



Heights Packed Lunch Menu January 2021

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Savoury Option	Cheddar Cheese Wholemeal Sandwich	Chicken Mayonnaise & Sweetcorn Wholemeal Baguette	Ham Wholemeal Sandwich	Tuna Mayonnaise Wholemeal Baguette	Sliced Chicken Wholemeal Sandwich
Vegetarian Option	Same	Cheddar Cheese Wholemeal Baguette	Egg Mayonnaise Wholemeal Sandwich	Cream Cheese Wholemeal Baguette	Cheddar Cheese Wholemeal Sandwich
Vegetable Snack	Cucumber sticks	Carrot Sticks	Cherry Tomatoes	Cucumber sticks	Carrot Sticks
Pudding	Fruit yoghurt and Satsuma	Fruit yoghurt and Banana	Fruit Yoghurt and Satsuma	Fruit yoghurt and Banana	Fruit yoghurt and Apple

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Savoury Option	Ham Wholemeal Sandwich	Cheddar Cheese Baguette	Chicken Mayonnaise & Sweetcorn Wholemeal Sandwich	Ham Wholemeal Baguette	Tuna Mayonnaise Wholemeal Sandwich
Vegetarian Option	Egg Mayonnaise Wholemeal Sandwich	Same	Cream Cheese Wholemeal Sandwich	Egg Mayonnaise Wholemeal Baguette	Cheddar Cheese Wholemeal Sandwich
Vegetable Snack	Carrot Sticks	Cucumber sticks	Cherry Tomatoes	Carrot Sticks	Cucumber sticks
Pudding	Fruit yoghurt and Satsuma	Fruit yoghurt and Banana	Fruit Yoghurt and Satsuma	Fruit yoghurt and Banana	Fruit yoghurt and Apple