

YOUR SCHOOL PICNIC MENU



A balanced selection of carbohydrates, protein, fresh fruits and vegetables.

MONDAY

Sliced cheese in a wrap
or bread

¼ Vegan sausage roll

Salad

Fruit and pudding

TUESDAY

Tuna mayo in a wrap or
bread

Laughing Cow portion

Salad

Fruit and pudding

WEDNESDAY

Chicken mayo in a wrap
or bread

¼ Pork Sausage Roll

Salad

Fruit and pudding

THURSDAY

Ham in a wrap or bread

Whole pork sausage

Salad

Fruit and pudding

FRIDAY

Cheese spread in a wrap
or bread

Whole vegetarian
sausage

Salad

Fruit and pudding



 /hc3seducation