

Packed Lunch

## The Guide to Goodness



Many of our homemade desserts contain at least 50% fruit!



The fish we serve is from well-managed and sustainable fisheries.



Over 75% of our dishes are made fresh on site today from fresh ingredients.



We use wholegrain flour and serve wholemeal bread.



Where possible we use ingredients sourced from local producers.



## Week 1

WEEK COMMENCING: 22ND APRIL / 13TH MAY / 10TH JUNE / 1ST JULY / 22ND JULY / 16TH SEPT / 7TH OCT

### MONDAY

Ham Wrap  
Vegetable Sticks  
Portion of Fruit  
Cheese & Crackers

### TUESDAY

Cheese Baguette  
Vegetable Sticks  
Portion of Fruit  
Orange Jelly & Mandarins

### WEDNESDAY

Egg Sandwich  
Vegetable Sticks  
Portion of Fruit  
Chocolate & Vanilla Mousse

### THURSDAY

Ham Baguette  
Vegetable Sticks  
Portion of Fruit  
Lemon Shortbread Biscuit

### FRIDAY

Tuna Sandwich  
Vegetable Sticks  
Portion of Fruit  
Pear & Chocolate Sponge

## Week 2

WEEK COMMENCING: 29TH APRIL / 20TH MAY / 17TH JUNE / 8TH JULY / 2ND SEPT / 23RD SEPT / 14TH OCT

### MONDAY

Cheese Baguette  
Vegetable Sticks  
Portion of Fruit  
Apple & Banana Cake

### TUESDAY

Egg Sandwich  
Vegetable Sticks  
Portion of Fruit  
Lemon Shortbread Biscuit

### WEDNESDAY

Ham Wrap  
Vegetable Sticks  
Portion of Fruit  
Chocolate & Vanilla Mousse

### THURSDAY

Cheese Wrap  
Vegetable Sticks  
Portion of Fruit  
Orange Jelly & Mandarins

### FRIDAY

Tuna Baguette  
Vegetable Sticks  
Portion of Fruit  
Chocolate Cracknell

## Week 3

WEEK COMMENCING: 6TH MAY / 3RD JUNE / 24TH JUNE / 15TH JULY / 9TH SEPT / 30TH SEPT

### MONDAY

Tuna Sandwich  
Vegetable Sticks  
Portion of Fruit  
Pear & Vanilla Sponge

### TUESDAY

Ham Wrap  
Vegetable Sticks  
Portion of Fruit  
Chocolate & Orange Brownie

### WEDNESDAY

Egg Baguette  
Vegetable Sticks  
Portion of Fruit  
Lemon Shortbread Biscuit

### THURSDAY

Ham Sandwich  
Vegetable Sticks  
Portion of Fruit  
Muller Strawberry Yoghurt

### FRIDAY

Cheese Wrap  
Vegetable Sticks  
Portion of Fruit  
Cheese & Crackers