





Grab 'n' Go MENU






Week 1

Week commencing: 30th Oct • 20th Nov • 11th Dec • 8th Jan • 29th Jan • 26th Feb • 19th Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Cheese salad baguette 	Ham baguette	Falafel wrap 	Tomato and mozzarella baguette 	Cheese scone 
ON THE SIDE	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit
DESSERTS	Fruit muffin	Fruit yoghurt	Cheese and crackers	Shortbread	Blackberry and apple flapjack and a milk carton




Week 2

Week commencing: 6th Nov • 27th Nov • 18th Dec • 15th Jan • 5th Feb • 5th Mar • 26th Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Egg, cress and cucumber bap 	Tuna and cucumber roll	Ham salad baguette	Falafel salad wrap 	Egg salad baguette 
ON THE SIDE	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit
DESSERTS	Oat and raisin cookie	Cheese and crackers	Chocolate cake	Fruit yoghurt	Chocolate brownie and a milk carton

Week 3

Week commencing: 13th Nov • 4th Dec • 1st Jan • 22nd Jan • 19th Feb • 12th Mar

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAINS	Coronation Quorn wrap 	Margarita pizza 	Tuna and cucumber baguette	Ham salad pitta	Falafel wrap 
ON THE SIDE	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit
DESSERTS	Banana and pineapple cake	Fruit yoghurt	Oat and raisin biscuit	Cheese and crackers	Chocolate crispy cake

