

# Autumn 1 half term Activities and Menus for The Sunflower Club



## Week 1

### Menu W/C: Monday 02/09/24

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
	Inset	Inset	Mac 'n' cheese	Beans and cheese on toast
	Inset	Inset		Beans on toast
	Inset	Inset	Toast with ham. Cheese, marmite	Toast with ham. Cheese, marmite
	Inset	Inset	Yoghurt and fruit	Custard

### Afterschool club ACTIVITIES for W/C 02.09.2024 THEME: Me!

#### Monday

Outside:

holiday			
---------	--	--	--

#### Tuesday

inset			
-------	--	--	--

#### Wednesday

inset			
-------	--	--	--

#### Thursday

My family picture	Who I am	Snap	Skipping
-------------------	----------	------	----------

#### Friday

My family picture	Who I am	Balance games	Balls
-------------------	----------	---------------	-------

## Menu W/C: Monday 09/09/2024

## Week 2

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Sticky chicken and rice	Pasta salad with ham	Sausage rolls and beans	Loaded potato wedges	Spaghetti on toast
Sticky vegetables and rice	Pasta salad	Cheese and onion rolls with beans	Potato wedges and cheese	
Crumpet with ham, cheese or marmite	Crackers with ham, cheese or marmite	Bagel with ham, cheese or marmite	Wrap with ham, cheese or marmite	Toast with ham, cheese or marmite
Banana sushi	Cinnamon rolls	Flapjack	Blackberry cookies	Frozen yoghurt

## Afterschool club ACTIVITIES for W/C 09/09/2024 THEME: Holidays

### Monday

Outside:

Sand tuff tray	Dolls house	Lego	Football
----------------	-------------	------	----------

### Tuesday

Sand tuff tray	Trains	Knex	Hide and seek
----------------	--------	------	---------------

### Wednesday

Sand tuff tray	Holiday posters	Barbies	Climbing frame
----------------	-----------------	---------	----------------

### Thursday

Holiday posters	Uno	Dinosaurs	Hula hoops
-----------------	-----	-----------	------------

### Friday

Holiday posters	Puzzles	Busy books	Free play
-----------------	---------	------------	-----------

## Menu W/C: Monday 16/092024

Week 3

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Fish fingers and wedges	Scrambled egg on toast	Sausage tomato pasta	Bacon in a roll	Ravioli on toast
Wedges and cheese		Tomato pasta		Vegetable ravioli on toast
Crackers with ham, cheese or marmite	Toast with ham, cheese or marmite	Bagel with ham, cheese or marmite	Roll with ham, cheese or marmite	Toast with ham, cheese or marmite
Fruit pizza	Yoghurt bark	Jelly	Frozen yoghurt	Fruit salad

## Afterschool club ACTIVITIES for W/C 16/09/2024 THEME: Autumn

### Monday

Outside:

Leaf sun catcher	Top trumps	Snakes and ladders	Tennis
------------------	------------	--------------------	--------

### Tuesday

Leaf sun catcher	Game of life	Action figures	Bowling
------------------	--------------	----------------	---------

### Wednesday

Leaf sun catcher	Leaf wreath	My littlest pet shop	Obstacle course
------------------	-------------	----------------------	-----------------

### Thursday

Leaf wreath	Puzzles	Duplo	Running games
-------------	---------	-------	---------------

### Friday

Leaf wreath	Monopoly	Books	Ball games
-------------	----------	-------	------------

Menu W/C: Monday 23/09/2024

Monday	Tuesday	Wednesday	Thursday	Friday
Sausage in a roll	Ham & vegetable Pasta Salad	Pepperoni pizza parcel	Chicken & vegetable kebab pitta bread	Beans on toast with grated cheese
Vegetarian sausage in a roll	Vegetable Pasta Salad	Cheese pizza parcels	Vegetable kebab pitta bread	Beans on toast
Roll with cheese, ham or Marmite	Crackers cheese, ham or Marmite	Toast with cheese, ham or Marmite	Pitta with cheese, ham or Marmite	Toast with cheese, ham or Marmite
Yoghurt	Flapjack	Homemade banana cake	Shortbread	Frozen yoghurt

Afterschool club ACTIVITIES for W/C 23/09/2024 THEME: Mindfulness

Monday

Outside:

Glitter bottles	Duplo	Puzzle	Climbing frame
-----------------	-------	--------	----------------

Tuesday

Glitter bottles	Leglo	Memory game	Hula hoops
-----------------	-------	-------------	------------

Wednesday

Glitter bottles	Playdough	Snakes and ladders	Skipping
-----------------	-----------	--------------------	----------

Thursday

Playdough	Darts	Knex	Free play
-----------	-------	------	-----------

Friday

Playdough	Snap	Babies	Tag
-----------	------	--------	-----

## Menu W/C: Monday 30/09/2024

Week 5

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Fish fingers with potato wedges	Hot dog in a roll	Rice with chicken & vegetables	Mac 'n' cheese with sweetcorn	Ravioli on toast
Wedges with cheese	Vegetarian Hot dog in a roll	Rice with vegetables		Vegetarian ravioli on toast
Bagel with cheese, ham or Marmite	Roll with cheese, ham or Marmite	Toast with cheese, ham or Marmite	Crackers with cheese, ham or Marmite	Toast with cheese, ham or Marmite
Banana Sushi	Yoghurt bark	Homemade apple muffins	Berry fruit bowl	Yoghurt

