



**Primary School Packed Lunch Menu
Autumn – September - December 2023**

Week 1	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
04.09.2023 18.09.2023 02.10.2023 16.10.2023 30.10.2023 13.11.2023 27.11.2023 11.12.2023	Savoury Option	Tuna Mayonnaise Wholemeal Sandwich	Chicken Mayonnaise & Sweetcorn Wholemeal Baguette	Ham Wholemeal Sandwich	Tuna Mayonnaise Wholemeal Baguette	Sliced Chicken Wholemeal Sandwich
	Vegetarian Option	Cheddar Cheese Wholemeal Sandwich	Houmous and Falafel Wholemeal Baguette	Egg Mayonnaise Wholemeal Sandwich	Cream Cheese Wholemeal Baguette	Cheddar Cheese Wholemeal Sandwich
	Vegetable Snack	Cucumber sticks	Carrot Sticks	Cucumber Sticks	Pepper Sticks	Carrot Sticks
	Pudding	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Apple

Week 2	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
11.09.2023 25.09.2023 09.10.2023 23.10.2023 06.11.2023 20.11.2023 04.12.2023 18.12.2023	Savoury Option	Ham Wholemeal Sandwich	Curried Chicken Wholemeal Baguette	Chicken Mayonnaise & Sweetcorn Wholemeal Sandwich	Ham Wholemeal Baguette	Tuna Mayonnaise Wholemeal Sandwich
	Vegetarian Option	Cream Cheese Wholemeal Sandwich	Egg Mayonnaise Wholemeal Baguette	Cheddar Cheese Wholemeal Sandwich	Houmous and Falafel Wholemeal Baguette	Cream Cheese Wholemeal Sandwich
	Vegetable Snack	Cucumber sticks	Carrot Sticks	Cucumber Sticks	Pepper Sticks	Carrot Sticks
	Pudding	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Satsuma	Fruit Yoghurt and Banana	Fruit Yoghurt and Apple