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

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FRESH FRUIT POT

MONDAY   M	DAY	CONTENT	RECIPE No	TO INCLUDE
T.SPOON  T.S		CHEESE & TOMATO ROLL		
18/9, 9/10,6/11, 27/11,18/12, 15/1, 5/2, 4/3, 8/4, 29/4, 20/5, TUESDAY  CREAMY HUMMUS WITH PITTA BREAD AND VEGETABLE STICKS  WRAP TUNA & SWEETCORN LIGHT MAYO  RED VELVET MUFFIN FRESH FRUIT POT  WEDNESDAY  WEDNESDAY  THICK-CRUST PIZZA MARGARITA SLICED  SANDWICH HERBED CREAM CHEESE AND SALMON FRUIT JELLY FRESH FRUIT POT  THURSDAY  THURSDAY  THUREY HAM WITH HUMMOUS COLESLOW SANDWICH QUICHE BACON AND GARDEN PEAS  R14740  FRUIT FORK		HAM SANDWICH	R14734	
1.5POON   1.5P		EDITE VOCULIET		
15/1, 5/2, 4/3, 8/4, 29/4, 20/5,   FRESH FRUIT   CREAMY HUMMUS WITH PITTA BREAD AND   R14727   VEGETABLE STICKS   WRAP TUNA & SWEETCORN LIGHT MAYO   R14736   FRUIT FORK   RED VELVET MUFFIN   FRESH FRUIT POT   SANDWICH HERBED CREAM CHEESE AND SALMON   R14738   FRUIT FORK   SPOON   FRUIT JELLY   FRESH FRUIT POT   TURKEY HAM WITH HUMMOUS COLESLOW   R14739   SANDWICH   QUICHE BACON AND GARDEN PEAS   R14740   FRUIT FORK   FRESH FRUIT POT   SANDWICH   QUICHE BACON AND GARDEN PEAS   R14740   FRUIT FORK   FRUIT FORK   FRUIT FORK   FRESH FRUIT POT   SANDWICH   GEREAL BAR   FRESH FRUIT POT   FRESH FRUIT POT   FRUIT FORK   FRUIT F		FRUIT YOGHURT		T.SPOON
### SATA SALAD WITH TOMATO SAUCE VEGETABLES  ### STA SALAD WITH POTT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### CREAT PLANCE  ### REAL FRUIT POT  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### REAL FRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### REAL FRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### REAL FRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### PRUIT FORK  ### STA SALAD WITH TOMATO SAUCE VEGETABLES  ### STA SALAD WITH				
TUESDAY  CREAMY HUMMUS WITH PITTA BREAD AND VEGETABLE STICKS  WRAP TUNA & SWEETCORN LIGHT MAYO  R14736  RED VELVET MUFFIN RESH FRUIT POT THICK-CRUST PIZZA MARGARITA SLICED  SANDWICH HERBED CREAM CHEESE AND SALMON R14738  FRUIT FORK  FRUIT JELLY RESH FRUIT POT TURKEY HAM WITH HUMMOUS COLESLOW SANDWICH QUICHE BACON AND GARDEN PEAS  CEREAL BAR FRESH FRUIT POT  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES R14742  FRUIT FORK		FRESH FRUIT		
VEGETABLE STICKS  WRAP TUNA & SWEETCORN LIGHT MAYO  RED VELVET MUFFIN RESH FRUIT POT  WEDNESDAY  THICK-CRUST PIZZA MARGARITA SLICED  R14717  SANDWICH HERBED CREAM CHEESE AND SALMON R14738  FRUIT FORK  SPOON  R14739  THURSDAY  THUREY HAM WITH HUMMOUS COLESLOW SANDWICH QUICHE BACON AND GARDEN PEAS  CEREAL BAR FRESH FRUIT POT  CEREAL BAR FRESH FRUIT POT  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES PASTA SALAD WITH TOMATO SAUCE VEGETABLES  R14742  FRUIT FORK  FRUIT FORK  FRUIT FORK				
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RED VELVET MUFFIN FRESH FRUIT POT  WEDNESDAY  WEDNESDAY  THICK-CRUST PIZZA MARGARITA SLICED  SANDWICH HERBED CREAM CHEESE AND SALMON  FRUIT JELLY FRESH FRUIT POT  THURSDAY  TURKEY HAM WITH HUMMOUS COLESLOW SANDWICH QUICHE BACON AND GARDEN PEAS  CEREAL BAR FRESH FRUIT POT  SANDWICH  SANDWICH  CEREAL BAR FRESH FRUIT POT  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES PASTA SALAD WITH TOMATO SAUCE VEGETABLES  R14742  FRUIT FORK		VEGETABLE STICKS	1117121	_
FRESH FRUIT POT		WRAP TUNA & SWEETCORN LIGHT MAYO	R14736	FRUIT FORK
FRESH FRUIT POT				
THICK-CRUST PIZZA MARGARITA SLICED   R14717				
SANDWICH HERBED CREAM CHEESE AND SALMON R14738  FRUIT JELLY FRESH FRUIT POT THURSDAY  TURKEY HAM WITH HUMMOUS COLESLOW SANDWICH QUICHE BACON AND GARDEN PEAS  CEREAL BAR FRESH FRUIT POT  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES PASTA SALAD WITH TOMATO SAUCE VEGETABLES PASTA SALAD WITH TOMATO SAUCE VEGETABLES  FRUIT FORK  FRUIT FORK FRUIT FORK FRUIT FORK FRUIT FORK FRUIT FORK FRUIT FORK				
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FRUIT JELLY FRESH FRUIT POT  THURSDAY  TURKEY HAM WITH HUMMOUS COLESLOW SANDWICH QUICHE BACON AND GARDEN PEAS  CEREAL BAR FRESH FRUIT POT  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES PASTA SALAD WITH TOMATO SAUCE VEGETABLES PASTA SALAD WITH TOMATO FAUCE VEGETABLES PASTA SALAD WITH TOMATO SAUCE VEGETABLES		SANDWICH HERBED CREAM CHEESE AND SALMON	R14738	
FRUIT JELLY RESH FRUIT POT TURKEY HAM WITH HUMMOUS COLESLOW SANDWICH QUICHE BACON AND GARDEN PEAS CEREAL BAR FRESH FRUIT POT  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES PASTA SALAD WITH TOMATO SAUCE VEGETABLES R14742 FRUIT FORK  FRUIT JELLY FRUIT JELLY FRUIT FORK FRUIT FORK FRUIT FORK FRUIT FORK FRUIT FORK FRUIT FORK				
FRESH FRUIT POT		FRUIT JELLY		0.00.1
SANDWICH QUICHE BACON AND GARDEN PEAS  CEREAL BAR FRESH FRUIT POT  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES				
FRIDAY  SANDWICH BACON AND GARDEN PEAS  CEREAL BAR FRESH FRUIT POT  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES	THURSDAY	TURKEY HAM WITH HUMMOUS COLESLOW	D14720	
FRUIT FORK  CEREAL BAR FRESH FRUIT POT  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES		SANDWICH	K14/39	_
CEREAL BAR FRESH FRUIT POT  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES PASTA SALAD		QUICHE BACON AND GARDEN PEAS	R14740	
FRESH FRUIT POT  FRIDAY  SANDWICH EGG AND HERB LIGHT MAYONNAISE PASTA SALAD WITH TOMATO SAUCE VEGETABLES PATA 22  FRUIT FORK				FRUIT FORK
FRIDAY  SANDWICH EGG AND HERB LIGHT MAYONNAISE  PASTA SALAD WITH TOMATO SAUCE VEGETABLES PARTA2  FRUIT FORK		CEREAL BAR		
SANDWICH EGG AND HERB LIGHT MAYONNAISE R14741  PASTA SALAD WITH TOMATO SAUCE VEGETABLES P14742  FRUIT FORK		FRESH FRUIT POT		
R14749	FRIDAY	SANDWICH EGG AND HERB LIGHT MAYONNAISE	R14741	
R14749		DASTA SALAD WITH TOMATO SALICE VECETABLES		FRUIT FORK SPOON
		AND QUINOA	R14742	
SALAD FORK		/ IIID QUITO/1		
CREAM CARAMEL		CREAM CARAMEL		O/ LE LE T OILL
FRESH FRUIT POT				