## Afterschool club ACTIVITIES for 30/09/2024 THEME: Superheroes

### Monday

Outside:

Superhero wrist cuffs	Facepaint	Littlest Pet Shop & Snakes and Ladders	Football
-----------------------	-----------	----------------------------------------	----------

### Tuesday

Superhero wrist cuffs	facepaint	Dominos & memory game	Limbo
-----------------------	-----------	-----------------------	-------

### Wednesday

Superhero wrist cuffs	facepaint	Knights & castle & Top	Basketball
-----------------------	-----------	------------------------	------------

### Thursday

Superhero lolly stick craft	Chess	Knex	Running races
-----------------------------	-------	------	---------------

### Friday

Superhero lolly stick craft	Cars	Dress up	Free pkay
-----------------------------	------	----------	-----------

## Menu W/C: Monday 07/10/2024

Week 6

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Sausage and tomato pasta	Loaded wedges	Chicken noodles	Cheese & ham pinwheels	Soup & bread
Tomato pasta	Wedges and cheese	Vegetable noodles	Cheese pinwheel	
Toast with ham, cheese or marmite	Crumpet with ham, cheese or marmite	Bagel with ham, cheese or marmite	Bagel with cheese, ham or Marmite	Toast with cheese, ham or Marmite
Fruit and yoghurt	Banana muffin	Beetroot brownie	Homemade shortbread	Frozen yoghurt

## Afterschool club ACTIVITIES for W/C 07/10/2024 THEME: Little Red Hen Book

### Monday

Outside:

Make bread	Farm	Dress up	Skipping
------------	------	----------	----------

### Tuesday

Make bread	Fishing game	Balance games	Hide and seek
------------	--------------	---------------	---------------

### Wednesday

Make bread	Sugar puff wheat craft	What's up	Free play
------------	------------------------	-----------	-----------

### Thursday

Sugar puff wheat craft	Headbands	Connect 4	KS1 playground
------------------------	-----------	-----------	----------------

### Friday

Sugar puff wheat craft	Ponies	Action figures	Bowling
------------------------	--------	----------------	---------

Menu W/C: Monday 14/10/2024

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Meatballs and pasta	Loaded mac 'n' cheese	Beef noodles	Chicken & vegetable fajitas	Spaghetti hoops on toast
Pasta and cheese	Mac 'n' cheese	Vegetable noodles	Vegetable fajitas	
Toast with ham, cheese or marmite	Crumpet with ham, cheese or marmite	Bagel with ham, cheese or marmite	Wrap with cheese, ham or Marmite	Toast with ham, cheese or marmite
Fruit and yoghurt	Banana muffin	Fruit pizza	Cinnamon rolls	Custard

Afterschool club ACTIVITIES for W/C 14/10/2024 THEME: Nature

Monday

Outside:

Scavenger hunt	Pirates	Barbies	Astro
----------------	---------	---------	-------

Tuesday

Scavenger hunt	Top trumps	Puzzles	Climbing frame
----------------	------------	---------	----------------

Wednesday

Scavenger hunt	Bark/ leaf rubbings	Snap	Parachute
----------------	---------------------	------	-----------

Thursday

Bark/ leaf rubbings	Wooden blocks	Lego	Bowling
---------------------	---------------	------	---------

Friday

Bark/ leaf rubbings	Crocodile crunch	Jenga	Free play
---------------------	------------------	-------	-----------

## Menu W/C: Monday 21/10/2024

Week 8

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Scrambled egg on toast	Build your own pitta pizza, ham, cheese, tomato, sweetcorn & red pepper	Fried rice with chicken & vegetables	Beans on toast with cheese	Inset Day
	Build your own pitta pizza, cheese, tomato, sweetcorn & red pepper	Fried rice with vegetables	Beans on toast	
Toast with ham, cheese or marmite	Crumpet with ham, cheese or marmite	Bagel with ham, cheese or marmite	Toast with ham, cheese or marmite	
Custard	Banana muffin	Fruit crumble and custard	Frozen yoghurt	

## Afterschool club ACTIVITIES for W/C 21/10/2024 THEME: fight week

### Monday

Outside:

Paper plate monster	Busy books	Puzzles	Basket ball
---------------------	------------	---------	-------------

### Tuesday

Paper plate monster	Snap	Operation	Hula hoops
---------------------	------	-----------	------------

### Wednesday

Broom stick ( pipe cleaner and beads)	Fire station	Barbies	Free play
---------------------------------------	--------------	---------	-----------

### Thursday

Broom stick ( pipe cleaner and beads)	Dinosaurs	Dominos	KS1 playground
---------------------------------------	-----------	---------	----------------

### Friday

Inset Day			
-----------	--	--	--