

Uplands ASC

Food

Day	Week 1	Week 2	Week 3	Week 4	Week 5
Monday	Bagel/Muffin	Fruit/Veg	Sandwich Ham/Cheese	Toast Butter	Beans/Spaghetti on Toast
Tuesday	Beans/Spaghetti on Toast	Bagel/Muffin	Fruit/Veg	Sandwich Ham/Cheese	Toast Butter
Wednesday	Toast Butter	Beans/Spaghetti on Toast	Bagel/Muffin	Fruit/Veg	Sandwich Ham/Cheese
Thursday	Sandwich Ham/Cheese	Toast Butter	Beans/Spaghetti on Toast	Bagel/Muffin	Fruit/Veg
Friday	Fruit/Veg	Sandwich Ham/Cheese	Toast Butter	Beans/Spaghetti on Toast	Bagel/Muffin

Bagels / Muffin and Beans / Spaghetti are served on alternate weeks.