheese and tomato Pizza  Fresh Fruit	Pitta pockets with a variety of savoury fillings.  Rice Pudding	Crumpets with a selection of crudités  Sugar Free Jelly	Beans on Toast  Yoghurt