Go Beanies After School Club Menu

Day	Week 1	Week 2	Week 3
Monday	Pasta & sauce G, M	Wraps with ham, chicken, cheese or tuna mayo G, M, F, E, Mu	Hot dogs G, M, E, Mu, S
Tuesday	Wraps with ham, chicken, cheese or tuna mayo G, M, F, E, Mu	Hot dogs G, M, E, Mu, S	Fish fingers & chips G, F
Wednesday	Hot dogs G, M, E, Mu, S	Fish fingers & chips G, F	Beans/Hoops on toast G, M, S
Thursday	Fish fingers & chips G, F	Beans/Hoops on toast G, M, S	Pasta & sauce G, M
Friday	Beans/Hoops on toast G, M, S	Pasta & sauce G, M	Wraps with ham, chicken, cheese or tuna mayo G, M, F, E, Mu
Breakfast	***Options include:*** *Toast with butter or Marmite, Cornflakes, Cheerios, Weetabix, Rice Krispies with semi-skimmed milk* G, M, S, C		

'14 major food allergens' **key: Gluten/Cereals** (G), **Egg** (E), **Fish** (F), **Soybeans/Soya** (S), **Celery** (C), **Crustaceans** (Cr), **Lupin** (L), **Milk** (M), **Molluscs** (Mo), **Mustard** (Mu), **Peanuts** (P), **Sesame seeds** (Se), **Sulphites** (Su), **Nuts (tree nuts) – including may contain** (N), **Gluten free** (GF)

Every meal is served with a choice of 2-4 fresh fruit and vegetable side options

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Food item	Brand	Allergen information	Allergen code
Pasta	Tesco – Fusilli Pasta Twists 1Kg	Wheat	**G**
Wraps	Tesco – Wholemeal tortilla wraps 8 pack	Wheat	**G**
Hot dog rolls	Tesco – Soft white Hot Dog Rolls 6 pack	Wheat	**G**
Sliced ham	Eastmans - Cooked ham slices 400g	Gluten free breadcrumbs	**GF**
Sliced chicken	Tesco – wafer thin roast chicken slices 400g	Egg	**E**
Grated cheese	Tesco – British medium grated cheddar cheese 250g	Milk	**M**
Pizza	Hearty food – Thin cheese and tomato pizza 314g	Wheat, Milk	**G, M**
Cheese twists	Tesco – Cheese twists 125g	Wheat, Milk, Barley	**G, M**
Crackers	Tesco – Cream crackers 300g	Wheat	**G**
Semi skimmed milk	Creamfields – Semi skimmed UHT Milk 1L	Milk	**M**
Bagels	Warbutons – Soft and sliced original bagels 5 pack	Wheat, Soya	**G, S**
Apple juice	Growers Harvest – Pure apple juice 1L	-	**-**
Bread	Hovis – Best of both medium bread 800g	Wheat, Soya	**G, S**
Corn flakes	Tesco – Cornflakes	Barley	**G**
Cheerios	Nestle - Multigrain Cheerios 500g	Oat, Wheat, Barley	**G**
Weetabix	Weetabix – 24 pack	Wheat, Barley	**G**
Marmite	Marmite 250g	Barley, Wheat, Oat, Rye, Celery	**G, C**

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Ketchup	Tesco – Tomato ketchup 555g	-	**-**
Fish fingers	Tesco – Omega 3 fish fingers 30 pack 900g	Fish, Wheat	**F, G**
Pasta sauce	Tesco – Onion and garlic pasta sauce 500g	-	**-**
Mayonnaise	Tesco – Mayonnaise 450ml	Egg, Mustard	**E, Mu**
Hot dogs	Tahira – Chicken smoked sausages hot dogs 500g	Soy	**S**
Grapes	Suntrail farms – Grapes 500g	-	**-**
Strawberries	Rosedene Farms – Strawberries 227g	-	**-**
Cucumber	Tesco – Whole cucumber	-	**-**
Apples	Tesco -British Apples Minimum 5 pack	-	**-**
Baked beans	Tesco – Baked beans in tomato sauce 420g	-	**-**
Spaghetti hoops	Tesco – Spaghetti rings in tomato sauce 410g	Wheat	**G**
Tuna	Tesco – Tuna chunks in spring water 4x145g	Fish	**F**
Rice krispies	Tesco – Rice snaps 500g	Barley	**G**
Meat free nuggets	Quorn meat free crispy nuggets	Wheat, Egg, Milk	**M, G, E**
Quorn sausages	Quorn 15 sausages	Wheat, Egg, Barley	**M,G**
French fries	McCain crispy French fries 1.4kg	Wheat	**G**
Flora buttery spread	Flora buttery spread with natural ingredients	-	**GF**

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Squash	Stockwell & co apple & blackcurrant no added sugar squash	Sodium metabisulfite	**Su**