**Autumn Term 2023 – Name: ………………………………………………**

**COST**

£3.00 per day

£15.00 per week

Please tick your main & dessert options on each day below:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 1: w/c 4th & 25th Sept, 16th Oct, 13th Nov, 4th Dec** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Main meal option | Main meal option | Main meal option | Main meal option | Main meal option |
| Jacket potato with Beans | Jacket potato with Cheese | Jacket potato with Tuna | Jacket potato with cheese | Jacket potato with Beans |
| Sandwich with Tuna | Sandwich with Cheese | Sandwich with Ham | Sandwich with Cheese | Sandwich with Chicken |
| Main dessert option | Main dessert option | Main dessert option | Main dessert option | Main dessert option |
| Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 2: w/c 11th Sept, 2nd Oct, 23rd Oct, 20th Nov, 11th Dec** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Main meal option | Main meal option | Main meal option | Main meal option | Main meal option |
| Jacket potato with cheese | Jacket potato with Tuna | Jacket potato with beans | Chicken Mayo Past Pot (cold) | Jacket potato with Beans |
| Cheese Sandwich | Sandwich with Ham | Sandwich with chicken | Jacket Potato with Cheese | Sandwich with Ham |
| Main dessert option | Main dessert option | Main dessert option | Main dessert option | Main dessert option |
| Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 3: w/c 18th Sept, 9th Oct, 6th & 27th Nov, 18th Dec** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| Main meal option | Main meal option | Main meal option | Main meal option | Main meal option |
| Jacket potato with beans | Tomato & Basil Pasta Pot (Hot) | Creamy Cheese Pasta Pot (hot) | Jacket potato with cheese | Jacket potato with beans |
| Tuna & Sweetcorn Pasta Pot (Cold) | Sandwich with Chicken | Sandwich with Egg mayo | Sandwich with Ham | Sandwich with Cheese |
| Main dessert option | Main dessert option | Main dessert option | Main dessert option | Main dessert option |
| Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt | Fruit or Yoghurt |

Sandwiches are served with a salad and potatoes. Jacket Potatoes are served with a salad or vegetables.

Please only choose a maximum of 2 Jacket Potatoes or 2 sandwiches per week to ensure we are complying with our Healthy Eating guidelines. Thank you