

St John. The Baptist VA Primary School

Little Disciples Childcare



LITTLE DISCIPLES BREAKFAST CLUB & AFTERSCHOOL CLUB MENU

AUTUMN TERM 2026







-PLEASE INFORM US IF YOUR CHILD HAS AN ALLERGIES.

--Our snack menu has been designed in line with Welsh Government's best practice guidance for Food & Nutrition

LITTLE DISCIPLES BREAKFAST CLUB MENU

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DYDD LLUN

Option 1: Cornflakes
Option 2: Yoghurt with Banana slices and raisins.
Option 3: Wholemeal toast



DYDD MAWRTH

Option 1: Rice Krispies
Option 2: Yoghurt with apple and oranges
Option 3: Crumpets thins with Jam



DYDD MERCHER

Option 1: Wheetabix
Option 2: Berries & Tinned peaches in juice
Option 3: Wholemeal toast



DYDD IAU

Option 1: Cornflakes
Option 2: Apple & Pear slices
Option 3: Crumpet thins with Jam



DYDD GWENER

Option 1: Rice Krispies
Option 2: Banana Pancakes served with fresh fruit

- If your child has an allergy to any of the above, we will always provide a safe alternative.
- Water and Milk is provided during snack time.
- Our snack menu has been designed in line with Welsh Government's best practice guidance for Food & Nutrition
- If your child doesn't like what's on offer, we will always cater for something they do like to ensure they've a snack.

LITTLE DISCIPLES AFTERSCHOOL CLUB MENU

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WEEK 1



DYDD LLUN

Option 1: Crackers with Cream Cheese & Chives
Option 2: Apple & Raisins
Milk & Water available



DYDD MAWRTH

Option 1: Spaghetti on toast with cheese
Option 2: Cucumber & Carrot Sticks with Cream Cheese
Milk & Water available



DYDD MERCHER

Option 1: Toasted muffins with Cream Cheese
Option 2: Yoghurt & Fresh Fruit
Milk & Water available



DYDD IAU

Option 1: Tomato Pasta
Option 2: Breadsticks or Crackers
Milk & Water available



DYDD GWENER

Option 1: Yoghurt & Fresh Fruit
Option 2: Breadsticks or crackers
Milk & Water available

- If your child has an allergy to any of the above, we will always provide a safe alternative.
- Our snack menu has been designed in line with Welsh Government's best practice guidance for Food & Nutrition
- Fresh fruit and water are always available during the club and easily accessible to the children.
- If your child doesn't like what's on offer, we will always cater for something they do like to ensure they've a snack.

LITTLE DISCIPLES AFTERSCHOOL CLUB MENU

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WEEK 2



DYDD LLUN

Option 1: Crackers with Cream Cheese & Chives
Option 2: Apple & Raisins
Milk & Water available



DYDD MAWRTH

Option 1: Tomato or vegetable soup
Option 2: Cucumber & Carrot Sticks with Cream Cheese
Milk & Water available



DYDD MERCHER

Option 1: Sweet and Sour Noodles
Option 2: Yoghurt & Fresh Fruit
Milk & Water available



DYDD IAU

Option 1: Spaghetti in Tomato Sauce
Option 2: Breadsticks or Crackers
Milk & Water available

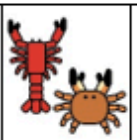
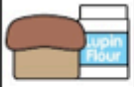


DYDD GWENER

Option 1: Yoghurt & Fresh Fruit
Option 2: Breadsticks or crackers
Milk & Water available

- If your child has an allergy to any of the above, we will always provide a safe alternative.
- Our snack menu has been designed in line with Welsh Government's best practice guidance for Food & Nutrition
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Little Disciples Menu: Dishes and their allergen content

Dishes														
	Celery	Cereals containing gluten*	Crustaceans	Eggs	Fish	Lupin	Milk/dairy	Mollusc	Mustard	Nuts†	Peanuts	Sesame seeds	Soya	Sulphur Dioxide
Cornflakes		✓												
Yoghurt with banana slices and raisins							✓							
Wholemeal toast		✓												
Rice Krispies		✓												
Yoghurt with apple and oranges							✓							
Crumpet thins with jam		✓												
Weetabix		✓												
Berries and tinned peaches in juice														
Apple and pear slices														

Review date: September 2026 Reviewed by: Mr S. Gocher (Manager)

Food Standards Agency
food.gov.uk

Banana pancakes with fresh fruit		✓		✓			✓						
Crackers with cream cheese and chives		✓					✓						
Apple and raisins													
Spaghetti on toast with cheese		✓					✓						
Cucumber and carrot sticks with cream cheese							✓						
Toasted muffins with cream cheese		✓					✓						
Yoghurt and fresh fruit							✓						
Tomato pasta		✓											
Breadsticks or crackers		✓											
Tomato or vegetable soup	✓												
Sweet and sour noodles		✓										✓	
Spaghetti in tomato sauce		✓											
Milk and water available							✓						

IMPORTANT: Entries marked "check" must be confirmed against the exact product label/recipe before service. Supplier substitutions can change allergens. Blank cells mean no allergen is apparent from the menu description - not a guarantee of absence or freedom from cross-contact.