

**Week One**

# Autumn/Winter Packed Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Sandwich Carrot Sticks Sultanas Fresh Fruit Portion Fruit Yogurt	Ham Sandwich Cucumber Sticks Pizza Finger Orange Wedges Iced Swiss Bun	Tuna Mayo Sandwich Carrot Sticks Cheese Scone Fresh Fruit Portion Fruit Yoghurt	Cheese and Tomato Pasta Pot Cucumber Sticks Sultanas Fresh Fruit Portion Cocoa Cupcake	Ham and Salad Wrap Carrot Sticks Sultanas Apple Wedges Flapjack

Week One: 31 Oct | 21 Nov | 12 Dec | 16 Jan | 6 Feb | 6 Mar | 27 Mar

**Week Two**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Sandwich Carrot Sticks Sultanas Fresh Fruit Portion Lemon Muffin	Ham Sandwich Cucumber Sticks Pizza Finger Fresh Fruit Portion Fruit Yoghurt	Tuna Mayo Sandwich Carrot Sticks Cheese Scone Orange Wedges Cocoa Oatcake	Cheese and Tomato Pasta Pot Cucumber Sticks Sultanas Fresh Fruit Portion Fruit Jelly	Ham and Salad Wrap Carrot Sticks Sultanas Fresh Fruit Portion Cherry Bakewell Cupcake

Week Two: 7 Nov | 28 Nov | 2 Jan | 23 Jan | 20 Feb | 13 Mar

**Week Three**

Monday	Tuesday	Wednesday	Thursday	Friday
Cheese Sandwich Carrot Sticks Sultanas Fresh Fruit Portion Fruit Yogurt	Ham Sandwich Cucumber Sticks Pizza Finger Fresh Fruit Portion Vanilla Ice Cream	Tuna Mayo Sandwich Carrot Sticks Cheese Scone Orange Wedges Shortbread	Cheese and Tomato Pasta Pot Cucumber Sticks Sultanas Fresh Fruit Portion Berry Muffin	Ham and Salad Wrap Carrot Sticks Sultanas Orange Wedges Cocoa Krispie Bar

Week Three: 14 Nov | 5 Dec | 9 Jan | 30 Jan | 27 Feb | 20 Mar