

SCHOOL PACKED LUNCH 3 WEEKS SCHEDULE

WEEK1			
DAY	CONTENT	RECIPE No	TO INCLUDE
MONDAY Weeks commencing 4/9, 25/9, 16/10, 13/11, 4/12, 1/1/24, 22/1, 19/2, 11/3, 15/4, 6/5, 3/6, 24/6, 15/7	SAUSAGE ROLL	R14713	SALAD FORK T.SPOON
	PASTA SALAD WITH PESTO VEG AND SHREADED MOZZARELLA	R14910	
	VANILLA PUDDING		
	BANANA		
TUESDAY	CREAMY HUMMUS WITH PITTA BREAD AND VEGETABLE STICKS	R14715	FRUIT FORK
	EGG LIGHT MAYO AND LETTUCE BAP	R14911	
	DRY APRICOTS FRESH FRUIT POT		
WEDNESDAY	THICK-CRUST PIZZA MARGARITA SLICED	R14717	FRUIT FORK
	ROAST PORK AND CUCUMBER SANDWICH	R14718	
	FRUIT CAKE SLICE FRESH FRUIT POT		
THURSDAY	QUICHE HAM & HALLOUMI TOMATO	R14719	FRUIT FORK SPOON
	TUNA LIGHT MAYO AND LETTUCE BAP	R14720	
	FRUIT YOGHURT FRESH FRUIT POT		
FRIDAY	WRAP ROAST CHICKEN AND SALAD	R14721	FRUIT FORK SPOON
	VIRGINIA HAM AND CHEDDAR CHEESE SANDWICH	R14722	
	RICE PUDDING FRESH FRUIT POT		

WEEK2			
DAY	CONTENT	RECIPE No	TO INCLUDE
MONDAY Weeks commencing 1/9, 2/10, 23/10, 20/11, 11/12, 8/1/24, 29/1, 26/2, 18/3, 22/4, 13/5, 10/6, 1/7	SLICE CUCUMBER TOPPED WITH TUNA MIXED WITH LIGHT MAYO SANDWICH	R14723	T.SPOON
	CHEESE & CRACKERS	R14724	
	FRUIT YOGHURT		
	BANANA		
11/9, 2/10,	TURKEY HAM BROWN ROLL	R14725	FORK T.SPOON
	EGG LIGHT MAYO AND LETTUCE BAP	R14912	
	FOREST FRUIT BAR FRESH FRUIT POT		
WEDNESDAY	SANDWICH ROAST TURKEY WITH PAPRIKA AND LIGHT MAYONNAISE	R14726	FRUIT FORK
	CREAMY AVOCADO WITH PITTA BREAD AND VEGETABLE STICKS	R14728	
	DRY RAISINS FRESH FRUIT POT		
THURSDAY	TUNA AND BEANS SALAD POT	R14729	FRUIT FORK SALAD FOLK
	CHEESY COLESLOW WITH PITTA	R14730	
	APPLE PIE FRESH FRUIT POT		
FRIDAY	CHEDDAR CHEESE SANDWICH AND CUCUMBER	R14732	FRUIT FORK SPOON
	WRAP CHICKEN , AVOCADO AND SALAD	R14731	
	CHOCOLATE PUDDING FRESH FRUIT POT		

WEEK3			
DAY	CONTENT	RECIPE No	TO INCLUDE
MONDAY weeks commencing 18/9, 9/10, 6/11, 27/11, 18/12, 15/1, 5/2, 4/3, 8/4, 29/4, 20/5.	CHEESE & TOMATO ROLL	R14733	T.SPOON
	HAM SANDWICH	R14734	
	FRUIT YOGHURT FRESH FRUIT		
TUESDAY	CREAMY HUMMUS WITH PITTA BREAD AND VEGETABLE STICKS	R14727	FRUIT FORK
	WRAP TUNA & SWEET CORN LIGHT MAYO	R14736	
	RED VELVET MUFFIN FRESH FRUIT POT		
WEDNESDAY	THICK-CRUST PIZZA MARGARITA SLICED	R14717	FRUIT FORK SPOON
	SANDWICH HERBED CREAM CHEESE AND SALMON	R14738	
	FRUIT JELLY FRESH FRUIT POT		
THURSDAY	TURKEY HAM WITH HUMMOUS COLESLOW SANDWICH	R14739	FRUIT FORK
	QUICHE BACON AND GARDEN PEAS	R14740	
	CEREAL BAR FRESH FRUIT POT		
FRIDAY	SANDWICH EGG AND HERB LIGHT MAYONNAISE	R14741	FRUIT FORK SPOON SALAD FORK
	PASTA SALAD WITH TOMATO SAUCE VEGETABLES AND QUINOA	R14742	
	CREAM CARAMEL FRESH FRUIT POT		

* All Sandwiches/Wraps/Pita Bread are served with salad.