

North School Packed Lunch

		Mon	TUE	WED	THURS	FRI
Week 1 w/c 07.09.20 and 28.09.20	Mains	Cheese Spread Wholemeal Sandwich (G1,S,D) Salad Cheese or Egg available as alternative (G1,D,E)	Chicken Baguette (G1) Salad Cheese or Egg available as alternative (G1,D,E)	Ham in a High Fibre Roll (G1,A*) Salad Cheese or Egg available as alternative (G1,D,E)	Cheese Soft Roll (G1,D,A*) Ham or Egg available as alternative (G1,E)	Tuna Mayonnaise Wrap (G1,F,E) Salad Cheese or Egg available as alternative (G1,D,E)
	Desserts	Strawberry Mousse (D) Fresh Fruit or Yoghurt (D)	Jelly Pot Fresh Fruit or Yoghurt (D)	Shortbread Biscuit (G1) Fresh Fruit or Yoghurt (D)	Lemon Sponge (G1,D,E) Fresh Fruit or Yoghurt (D)	Fruit Flapjack (G1) Fresh Fruit or Yoghurt (D)
Week 2 w/c 14.09.20 and 05.10.20	Mains	Ham Baguette (G1) Salad Cheese or Egg available as alternative (G1,D,E)	Tuna & Sweetcorn Wrap (G1,F,D) Salad Cheese or Egg available as alternative (G1,D,E)	Wholemeal Cheese Sandwich (G1,S,D) Salad Ham or Egg available as alternative (G1,E)	Egg Mayo Filled Hi Fibre Roll (G1,E,C*,D,M,S*,A*) Salad Cheese or Ham available as alternative (G1,D)	Chicken in a Soft Roll (G1,A*) Salad Cheese or Egg available as alternative (G1,D,E)
	Desserts	Fruit Salad with Topping (D) Fresh Fruit or Yoghurt (D)	Oaty Flapjack (G1) Fresh Fruit or Yoghurt (D)	Chocolate Mousse (D) Fresh Fruit or Yoghurt (D)	Fruit Cupcake (G1,D,E) Fresh Fruit or Yoghurt (D)	Oat Cookie (G1) Fresh Fruit or Yoghurt (D)
Week 3 w/c 21.09.20 and 12.10.20	Mains	Chicken in a High Fibre Roll (G1,A*) Salad Cheese or Egg available as alternative (G1,D,E)	Ham Wholemeal Sandwich (G1,S) Salad Cheese or Egg available as alternative (G1,D,E)	Egg Mayo in Soft Roll (G1,E,C*,D,M,S*,A*) Salad Cheese or Ham available as alternative (G1,D)	Tuna Wrap(G1,F,E) Salad Cheese or Ham available as alternative (G1,D)	Cheese Baguette (G1,D) Salad Ham or Egg available as alternative (G1,E)
	Desserts	Iced Sponge (G1,E) Fresh Fruit or Yoghurt (D)	Fruit Mousse (D) Fresh Fruit or Yoghurt (D)	Fruit Muffin (G1,E) Fresh Fruit or Yoghurt (D)	Jelly with Fruit Fresh Fruit or Yoghurt (D)	Oat Cookie (G1,E) Fresh Fruit or Yoghurt (D)