<sup>\*</sup> All Sandwiches/Wraps/Pita Bread are served with salad.

## WEEK2

	WEEKZ		
DAY	CONTENT	RECIPE No	TO INCLUDE
commencing1 1/9, 2/10, 23/10,	SLICE CUCUMBER TOPPED WITH TUNA MIXED WITH LIGHT MAYO SANDWICH	R14723	
	CHEESE & CRACKERS	R14724	
20/11,11/12, 8/1/24.29/1.			
8/1/24,29/1, 26/2, 18/3, 22/4,	FRUIT YOGHURT		T.SPOON
13/5, 10/6, 1/7			
	BANANA		
11/9, 2/10,	TURKEY HAM BROWN ROLL	R14725	
	EGG LIGHT MAYO AND LETTUCE BAP	R14912	FORK T.SPOON
	FORFOT FRUIT DAR	4	
	FOREST FRUIT BAR FRESH FRUIT POT		
	SANDWICH ROAST TURKEY WITH PAPRIKA AND LIGHT MAYONNAISE	R14726	
	CREAMY AVOCADO WITH PITTA BREAD AND VEGETABLE STICKS	R14728	FRUIT FORK
	DRY RAISINS		
	FRESH FRUIT POT		<u> </u>
THURSDAY	TUNA AND BEANS SALAD POT	R14729	FRUIT FORK
	CHEESY COLESLOW WITH PITTA	R14730	
		4	SALAD FOLK
	APPLE PIE FRESH FRUIT POT		
FRIDAY	CHEDDAR CHEESE SANDWICH AND CUCUMBER	R14732	
	WRAP CHICKEN , AVOCADO AND SALAD	R14731	FRUIT FORK SPOON
	CHOCOLATE PUDDING		
	FRESH FRUIT POT		