

## Summer Camp Lunch & Snack Menu\_ Week 1 : 10 - 14 July

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	<b>Chicken Nuggets &amp; Gravy</b> <i>*chicken, flour, egg, breadcrumbs</i> <b>(Veg) Mashed Potato</b> <i>*potato, cream, milk, cheese</i>	<b>Russian Dumplings (Pelmeni)</b> <i>*chicken, pork, vegetables, egg, flour</i> <i>Served with Sour Cream</i>	<b>Chili Con Carne (V) Tortilla</b> <i>*beef, kidney beans, tomato, spices</i> <b>(V) Sauteed Mushrooms</b>	<b>Beef Stroganoff</b> <i>*beef, onions, peppers, cream</i> <b>(V) Linguine Pasta</b>	<b>(V) Falafels (V) Pita Bread</b> <i>*chickpeas, tahini, spices, herbs</i> <b>(V) Spicy Eggplant (V) Hummus</b>
Spicy Asian Option	<b>Chicken Green Curry</b> <i>*chicken, curry paste, eggplant, coconut cream, fish sauce, herbs</i> <b>(V) Fresh Rice-Noodles</b>	<b>Chicken Teriyaki</b> <i>*chicken, teriyaki sauce, sesame seeds</i>	<b>Stir fried Minced Pork &amp; Basil</b> <i>*pork, garlic, chili, Thai basil, soy sauce</i> <b>(Veg) Fried Eggs</b>	<b>Red Curry Chicken Stir fry</b> <i>*chicken, curry paste, coconut, yard long beans, fish sauce</i>	<b>Beef Massaman Curry</b> <i>*beef, curry paste, coconut cream, spices, potato, onion, fish sauce, peanuts</i>
Rice Option	Steamed Jasmine Rice & Brown Rice	Japanese Garlic Rice, Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice
Thai Option (non-spicy)	<b>(Veg) Thai Omelets</b> <i>*eggs, fish sauce</i>	<b>Stir fried Green Cabbage with Chicken Cutlets</b> <i>*cabbage, oyster sauce, soy sauce, chicken, egg, breadcrumbs</i>	<b>Pork Spare Rib Broth</b> <i>*pork, mushrooms, goji berries</i>	<b>Chicken Fried Rice</b> <i>*rice, chicken, soy sauce, fish sauce, veggies, egg</i>	<b>Pork Stir fried in Dark Soy Sauce</b> <i>*pork, garlic, soy sauce</i>
Vegetarian Option	<b>(V) Vegetarian Green Curry</b> <i>*tofu, curry paste, cauliflower, eggplant, coconut cream, mushroom sauce, herbs</i>	<b>(Veg) Stir Fried Glass Noodles</b> <i>*mixed vegetables, egg, mushroom, soy sauce, veggie sauce</i>	<b>(V) Mexican Stuffed Peppers</b> <i>*peppers, rice, quinoa, beans, spices, onions, tomato sauce</i>	<b>(Veg) Pineapple Fried Rice</b> <i>*rice, soy sauce, mushroom sauce, pineapple, cashewnuts, veggies, egg</i>	<b>(V) Vegetable Tempura</b> <i>*vegetables, cornflour</i>
Soup of the Day	<b>Chicken Noodle Egg-drop Soup</b> <i>*chicken, rice noodles, egg</i>	<b>(V) Miso Soup</b> <i>*miso paste, seaweed, silken tofu</i>	<b>(Veg) Broccoli-Cheddar-Potato Soup</b> <i>*broccoli, onion, potato, veggie stock, cheddar cheese, cream</i>	<b>(Veg) Cream of Cauliflower Soup</b> <i>*cauliflower, veggie stock, cream</i>	<b>(Veg) Pumpkin-Carrot Soup</b> <i>*pumpkin, onion, carrot, cream</i>
Salad of the Day	<b>(V) Mixed Bean Salad</b> <i>*chickpeas, kidney beans, peas, corn, onions, peppers</i>	<b>(V) Mixed Salad</b> <i>*cucumber, tomato, carrots, salad</i> <b>(V) Beet Root in Vinaigrette</b>	<b>(V) Pumpkin &amp; Rocket Salad</b> <i>*pumpkin, rocket, cranberries, almond</i>	<b>(V) Riceberry Salad</b> <i>*riceberry, cashew nuts, mango, mint</i>	<b>(V) Purple Cabbage Salad</b> <i>*cabbage, onions, apples, vinaigrette</i>
