**Spring Term 2023 – Name: ………………………………………………**

**COST**

£2.70 per day

£13.50 per week

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

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| **Week 1: w/c 2nd Jan, 23rd Jan, 20th Feb & 13th March** |
| **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 Chicken Mayo | Jacket potato with cheese | Jacket potato with cheese |
| Sandwich with Cheese | Sandwich with Ham | Sandwich with Cheese | Sandwich with tuna | Sandwich with Chicken Mayo |
| 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 |

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| **Week 2: 9th Jan, 30th Jan, 27th Feb & 20th March** |
| **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 cheese | Jacket potato with beans | Jacket potato with tuna | Jacket potato with cheese |
| Cheese Baguette | Sandwich with Cheese | Sandwich with chicken | Sandwich with ham | Tuna Baguette |
| 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 |

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| **Week 3: 16th Jan, 6th Feb, 6th March & 27th March** |
| **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 chicken mayo | Jacket potato with beans |
| Sandwich with cheese | Sandwich with ham  | Sandwich with Cheese | Sandwich with tuna | Cheese Baguette |
| 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