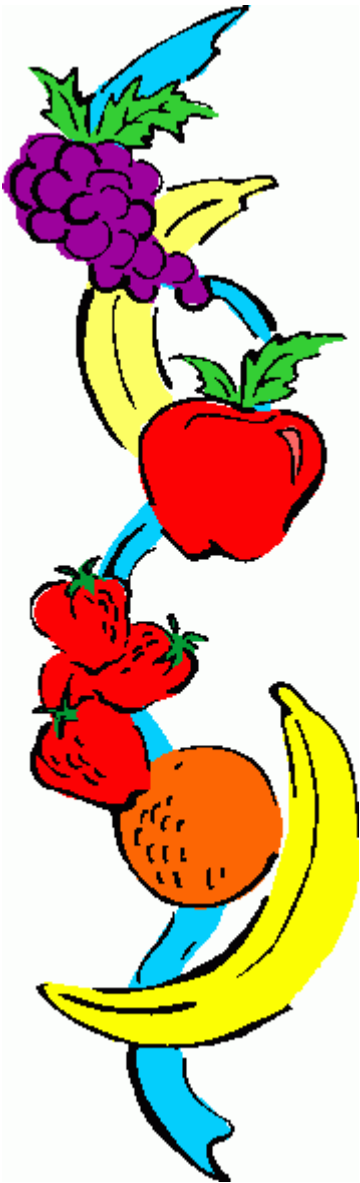


Ark

After School Snack Menu



Choice of:

wholemeal pitta bread
wholemeal wrap
cream crackers

Choice of:

ham
cheese
hummous

Selection of fresh fruit and
vegetables, including:

apples
oranges
bananas
cucumber
tomatoes
carrot sticks
peppers

Drinks:

water
milk