Salad Bar	<b>Fresh and steamed vegetables &amp; seasonal fruits served in the Salad bar</b> Served daily: Salad, Steamed Vegetables, Beans, Grains, Seeds, Boiled Eggs, Pasta, Bread / Each item twice per week: Tuna, Yogurt, Fruit salad, Honey, Butter, Peanutbutter				
Condiments	<b>Selection of condiments that compliment the meals served each day:</b> Balsamic Vinegar, Olive Oil, Mustard, Salt & Pepper, French Dressing, Italian Dressing, Ketchup, Thousand Island Dressing, Sweet Chilli Sauce, Sesame-Soy Dressing, Soy Sauce, Prik Nam Pla and other Thai Chilli Sauces,				
Snack AM	<b>Quail Eggs &amp; Fruit Juice</b>	<b>Apple &amp; Fruit Juice</b>	<b>Corn-on-the-cob &amp; Fruit Juice</b>	<b>Guava &amp; Fruit Juice</b>	<b>Banana &amp; Orange Juice</b>
Snack PM	<b>Banana Muffins &amp; Milk</b>	<b>Cornflakes &amp; Milk</b>	<b>Cookies &amp; Chocolate Milk</b>	<b>Mini Pancakes &amp; Milk</b>	<b>Yogurt with Frozen Fruit</b>
Late Club	<b>Ham &amp; Cheese Sandwiches</b>	<b>Popcorn &amp; Juice</b>	<b>Tuna Sandwiches</b>	<b>Cookies and Milk</b>	<b>Banana Muffins &amp; Milk</b>
(V) = no animal products or ingredients, suitable for most Vegans (Veg) = contained eggs and dairy, suitable for ovo-lacto-Vegetarians Main ingredients and allergens are described in the menu. If your child is allergic to any foods, it is imperative that this has been stated in the Application Form and communicated clearly.					

## Summer Camp Lunch & Snack Menu\_ Week 2 : 17 - 21 July

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	<b>Morrocan Fish Stew</b> <i>*fish, onions, peppers, chickpeas, tomato sauce, spices</i>	<b>Deep Fried Chicken Drumsticks</b> <i>*chicken, flour, egg, breadcrumbs</i>	<b>Pizza: Chicken, Tuna, Bolognese</b> <i>*pizza base, tomato sauce, spices, mozzarella</i>	<b>Lasagna</b> <i>*beef, onions, carrot, tomato sauce, Italian herbs, pasta, cheese, mozzarella</i>	<b>Sandwich Day</b> <i>*bread, cheese slices, tuna salad, roasted pork, roast chicken</i>
Spicy Asian Option	<b>Stir fried Pork &amp; Onions in Pepper Sauce</b> <i>*pork, onions, soy sauce, black pepper</i>	<b>Balinese Fried Rice (Nasi Goreng)</b> <i>*rice, chicken, tomato-shrimp paste, veggies served with Spicy Sambal</i>	<b>Chicken Massaman Curry</b> <i>*chicken, spices, potato, onion, curry paste, coconut cream, fish sauce, peanuts</i>	<b>Filipino Chicken Adobo</b> <i>*chicken, soy sauce, vinegar, black pepper</i>	<b>Chicken &amp; Cashew</b> <i>*chicken, cashew nuts, shrimp paste, veggies, oyster sauce, soy sauce, herbs, onions</i>
Rice Option	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice
