

Packed Lunch Menu “South Rise”



| 31 st August to 23 rd October | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|----------------------------------|-----------------------|--------------------|--------------------------|------------------------------|
| Choice One | Ham Sandwich | Ham Sandwich | Ham Sandwich | Ham Sandwich | Ham Sandwich |
| Choice Two | Cheese Sandwich | Cheese Sandwich | Cheese Sandwich | Cheese Sandwich | Cheese Sandwich |
| Choice Three | Chicken Mayo Wrap | Humous & Veg Wrap | Egg Mayo Wrap | Chicken & Sweetcorn Wrap | Tuna Mayo Wrap |
| Choice Four | Humous & Veg Baguette | Chicken Mayo Baguette | Tuna Mayo Baguette | Egg Mayo Baguette | Chicken & Sweetcorn Baguette |
| Vegetables | Cucumber Sticks | Carrot Sticks | Cherry Tomatoes | Cucumber Sticks | Carrot Sticks |
| Dessert | Apple Flapjack | Fruity Apricot Bar | Berry Flapjack | Fruity Picnic Bar | Flapjack |
| Fruit | Banana Or Mandarin Or Bear Yo Yo | | | | |
| Drink | Water Bottle Or Milk Carton | | | | |