

Grab & Go



WEEK 1

Weeks commencing: 29th Aug • 19th Sept • 10th Oct • 7th Nov • 28th Nov • 19th Dec • 16th Jan • 6th Feb • 6th Mar • 27th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main event	Salmon salad wrap	Cheese salad roll ✓	Ham Ploughman's	Tuna filled roll	Egg and cress filled roll ✓
To go with	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit
Dessert	Chocolate cake with a milk carton	Fruit and yogurt granola pot	Organic yogurt	Cheese and biscuits	Mini chocolate biscuit and fruit

WEEK 2

Weeks commencing: 5th Sept • 26th Sept • 17th Oct • 14th Nov • 5th Dec • 2nd Jan • 23rd Jan • 20th Feb • 13th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main event	Cheese and tomato roll ✓	Tuna and cucumber roll	Ham salad baguette	Cheese salad wrap ✓	Egg salad baguette ✓
To go with	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit
Dessert	Organic yogurt	Cheese and biscuits	Fruit and yogurt granola pot	Mini shortbread biscuit and fruit juice	Mini gingerbread and fruit

WEEK 3

Weeks commencing: 12th Sept • 3rd Oct • 31st Oct • 21st Nov • 12th Dec • 9th Jan • 30th Jan • 27th Feb • 20th Mar

	Monday	Tuesday	Wednesday	Thursday	Friday
Main event	Egg and cress baguette ✓	Cheese salad wrap ✓	Ham and tomato Pizza	Ham salad baguette	Sausages under wraps
To go with	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit	Vegetable sticks and fruit
Dessert	Fruit and yogurt granola pot	Cappuccino cake and a milk carton	Organic yogurt	Cheese and biscuits	Mini flapjack and fruit