

Packed Lunch Menu

| Week 1 | Main | Dessert | Drink |
|-----------|---|--|-------------------------------------|
| Monday | Falafel and hummous pitta bread with tomato, onion and avocado salad. | A fruit yoghurt [†] and a pear | Still or sparkling mineral water |
| Tuesday | A slice of quiche Lorraine (ham and cheese) with potato and green salad | A currant bun and a satsuma | Fruit juice |
| Wednesday | Sliced roast beef with a mixed vegetable rice salad | A fromage frais [†] and a nectarine | A milk smoothie [†] |
| Thursday | Chicken tortilla wrap with sweet pepper, carrot and tomato slices | Seasonal berries and a fruit scone | A yoghurt drink [†] |
| Friday | Salmon pasta salad with peas and sweetcorn | Crackers, cheese and grapes | A flavoured milk drink [†] |

[†] Milk and milk products are categorised as a high risk foods because bacterial growth can occur within several hours if the storage temperature is not below 5°C. It is therefore recommended that milk and its' products are provided only if they can be correctly refrigerated at temperatures consistent with food safety until they are consumed. For any further information please refer to the Food Safety (General Food Hygiene) Regulations 1995 and the Food Safety (Temperature Control) Regulations 1995.

| Week 2 | Main | Dessert | Drink |
|-----------|---|---|--------------------------------|
| Monday | Turkey, cream cheese and salad granary baguette | Dried apricots and orange segments | A milk smoothie [†] |
| Tuesday | Sausage and broccoli pasta salad | Mixed fruit salad and a small slice of oat flapjack | A yoghurt drink [†] |
| Wednesday | Egg and cress multi-seed sandwich with cherry tomatoes | Nectarine and a fromage frais [†] | Fruit juice |
| Thursday | Brown rice salad with mango, pepper and mixed salad beans** | Banana and plain mixed seeds | Semi-skimmed milk [†] |
| Friday | Wholemeal pitta bread with sardines and mixed salad | Plum and a bio yoghurt [†] | Still or sparkling water |

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** These are available in various sized tins (those in reduced sugar and salt are recommended) or fresh from the salad refrigerator section in most supermarkets.

| Week 3 | Main | Dessert | Drink |
|-----------|--|--|-------------------------------|
| Monday | Couscous with roasted vegetables and mozzarella cheese. | Pineapple rings and a small slice of banana bread | A milk smoothie [†] |
| Tuesday | Ham and salad baguette and slices of sweet pepper | Fresh melon chunks and a fruit yoghurt [†] | Still or sparkling water |
| Wednesday | Tuna and rice salad with fresh tomato and cucumber | Mixed kiwi fruit and cherries and a plain yoghurt [†] | A flavoured milk [†] |
| Thursday | Mixed vegetable and cheese pizza with grated carrot and beetroot salad | Pear and some almonds | Fruit juice |
| Friday | Cherry tomatoes and a green salad with mixed potato, bacon and cheese | Peach and a slice of raisin bread | A yoghurt drink [†] |

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