



## *Suggestions for Packed Lunch - Week 1*

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>MAIN</i>	FALAFEL AND HUMMOUS PITTA BREAD WITH TOMATO, ONION AND AVOCADO SALAD	A SLICE OF QUICHE LORRAINE (HAM & CHEESE) WITH POTATO AND GREEN SALAD	SLICED ROAST BEEF WITH A MIXED VEGETABLE RICE SALAD	CHICKEN TORTILLA WRAP WITH SWEET PEPPER, CARROT AND TOMATO SLICES	SALMON PASTA SALAD WITH PEAS AND SWEETCORN
<i>DESSERT</i>	A FRUIT YOGHURT* AND A PEAR	A CURRANT BUN AND A SATSUMA	A FROMAGE FRAIS* AND A NECTARINE	SEASONAL BERRIES AND A FRUIT SCONE	CRACKERS, CHEESE AND GRAPES
<i>DRINK</i>	STILL OR SPARKLING MINERAL WATER	FRUIT JUICE	A MILK SMOOTHIE*	A YOGHURT DRINK*	A FLAVOURED MILK DRINK*

\* Milk and milk products are categorised as a high risk foods because bacterial growth can occur within several hours if the storage temperature is not below 5°C. It is therefore recommended that milk and its products are provided only if they can be correctly refrigerated at temperatures consistent with food safety until they are consumed. For any further information please refer to the Food Safety (General Food Hygiene) Regulations 1995 and the Food Safety (Temperature Control) Regulations 1995.



## Suggestions for Packed Lunch - Week 2

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>MAIN</i>	TURKEY, CREAM CHEESE AND SALAD GRANARY BAGUETTE	SAUSAGE AND BROCCOLI PASTA SALAD	EGG AND CRESS MULTI-SEED SANDWICH WITH CHERRY TOMATOES	BROWN RICE SALAD WITH MANGO, PEPPER AND MIXED SALAD BEANS**	WHOLEMEAL PITTA BREAD WITH SARDINES AND MIXED SALAD
<i>DESSERT</i>	DRIED APRICOTS AND ORANGE SEGMENTS	MIXED FRUIT SALAD AND A SMALL SLICE OF OAT FLAPJACK	NECTARINE AND A FROMAGE FRAIS*	BANANA AND PLAIN MIXED SEEDS	PLUM AND A BIO YOGHURT*
<i>DRINK</i>	A MILK SMOOTHIE*	A YOGHURT DRINK*	FRUIT JUICE	SEMI-SKIMMED MILK*	STILL OR SPARKLING WATER

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\*\* These are available in various sized tins (those in reduced sugar and salt are recommended) or fresh from the salad refrigerator section in most supermarkets.



## *Suggestions for Packed Lunch - Week 3*

	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<i>MAIN</i>	COUSCOUS WITH ROASTED VEGETABLES AND MOZZARELLA CHEESE	HAM AND SALAD BAGUETTE AND SLICES OF SWEET PEPPER	TUNA AND RICE SALAD WITH FRESH TOMATO AND CUCUMBER	MIXED VEGETABLE AND CHEESE PIZZA WITH GRATED CARROT AND BEETROOT SALAD	CHERRY TOMATOES AND A GREEN SALAD WITH MIXED POTATO, BACON AND CHEESE
<i>DESSERT</i>	PINEAPPLE RINGS AND A SMALL SLICE OF BANANA BREAD	FRESH MELON CHUNKS AND A FRUIT YOGHURT*	MIXED KIWI FRUIT AND CHERRIES AND A PLAIN YOGHURT*	PEAR AND SOME ALMONDS*	PEACH AND A SLICE OF RAISIN BREAD
<i>DRINK</i>	A MILK SMOOTHIE*	STILL OR SPARKLING WATER	A FLAVOURED MILK*	FRUIT JUICE	A YOGHURT DRINK*

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**NOTE:** Be aware of nut allergies. Refer back to the school/catering policies regarding nuts.