

YMCA after school program menu.

Fresh fruit and vegetables served every day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Cheese and hummus and crackers	Shortbread cookies	Fruit Muffins	Savoury muffins	Pinwheel Scones
Week 2	sandwiches Selection of filling	Banana and date muffin	Cheese scones	Muesli slice	Lemon yoghurt muffins
Week 3	Cheesy rolls	Veggie pizza	Savoury muffins	apple pikelets	Fruit muffins
Week 4	Fruit muffins	Banana loaf	Cinnamon pinwheels	Sausage rolls	Fruit Scones