BASC Weekly Menu

**Early Birds Breakfast Club**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| CerealsToastFruit | CerealsToastFruit | CerealsToastFruit | CerealsToastFruit | CerealsToastFruit |

 \*cornflakes, multi-grain cheerios, multi-grain rice crispies weetabix\*

\*\* spreads for toast to include jam, marmite\*\*

**Superstars After School Club**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| CrackersCheeseHam/Chicken slicesCarrot/cucumber sticks/cherry tomatoesFruit | PittaCheeseHam/Chicken slicesCarrot/cucumber sticks/cherry tomatoesHoumous Fruit | BreadsticksCheeseHam/Chicken slicesCarrot/cucumber sticks/cherry tomatoesDipFruit | WrapsHam/Chicken slicesCarrot/cucumber sticks/cherry tomatoesFruit | Pancakeswith spread and fruit |

**Eating timetable for Superstars Afterschool Club**

3:45pm – EYFS/Key Stage 1 children eat (1 adult) and Key Stage 2 have outside playtime (1 adult)

4:10pm - Key Stage 2 children eat (1 adult) and EYFS/Key Stage 1 children have outside play (1 adult)

4:30pm – food is cleared and everyone playing inside, 1 adult to take EYFS/Key Stage 1 children for toilet run in Meldon toilets.

Shopping List – Tesco

|  |  |  |
| --- | --- | --- |
| Item | Quantity | Cost |
| Hovis 50/50  | 4 | £1.25 x 4 = £5 |
| Rice Krispies Multigrain | 1 | £3.30 |
| Multi-GrainHoops | 1 | £0.85p |
| Weetabix | 1 | £2.75 |
| Cornflakes | 1 | 0.70p |
| Tesco British Semi Skimmed Milk 2.272L, 4 PintsMilk | 3 | £1.45 x 3 = £4.35 |
| Butter  | 2 | £0.95 x 2 = £1.90 |
| Tesco Strawberry Seedless Jam 454GJamSeedless Strawberry | 1 | £0.89 |
| A jar of raspberry jam  Description automatically generatedJamSeedlessRaspberry | 1 | £0.89 |
| Marmite  | 1 | £2.40 |
| A package of food with a label  Description automatically generatedPitta | 4 | 0.50p x 4 = £2 |
| Breadsticks | 4 | 0.55 x 4 - £2.20 |
| Crackers | 4  | 0.49 x 4 = £1.96 |
| Wraps  | 3 | 0.99 x 3 = £2.97 |
| Rice Cakes | 4 | £1.25 x 4 = £5 |
| A package of ham with a label  Description automatically generatedHam | 2 | £2.09 x 2 = £4.18 |
| A package of chicken slices  Description automatically generatedChicken | 2 | £2.29 x 2 = £4.58 |
| Cheese 900g | 1 | £4.88 |
| Houmous | 3 | 0.99 x 3 = £2.97 |
| A container of cheese and chives  Description automatically generatedDip Cheese &Chive | 2 | £1.35 x 2 = £2.70 |
| A container of food with a label  Description automatically generatedDipSour Cream | 2 | £1.35 x 2 = £2.70 |
| Cucumber | 5 | 0.99 x 5 = £4.95 |
| Cherry Tomatoes | 2 | £1 x 2 = £2 |
| Carrots Sticks | 5 | £1.25 x 5 = £6 |
| Apples | 4 | £1.49 x 4 = £5.96 |
| A bag of oranges  Description automatically generatedOranges | 2 | 0.99 x 2 = £1.98 |
| A package of bananas  Description automatically generatedBananas | 4 | 0.79 x 4 = £3.16 |
| A bag of pears on a white background  Description automatically generatedPears | 2 | 0.99 x 2 = £1.98 |

 TOTAL: £87.60 initial sho