

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

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

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