

Food for Thought



Menus are subject to change based on ingredient availability and seasonality.

Allergies & Dietary Needs

We are happy to accommodate any dietary restrictions. Please inform us of your child's needs when registering.

We Encourage Trying New Things

Our snacks are designed to introduce children to a variety of flavours and healthy options.

Ready To Join the Fun?

Contact us today to learn more about our before and after school club!

www.progressive-sports.co.uk

Fueling Fun & Learning



A Taste of Progressive's Wraparound Care

Discover delicious and nutritious snacks designed to keep your child energised and ready for adventure before and after school!

Our menus are packed with variety, using fresh ingredients and catering to different dietary needs.



Weekly Menu 1

Week commencing 28/04/2025

	BREAKFAST	MORNING SNACK	AFTERNOON SNACK 1	AFTERNOON SNACK 2
MON	Granola or Cereal with Yogurt or Milk & Mixed Berries	Fresh Fruit Selection	Fresh Fruit Selection	Sandwich with a choice of fillings and Mixed Salad
TUE	Crumpets or Toast with a choice of Healthy Spreads	Fresh Fruit Selection	Fresh Fruit Selection	Wholemeal Wrap with a choice of fillings with Mixed Salad
WED	Toasted Bagel or Cereal with a selection of Fruit Toppings	Fresh Fruit Selection	Fresh Fruit Selection	Free Choice
THU	Granola with Milk and Banana Loaf and Healthy Spread	Fresh Fruit Selection	Fresh Fruit Selection	Bagel or Sandwich with a choice of fillings
FRI	Yoghurt with Mixed Fruit or Toast and Fruit Topping	Fresh Fruit Selection	Fresh Fruit Selection	Wholemeal Wrap with a choice of Healthy fillings with Mixed Salad

Weekly Menu 2

Week commencing 05/05/2025

	BREAKFAST	MORNING SNACK	AFTERNOON SNACK 1	AFTERNOON SNACK 2
MON	Porridge or Cereal with a choice of fruit toppings	Fresh Fruit Selection	Fresh Fruit Selection	A variety of vegetable sticks with a healthy dip
TUE	Crumpets or Toast with a choice of healthy spreads and toppings	Fresh Fruit Selection	Fresh Fruit Selection	Spicy rice and veg fajita with mixed salad
WED	Toasted English muffin or Cereal with a choice of healthy toppings	Fresh Fruit Selection	Fresh Fruit Selection	Free Choice
THU	Granola with yoghurt and berries or Banana loaf and healthy spread	Fresh Fruit Selection	Fresh Fruit Selection	Bagel either toasted or as a sandwich with a choice of healthy toppings and spreads
FRI	Toast or Cereal with a selection of healthy toppings	Fresh Fruit Selection	Fresh Fruit Selection	Wholemeal wrap or sandwich with a choice of healthy fillings with mixed salad

Other Information

Please ask a member of staff for Food Allergy and Intolerance information.

*Fresh drinking water is provided throughout sessions.

