

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