Thai Option (non-spicy)	<b>Hainanese Chicken Rice</b> (Khao Mun Gai) <i>*rice, chicken broth, winter melon, herbs</i>	<b>Slow-cooked Pork Leg</b> <i>*pork, soy sauce, spices,</i> <b>(V) Steamed Greens</b>	<b>Rice Congee (Khao Tom / Jok)</b> <i>*minced pork &amp; chicken</i> Toppings: garlic, ginger, herbs, vinegar	<b>Chicken Noodle Soup</b> <i>*chicken, stock, vegetables, herbs, rice noodles, fish sauce</i>	<b>Sour Coconut Soup (Tom Ka Gai)</b> <i>*chicken, coconut cream, galangal, mushrooms, herbs, tomato, onion</i>
Vegetarian Option	<b>(V) Vegetarian Cashew Stir fry</b> <i>*mixed vegetables, cashewnut, herbs, tofu, onions</i>	<b>(Veg) Creamy Baked Spinach</b> <i>*spinach, mozzarella, cream</i>	<b>(V) Pizza Vegetarian</b> <i>*tomato sauce, veggies, no cheese</i> <b>(Veg) Pizza Margherita</b> <i>*tomato sauce, sweet basil, mozzarella</i>	<b>(Veg) Vegetarian Lasagna</b> <i>*beans, nuts, peas, carrots, tomato sauce, Italian herbs, pasta, mozzarella</i>	<b>(Veg) Veggie Nuggets</b> <i>*mixed vegetables, flour, egg</i>
Soup of the Day	<b>Tom Yum Pla (Fish)</b> <i>*fish, herbs, shrimp paste, fish sauce</i> <b>(V) Tom Yum Mushroom</b> <i>*mushrooms, veggies, mushroom sauce</i>	<b>(V) Miso Soup</b> <i>*miso paste, seaweed, silken tofu</i>	<b>(Veg) Cream of Mushroom Soup</b> <i>*mushroom, veggie stock, cream</i>	<b>(Veg) Cream of Asparagus Soup</b> <i>*asparagus, veggie stock, cream</i>	<b>(V) Tomato-Basil Soup</b> <i>*tomato sauce, onions, basil</i>
Salad of the Day	<b>(Veg) Greek Salad</b> <i>*tomato, cucumber, peppers, onions, cheese, black olives</i>	<b>(V) Crunchy Asian Rainbow Salad</b> <i>*cabbages, carrots, peppers, cashew nuts, nuts, seeds, herbs, sesame-soy dressing</i>	<b>(Veg) Tomato Salad</b> <i>*tomato, onion, basil, cheese</i>	<b>(V) Grilled Eggplant Salad</b> <i>*eggplant, garlic, olive oil, basil</i>	<b>Caesar Salad with Bacon</b> <i>*cos salad, parmesan, bacon, egg, mayo</i> <b>(Veg) Caesar Salad</b>
Salad Bar	<b>Fresh and steamed vegetables &amp; seasonal fruits served in the Salad bar</b> Served daily: Salad, Steamed Vegetables, Beans, Grains, Seeds, Boiled Eggs, Pasta, Bread / Each item twice per week: Tuna, Yogurt, Fruit salad, Honey, Butter, Peanutbutter				
Condiments	<b>Selection of condiments that compliment the meals served each day:</b> Balsamic Vinegar, Olive Oil, Mustard, Salt & Pepper, French Dressing, Italian Dressing, Ketchup, Thousand Island Dressing, Sweet Chilli Sauce, Sesame-Soy Dressing, Soy Sauce, Prik Nam Pla and other Thai Chilli Sauces,				
Snack AM	<b>Quail Eggs &amp; Fruit Juice</b>	<b>Apple &amp; Fruit Juice</b>	<b>Corn-on-the-cob &amp; Fruit Juice</b>	<b>Guava &amp; Fruit Juice</b>	<b>Banana &amp; Orange Juice</b>
Snack PM	<b>Banana Muffins &amp; Milk</b>	<b>Cornflakes &amp; Milk</b>	<b>Cookies &amp; Chocolate Milk</b>	<b>Mini Pancakes &amp; Milk</b>	<b>Yogurt with Frozen Fruit</b>
Late Club	<b>Ham &amp; Cheese Sandwiches</b>	<b>Popcorn &amp; Juice</b>	<b>Tuna Sandwiches</b>	<b>Cookies and Milk</b>	<b>Banana Muffins &amp; Milk</b>
