Primary School After-School Club — 3-Week Menu

Aligned with September 2027 School Food Standards & Coordinated with School Lunch Menu (Autumn Term 2026)

Week & Term Dates	Monday	Tuesday	Wednesday	Thursday	Friday
Week One w/c 03.09.2026 w/c 21.09.2026 w/c 12.10.2026 w/c 09.11.2026 w/c 30.11.2026	**Wholegrain sandwiches (tuna mayo, egg mayo, or cheese) with cucumber & pepper sticks** *Dessert: Natural yoghurt with mixed berries*	**Jacket potato with baked beans or tuna mayo, served with cucumber & carrot sticks** *Dessert: Fromage frais with sliced apple*	**Tomato soup with wholemeal bread and pepper sticks** *Dessert: Fruit salad (fruit-only day)*	**Scrambled eggs on wholemeal toast with sweetcorn** *Dessert: Low-sugar custard with sliced banana*	**Baked potato waffles with baked beans and carrot sticks** *Dessert: Low-sugar rice pudding with peaches*
Week Two w/c 07.09.2026 w/c 28.09.2026 w/c 19.10.2026 w/c 16.11.2026 w/c 07.12.2026	**50% wholegrain pasta with tomato sauce and sweetcorn** *Dessert: Fromage frais with orange segments*	**Wholegrain pitta pockets (egg mayo, tuna mayo, or cheese) with cucumber & carrot sticks** *Dessert: Natural yoghurt with sliced banana*	**50% wholegrain pasta with cheese sauce and sweetcorn** *Dessert: Fruit salad (fruit-only day)*	**Vegetable soup with wholemeal toast and pepper sticks** *Dessert: Low-sugar rice pudding with berries*	**Wholegrain wrap pizza (tomato passata, cheese & sweetcorn) with cucumber sticks** *Dessert: Low-sugar custard with sliced banana*
Week Three w/c 14.09.2026 w/c 05.10.2026 w/c 02.11.2026 w/c 23.11.2026 w/c 14.12.2026	**50% wholegrain pasta with tomato sauce and carrot sticks** *Dessert: Natural yoghurt with pineapple chunks*	**Wholegrain sandwiches (tuna mayo, egg mayo, or cream cheese) with cucumber & pepper sticks** *Dessert: Low-sugar custard with sliced banana*	**Jacket potato with baked beans or cheese, served with carrot & cucumber sticks** *Dessert: Fruit salad (fruit-only day)*	**Scrambled eggs on wholemeal toast with sweetcorn** *Dessert: Fromage frais with sliced grapes*	**Wholegrain pitta pockets (tuna mayo, egg mayo, or cheese) with pepper & cucumber sticks** *Dessert: Low-sugar rice pudding with sliced pear*

2027 School Food Standards Compliance Notes: Fresh drinking water and plain semi-skimmed/skimmed milk (or fortified unsweetened soya/oat alternative) are available daily. Every main meal provides a starchy carbohydrate (50%+ wholegrain/high-fibre), a protein source, and at least one portion of vegetables. Dairy desserts and yoghurts contain <10g/100g total sugars with no artificial sweeteners. Vitalite dairy-free spread is used on sandwiches, toast, and jacket potatoes.

UK 14 Statutory Allergens Matrix — ASDA Own Brand & Vitalite Products

Key: YES = Confirmed Ingredient in Product | MAY = Check Label / May Contain Trace Warning | - = Not Present as Ingredient

Menu Item / Component (Product Specified)	1. Celery	2. Cereals (Gluten)	3. Crusta-ceans	4. Eggs	5. Fish	6. Lupin	7. Milk	8. Molluscs	9. Mustard	10. Nuts	11. Peanuts	12. Sesame	13. Soya	14. Sulphites
Bread, Bases, Pasta & Spreads														
Vitalite Dairy Free Spread (500g Tub)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
ASDA Wholemeal Bread / Just Essentials Loaf	-	YES (Wheat)	-	-	-	-	-	-	-	-	-	-	YES	-
The Bakery at ASDA Wholemeal Tin Loaf / Pittas / Wraps	-	YES (Wheat)	-	-	-	-	-	-	-	-	-	MAY	-	-
ASDA 50% Wholegrain Pasta (Dry)	-	YES (Wheat)	-	-	-	-	-	-	-	-	-	-	-	-
Jacket Potato / ASDA Potato Waffles	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Fillings, Toppings & Hot Mains														
ASDA Mature / Mild Cheddar Cheese & Soft Cream Cheese	-	-	-	-	-	-	YES	-	-	-	-	-	-	-
ASDA Tuna Mayo (Tuna Chunks + ASDA Light Mayonnaise)	-	-	-	YES	YES	-	-	-	YES	-	-	-	-	-
ASDA Egg Mayo (Free Range Eggs + ASDA Light Mayonnaise)	-	-	-	YES	-	-	-	-	YES	-	-	-	-	-
Scrambled Eggs (ASDA Free Range Eggs + Semi-Skimmed Milk + Vitalite)	-	-	-	YES	-	-	YES	-	-	-	-	-	-	-
ASDA Baked Beans in Tomato Sauce	-	-	-	-	-	-	-	-	-	-	-	-	-	-
ASDA Cream of Tomato Soup (400g Tin)	-	-	-	-	-	-	YES	-	-	-	-	-	-	-
ASDA Just Essentials Vegetable Soup (400g Tin)	YES	YES (Wheat, Barley)	-	-	-	-	-	-	-	-	-	-	-	-
ASDA Tomato Pasta Sauce (Passata & Veg)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
ASDA White Lasagne Cheese Sauce (480g Jar)	-	-	-	YES	-	-	YES	-	-	-	-	-	-	-
Wrap Pizza Topping (ASDA Passata, Cheddar Cheese & Sweetcorn)	-	-	-	-	-	-	YES	-	-	-	-	-	-	-
Vegetable Sides (Cucumber, Carrot, Pepper Sticks & Sweetcorn)	-	-	-	-	-	-	-	-	-	-	-	-	-	-
Desserts & Fruit														
ASDA Low-Sugar Custard (Ready-to-Serve / Instant)	-	-	-	-	-	-	YES	-	-	-	-	-	-	-
ASDA Low-Fat Natural Yoghurt / Fromage Frais Pots	-	-	-	-	-	-	YES	-	-	-	-	-	-	-
ASDA Low-Sugar Rice Pudding (Tinned)	-	-	-	-	-	-	YES	-	-	-	-	-	-	-
Fresh & Tinned Fruit (Banana, Apple, Berries, Peaches, Orange, Grapes, Pear)	-	-	-	-	-	-	-	-	-	-	-	-	-	-

Kitchen & Natasha's Law Reminder: Always check physical product packaging on delivery, as ASDA and brand recipes may change. Note that **ASDA Just Essentials Vegetable Soup (400g)** contains **Celery, Wheat, and Barley**, while Vitalite Dairy Free Spread is completely free from all 14 statutory allergens. Prevent cross-contamination during preparation by using dedicated utensils and boards for allergen-free orders.