



Healthy Active Holiday Camp Menu

Please see below each weeks menu for the six weeks healthy active holiday programme.

Once you have book your Child(s) place onto a camp you will receive an automated email with the link to order your Child(s) food.

If your child has any dietary requirements please email - kineticsportsgroupholidaycamp@gmail.com

Please Note: Each day your Child(s) will receive a healthy snack (Yoghurt or Fruit) in the morning and afternoon. They will also have drinks provided throughout the day.

Week 1	Hot Option 1	Hot Option 2	Cold Option 1	Cold Option 2	Cold Option 3	Cold Option 4	Pudding
Monday	NA	NA	NA	NA	NA	NA	NA
Tuesday	NA	NA	NA	NA	NA	NA	NA
Wednesday	Chicken and Gravy Pie with Beans.	Cheese and Onion Slice with Beans	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Trifle
Thursday	Tomato Pasta & Broccoli	Tomato Pasta & Broccoli	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Mousse
Friday	Jacket Potato, with Cheese and Beans.	Jacket Potato, with Cheese and Beans.	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Muffin

Week 2	Hot Option 1	Hot Option 2	Cold Option 1	Cold Option 2	Cold Option 3	Cold Option 4	Pudding
Monday	Chicken Nuggets, Wedges and Beans	Veggie Nuggets, Wedges and Beans	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Rice Pudding
Tuesday	Chilli and Rice	Veggie Chilli and Rice	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Apple Pie
Wednesday	Beef Pie with Gravy and mixed Veg	Cheese and Onion slice with mixed Veg	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Mousse
Thursday	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Fruit Trifle
Friday	Fish Fingers, Chips and Peas	Veggie Fingers, Chips and Peas	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Strawberry Slice

Week 3	Hot Option 1	Hot Option 2	Cold Option 1	Cold Option 2	Cold Option 3	Cold Option 4	Pudding
Monday	Beef Burger and Chips	Veggie Burger and Chips	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Strawberry Mousse
Tuesday	Spaghetti Bolognese	Spaghetti Bolognese	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Blackcurrant Pie
Wednesday	Beef Pie, Gravy, mixed Veg	Cheese and Onion Slice with mixed Veg	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Trifle
Thursday	Sausage, Curly Fries and Sweetcorn	Veggie Sausage, Curly Fries and Sweetcorn	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Fruit Flavoured Rice Pudding
Friday	Tomato Pasta and Broccoli	Tomato Pasta and Broccoli	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Fruit Muffin

Week 4	Hot Option 1	Hot Option 2	Cold Option 1	Cold Option 2	Cold Option 3	Cold Option 4	pudding
Monday	Chicken Nuggets, Wedges and Beans	Veggie Nuggets, Wedges and Beans	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Rice Pudding
Tuesday	Chilli and Rice	Veggie Chilli and Rice	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Apple Pie
Wednesday	Beef Pie with Gravy and mixed Veg	Cheese and Onion slice with mixed Veg	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Mousse
Thursday	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Fruit Trifle
Friday	Fish Fingers, Chips and Peas	Veggie Fingers, Chips and Peas	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Strawberry Slice

Week 5	Hot Option 1	Hot Option 2	Cold Option 1	Cold Option 2	Cold Option 3	Cold Option 4	pudding
Monday	Beef Burger and Chips	Veggie Burger and Chips	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Strawberry Mousse
Tuesday	Spaghetti Bolognese	Spaghetti Bolognese	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Blackcurrant Pie
Wednesday	Beef Pie, Gravey, mixed Veg	Cheese and Onion Slice with mixed Veg	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Trifle
Thursday	Sausage, Curley Fries and Sweetcorn	Veggie Sausage, Curley Fries and Sweetcorn	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Fruit Flavoured Rice Pudding
Friday	Tomato Pasta and Broccoli	Tomato Pasta and Broccoli	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Fruit Muffin

Week 6	Hot Option 1	Hot Option 2	Cold Option 1	Cold Option 2	Cold Option 3	Cold Option 4	pudding
Monday	NA	NA	NA	NA	NA	NA	NA
Tuesday	Chilli and Rice	Veggie Chilli and Rice	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Apple Pie
Wednesday	Beef Pie with Gravy and mixed Veg	Cheese and Onion slice with mixed Veg	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Mousse
Thursday	Jacket Potato with Cheese and Beans	Jacket Potato with Cheese and Beans	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Fruit Trifle
Friday	Fish Fingers, Chips and Peas	Veggie Fingers, Chips and Peas	Ham & Salad Sandwich	Cheese & Salad Sandwich	Ham Salad - lettuce, tomatoes, cucumber and carrot.	Cheese Salad - lettuce, tomatoes, cucumber and carrot.	Strawberry Slice