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## Summer Camp Lunch & Snack Menu\_ Week 3 : 24 - 28 July

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	<b>Russian Dumplings (Pelmeni)</b> <i>*chicken, pork, vegetables, egg, flour</i> <i>Served with Sour Cream</i>	<b>Slow cooked Beef Stew</b> <i>*beef, carrot, potato, tomato sauce</i>	<b>Oven Roasted Paprika Chicken</b> <b>(Veg) Potato Au Gratin</b> <i>*potato, cream, cheese</i>	<b>Chili Con Carne</b> <i>*beef, kidney beans, tomato, spices</i> <b>(V) Tortilla (V) Sauteed Mushrooms</b>	<b>Spaghetti Bolognese</b> <i>*beef, vegetables, tomato sauce</i>
Spicy Asian Option	<b>Thai Yellow Rice (Khao Mok Gai)</b> <i>*rice, boiled chicken, chicken stock</i> <i>fried shallots, herbs, spices</i>	<b>Salmon Teriyaki</b> <i>*salmon, teriyaki sauce, sesame seeds</i>	<b>Kao Soi Chicken Curry</b> <i>*chicken, curry paste, coconut milk</i> <b>(Veg) Soft &amp; Crunchy Egg noodles</b> <b>(V) Pickled Mustard Greens</b>	<b>Red Curry Chicken Stir fry</b> <i>*chicken, curry paste, coconut,</i> <i>yard long beans, fish sauce</i>	<b>Fusian Stir Fried Seafood Noodles</b> (Pad Kee Mao) <i>*Pork, Peppers, Seafood, Basil</i>
Rice Option	Steamed Jasmine Rice & Brown Rice	Japanese Garlic Rice, Garlic Rice & Steamed Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice
Thai Option (non-spicy)	<b>(Veg) Son in Law Eggs</b> <i>*fried boiled eggs, tamarind sauce,</i> <i>deep fried shallots, roasted chillies</i>	<b>Stir fried Cabbage Sprouts</b> <b>with Crispy Pork Belly</b> <i>*cabbage, oyster sauce, soy sauce, pork</i>	<b>Deep Fried Fish Fingers</b> <i>*fish fillets, breadcrumbs, egg</i> <b>(V) French Fries</b>	<b>Rice Congee (Khao Tom / Jok)</b> <i>*minced pork &amp; chicken</i> <i>Toppings: garlic, ginger, herbs, vinegar</i>	<b>Fried Chicken with Garlic &amp; Pepper</b> <i>*chicken, garlic, black pepper</i>
Vegetarian Option	<b>(V) Vegetarian Cashew Stir fry</b> <i>*mixed vegetables, cashewnut,</i> <i>herbs, tofu, onions</i>	<b>(Veg) Stir fried Pumpkin &amp; Eggs</b> <i>*pumpkin, egg, onions,</i> <i>veggie sauce, black pepper</i>	<b>(V) Kao Soi Vegetable Curry</b> <i>*tofu, vegetables, curry paste</i> <b>(Veg) Egg noodles, Crunchy noodles</b> <b>(V) Pickled Mustard Greens</b>	<b>(Veg) Potato Au Gratin</b> <i>*potato, cream, cheese</i>	<b>(V) Tofu Satay (V) Peanut Sauce</b> <b>(V) Spaghetti Marinara</b> <i>*tomato, onion, garlic, basil</i>
Soup of the Day	<b>Chicken Noodle Egg-drop Soup</b> <i>*chicken, rice noodles, egg</i>	<b>(V) Miso Soup</b> <i>*miso paste, seaweed, silken tofu</i>	<b>(Veg) Cream of Asparagus Soup</b> <i>*asparagus, onion, veggie stock, cream</i>	<b>(Veg) Pumpkin-Carrot Soup</b> <i>*pumpkin, onion, carrot, cream</i>	<b>(Veg) Broccoli-Cheddar-Potato</b> <i>*broccoli, onion, potato, veggie stock,</i> <i>cheddar cheese, cream</i>
