



Weekly Lunch Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Starchy Foods	English Muffin	Bread	Tortilla Wrap	Jacket Potato	Tortilla Wrap
Non-Dairy Protein	Ham	Tuna	Roast Chicken	Ham	Houmous
Dairy	Mozzarella Cheese	Cheddar Cheese	Yoghurt	Cheddar Cheese	Feta Cheese
Vegetable	Tomato Puree Red Pepper Cucumber	Cucumber Carrot	Lettuce Tomato	Mini Pepper Lettuce	Carrot Roasted Red Pepper
Fruit	Kiwi	Blueberries Plum	Raisins Dried Apricot	Banana	Apple
Notes	Split muffin, spread on tomato puree, sprinkle with cheese, ham & pepper, pop under a grill until cheese has melted	Mix tuna with a little mayo, make up sandwich with tuna & cucumber, cube cheese, half and stone plum	Spread wrap with a little mayo, fill with chicken, lettuce & tomato, roll up tightly, cut into two	Bake jacket potato the night before, split & top with cheese, pop back in oven until cheese has melted, serve cold	Spread wrap with houmous, sprinkle with feta cheese & peppers, roll up tightly, cut into pieces, skewer on picks