



Autumn Menu 2023

Freshly prepared, home-cooked food, made on-site daily

Our commitment to you is to provide delicious, healthy, home-cooked, nutritionally balanced meals that your children will enjoy.

Large portions, self-service and all cooking help accepted!

We are dedicated to providing the best possible nutritional food here at our Club, whether it's breakfast, yummy light tea or snacks.

All dairy free, vegan, and allergy-specific diets are fully catered for

Our exciting menu provides a variety of meals that is full of exciting flavours and different cultures - and some family favourites!

No added salt, reduced sugar, wholegrain bread, pasta and rice

Every meal is freshly cooked on-site, using the very best locally sourced ingredients.

Created by the children to include all the dishes they love!

The children at The Old School Adventure Club play an active part in designing our food menu's, so we know they are having just what they want! Everyone has actively participated in choosing and discussing the food that they enjoy for this menu. Their favourite seasonal vegetables are included (and sometimes hidden) in the slow cooked stews and tasty teas.

We often make our own breads, cakes, biscuits and deserts at breakfast club to enjoy when we return after school.

Our menu is on a three week and 1 day rolling rota, this ensures that the dishes evenly rotate giving children the chance to experience all the dishes, regardless of which day(s) they attend.

Breakfast Bar

Our self serve breakfast bar has everything that the children love for a healthy, nutritious start to the day.

Popular breakfast items include:

- Overnight oats / Porridge
- Large choice of cereals
- Wholemeal toast & spreads
- Fresh fruit selection

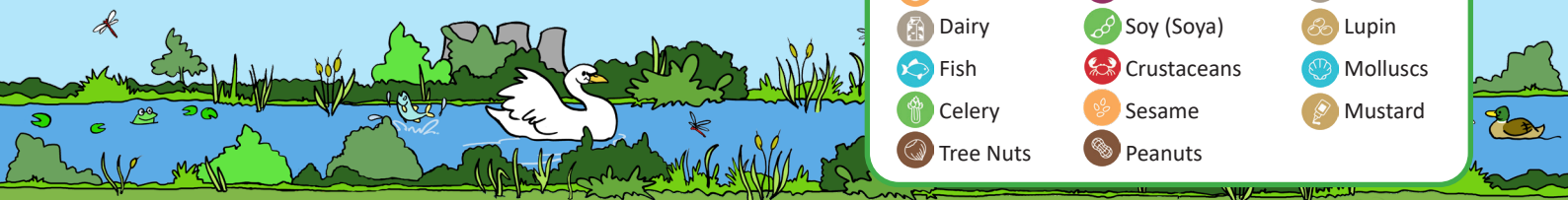
We enjoy themed breakfasts throughout the year for Valentines, Easter, Christmas, and other events, which we always enjoy.



We are allergen friendly!

All freshly made meals are marked with known allergens, so you can make informed decisions on your child's dietary requirements.

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|-----------|-------------|----------|
| Cereals | Sulphites | Eggs |
| Dairy | Soy (Soya) | Lupin |
| Fish | Crustaceans | Molluscs |
| Celery | Sesame | Mustard |
| Tree Nuts | Peanuts | |





Autumn Menu 2023



Cheesy bacon
gnocchi with
broccoli



Autumn
vegetable
stew with
dumplings



Tuna
pasta with
sweetcorn
and peas



Lamb Balti
with naan
bread



Vegetable
lasagna with
garlic bread



Jacket potatoes
with coleslaw
and cheese



Chicken, red
lentil and rice
casserole with
cheese and
sweetcorn



Loaded
potatoes
(various
toppings)



Fishfinger
wraps with
crispy salad
and tasty dips



Full and laden
Tex Mex
Nachos



Polish sausage
and sauerkraut
stew

Crumpet and
baked bean
bake



Meatballs and
mushrooms in
tomato sauce
with creamy
mash



Hot honey
halloumi
noodles



Turkey
chilli and
wholemeal
rice



Pulled pork
cobs with
salad

