

PACKED LUNCH IDEAS

MONDAY

Pitta bread with hummus

Bag of raisins

Banana

TUESDAY

Cheese and pickle wholemeal roll

Cherry tomatoes

Flapjack

Apple

WEDNESDAY

Wholemeal sandwich with ham and beetroot

Yoghurt

Popcorn

THURSDAY

Granary roll with boiled egg and cress with salad cream

Cucumber sticks

Raisin teabread

FRIDAY

Cheese and tomato pizza

Carrot sticks

Orange

MONDAY

Carton of pasta salad with ham and vegetables

Chunks of cucumber

Pear

Fruit loaf

TUESDAY

French bread with tuna spread* and lettuce

Carrot sticks

Cheese portion

Satsuma

WEDNESDAY

Crunchy roll with Chicken

Yoghurt

Grapes

THURSDAY

Granary roll and vegetarian spread* with tomatoes

Fromage frais

Fruit scone

FRIDAY

Cheese and crackers

Banana

Date, apple and raisin teabread*