Salad of the Day	<b>(V) Waldorf Salad</b> <i>*cabbage, apples, celery, cashewnuts,</i> <i>raisins, mayonnaise</i>	<b>(V) Crunchy Asian Rainbow Salad</b> <i>*cabbages, carrots, peppers, cashewnuts,</i> <i>nuts, seeds, herbs, sesame-soy dressing</i>	<b>Caesar Salad with Bacon</b> <i>*cos salad, parmesan, bacon, egg, mayo</i> <b>(Veg) Caesar Salad</b>	<b>(V) Salsa Salad (V) Guacamole</b> <i>*avocado</i>	<b>(V) Cucumbers in Sweet Vinegar</b> <i>*cucumber, shallots, sugar, white vinegar</i>
Salad Bar	<b>Fresh and steamed vegetables &amp; seasonal fruits served in the Salad bar</b> Served daily: Salad, Steamed Vegetables, Beans, Grains, Seeds, Boiled Eggs, Pasta, Bread / Each item twice per week: Tuna, Yogurt, Fruit salad, Honey, Butter, Peanutbutter				
Condiments	<b>Selection of condiments that compliment the meals served each day:</b> Balsamic Vinegar, Olive Oil, Mustard, Salt & Pepper, French Dressing, Italian Dressing, Ketchup, Thousand Island Dressing, Sweet Chilli Sauce, Sesame-Soy Dressing, Soy Sauce, Prik Nam Pla and other Thai Chilli Sauces,				
Snack AM	<b>Quail Eggs &amp; Fruit Juice</b>	<b>Apple &amp; Fruit Juice</b>	<b>Corn-on-the-cob &amp; Fruit Juice</b>	<b>Guava &amp; Fruit Juice</b>	<b>Banana &amp; Orange Juice</b>
Snack PM	<b>Banana Muffins &amp; Milk</b>	<b>Cornflakes &amp; Milk</b>	<b>Cookies &amp; Chocolate Milk</b>	<b>Mini Pancakes &amp; Milk</b>	<b>Yogurt with Frozen Fruit</b>
Late Club	<b>Ham &amp; Cheese Sandwiches</b>	<b>Popcorn &amp; Juice</b>	<b>Tuna Sandwiches</b>	<b>Cookies and Milk</b>	<b>Banana Muffins &amp; Milk</b>
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## Summer Camp Lunch & Snack Menu\_ Week 4 : 31 July - 4 August

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
International Option	<b>Chicken Schnitzel</b> <i>*chicken breast, bread crumbs</i> <i>Served with: cheese slices &amp; burger buns</i>	<b>Roast Beef &amp; Mushroom Gravy</b> <b>(V) Roasted Root Vegetables</b> <i>*potato, sweet potato, carrots</i>	<b>Spanish Potato Omelette</b> <i>*potato, onion, egg, ham</i> <b>(Veg) Spanish Potato Omelette</b> <i>*potato, onion, egg</i>	<b>Italian Meatballs</b> <i>*beef, onions, breadcrumbs, egg,</i> <i>tomato sauce, Italian herbs</i> <b>(V) Linguine Pasta</b>	<b>Mini Beef Burgers</b> <i>*beef, onions, flour, egg</i> <b>(V) Buns (V) Cheese Slices</b>
Spicy Asian Option	<b>Red Curry Pork Stir fry</b> <i>*chicken, curry paste, yard long beans,</i> <i>coconut, fish sauce</i>	<b>Stir fried Minced Pork &amp; Basil</b> (Pad Krapaow) <i>*pork, garlic, chili, Thai basil, soy sauce</i>	<b>Indian Chicken Curry</b> <i>*chicken, yogurt, onions, potatoes, spices</i>	<b>Green Curry Chicken Fried Rice</b> <i>*chicken, vegetables, curry paste, fish sauce</i>	<b>Spicy Minced Pork Salad</b> <b>(Larb Moo)</b> <i>*pork, rice, herbs, chili, fish sauce, lime</i>
Rice Option	Steamed Jasmine Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Chicken Rice & Brown Rice	Steamed Jasmine Rice & Brown Rice	Sticky Rice, Steamed Jasmine Rice & Brown Rice
