



**Heights Packed Lunch Menu
September 2020**

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Savoury Option	Cheddar Cheese Wholemeal Sandwich	Tuna Mayonnaise Wholemeal Sandwich	Ham Wholemeal Sandwich	Chicken Mayonnaise & Sweetcorn Wholemeal Sandwich	Cheddar Cheese Wholemeal Sandwich
Vegetarian Option	Same	Egg Mayonnaise Wholemeal Sandwich	Cheddar Cheese Wholemeal Sandwich	Egg Mayonnaise Wholemeal Sandwich	Same
Pudding	Fruit yoghurt	Fruit yoghurt	Fruit Yoghurt	Fruit yoghurt	Fruit yoghurt

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Savoury Option	Ham Wholemeal Sandwich	Chicken Mayonnaise & Sweetcorn Wholemeal Sandwich	Cheddar Cheese Wholemeal Sandwich	Egg Mayonnaise Wholemeal Sandwich	Tuna Mayonnaise & Red Pepper Wholemeal Sandwich
Vegetarian Option	Egg Mayonnaise Wholemeal Sandwich	Cream Cheese Wholemeal Sandwich	Same	Same	Cheddar Cheese Wholemeal Sandwich
Pudding	Fruit yoghurt	Fruit Yoghurt	Fruit yoghurt	Fruit Yoghurt	Fruit yoghurt

Each packed lunch contains a vegetable snack and fruit