

## F+ KS1 Hot & Cold Packed Lunch Menu Summer/Autumn 2020

<b>WEEK ONE</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	BBQ Chicken Flatbread with Salad & Mayonnaise or Choice of filled Tortilla Wrap with Crunchy Vegetable Sticks Homemade Cherry Cookie Seasonal Fresh Fruit	Pork or Veggie Sausage Finger Roll with Tomato Ketchup or Choice of filled Sandwich with Crunchy Mixed Salad Homemade Chocolate Cupcake Seasonal Fresh Fruit	Hot Roast Beef Barmcake or Choice of filled Sandwich Roll with Crunchy Vegetable Sticks Homemade Shortbread Seasonal Fresh Fruit	Ham & Cheese Panini Melt or Choice of filled Finger Bun with Crunchy Mixed Salad Homemade Oaty Biscuit Seasonal Fresh Fruit	Jumbo Fish Finger Wrap with Salad & Mayonnaise or Choice of filled Sandwich Roll with Tortilla Chips Crunchy Vegetable Sticks Homemade Chocolate Cookie Seasonal Fresh Fruit
<b>WEEK TWO</b>	<b>MEAT FREE MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Freshly Baked Cheddar Cheese & Onion Pasty or Choice of filled Sandwich Roll with Crunchy Vegetable Sticks Homemade Vanilla Fairy Cake Seasonal Fresh Fruit	Crispy Chicken or Quorn Wrap with Salad & Mayonnaise or Choice of filled Tortilla Wrap with Crunchy Mixed Salad Homemade Chocolate Cookie Seasonal Fresh Fruit	Hot Roast Pork & Stuffing Barmcake or Choice of filled Sandwich Roll with Crunchy Vegetable Sticks Homemade Flapjack Seasonal Fresh Fruit	British Beef Burger with Tomato Ketchup or Choice of filled Sandwich with Crunchy Mixed Salad Homemade Shortbread Seasonal Fresh Fruit	Cheese & Tomato Pizza Panini or Choice of filled Finger Bun with Tortilla Chips Crunchy Vegetable Sticks Jam Doughnut Seasonal Fresh Fruit
<b>WEEK THREE</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	Pork or Vegetarian Meatball Marinara Sub or Choice of filled Finger Bun with Crunchy Vegetable Sticks Homemade Chocolate Shortbread Seasonal Fresh Fruit	Tuna & Cheese Panini Melt or Choice of filled Baguette with Crunchy Mixed Salad Homemade Oaty Biscuit Seasonal Fresh Fruit	Hot Roast Chicken & Stuffing Barmcake or Choice of filled Sandwich Roll with Crunchy Vegetable Sticks Homemade Vanilla Fairy Cake Seasonal Fresh Fruit	Freshly Baked Pork or Vegetarian Sausage Roll or Choice of filled Tortilla Wrap with Crunchy Mixed Salad Homemade Raspberry Bun Seasonal Fresh Fruit	Crispy Fish Fillet Flatbread with Salad & Mayonnaise or Choice of filled Sandwich Roll with Tortilla Chips Crunchy Vegetable Sticks Homemade Chocolate Cookie Seasonal Fresh Fruit

Whilst every effort is made to produce the published menus, please note that they may vary occasionally subject to availability and individual school requirements.