Thai Option (non-spicy)	<b>Chicken Fried Rice</b> <i>*rice, chicken, veggies, fish sauce, soy sauce</i>	<b>Boiled Eggs in Chicken Soup</b> (Kai Palo) <i>*chicken, five spices, soy sauce, boiled eggs</i>	<b>Hainanese Chicken Rice</b> (Khao Mun Gai) <i>*rice, chicken broth, winter melon, herbs</i>	<b>Beef &amp; Broccoli Stirfry</b> <i>*beef, broccoli, onions, oyster sauce,</i> <i>soy sauce, sesame seeds</i>	<b>Thai style Grilled Chicken</b> <i>*chicken, soy sauce, coconut sugar, herbs</i>
Vegetarian Option	<b>(V) Pad Thai Tofu</b> <i>*rice noodles, bean sprouts, soy sauce, tofu,</i> <i>herbs</i>	<b>(Veg) Stuffed Cannelloni Pasta</b> <i>*pasta shells, spinach, mozzarella,</i> <i>tomato sauce, Italian herbs</i>	<b>(V) Indian Potato Patties</b> <i>*onions, potatoes, spices</i>	<b>(V) Oven-baked Ratatouille</b> <i>*tomato, peppers, aubergine,</i> <i>onion, courgette, tomato sauce</i>	<b>(Veg) Mini Bean Burgers</b> <i>*chickpeas, beans, nuts, egg</i>
Soup of the Day	<b>French Onion Soup</b> <i>*beef broth, onions, spices</i>	<b>(Veg) Cream of Mushroom Soup</b> <i>*mushroom, veggie stock, cream</i>	<b>(Veg) Cream of Asparagus Soup</b> <i>*asparagus, veggie stock, cream</i>	<b>(Veg) Cream of Cauliflower Soup</b> <i>*cauliflower, onions, veggie stock, cream</i>	<b>(V) Tomato-Basil Soup</b> <i>*tomato sauce, onions, basil</i>
Salad of the Day	<b>(Veg) Coleslaw</b> <i>*cabbage, carrot, apple, mayo</i>	<b>Potato Salad</b> <i>*potato, carrot, chicken, eggs, mayo</i> <b>(Veg) Potato Salad</b>	<b>Tuna Pasta Salad</b> <i>*tuna, pasta, corn, mayo</i> <b>(V) Veggie Pasta Salad</b>	<b>(V) Grilled Eggplant Salad</b> <i>*eggplant, garlic, olive oil, basil</i>	<b>(V) Som Tam</b> <i>*green papaya, tomato, beans,</i> <i>garlic, sugar, chili, lime</i>
Salad Bar	<b>Fresh and steamed vegetables &amp; seasonal fruits served in the Salad bar</b> Served daily: Salad, Steamed Vegetables, Beans, Grains, Seeds, Boiled Eggs, Pasta, Bread / Each item twice per week: Tuna, Yogurt, Fruit salad, Honey, Butter, Peanutbutter				
Condiments	<b>Selection of condiments that compliment the meals served each day:</b> Balsamic Vinegar, Olive Oil, Mustard, Salt & Pepper, French Dressing, Italian Dressing, Ketchup, Thousand Island Dressing, Sweet Chilli Sauce, Sesame-Soy Dressing, Soy Sauce, Prik Nam Pla and other Thai Chilli Sauces,				
Snack AM	<b>Quail Eggs &amp; Fruit Juice</b>	<b>Apple &amp; Fruit Juice</b>	<b>Corn-on-the-cob &amp; Fruit Juice</b>	<b>Guava &amp; Fruit Juice</b>	<b>Banana &amp; Orange Juice</b>
Snack PM	<b>Banana Muffins &amp; Milk</b>	<b>Cornflakes &amp; Milk</b>	<b>Cookies &amp; Chocolate Milk</b>	<b>Mini Pancakes &amp; Milk</b>	<b>Yogurt with Frozen Fruit</b>
Late Club	<b>Ham &amp; Cheese Sandwiches</b>	<b>Popcorn &amp; Juice</b>	<b>Tuna Sanwiches</b>	<b>Cookies and Milk</b>	<b>Banana Muffins &amp; Milk</b>
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