



A balanced selection of carbohydrates, protein, fresh fruits and vegetables.

### MONDAY

Ham sandwich, cheese triangle, salad and sliced fruit

Pudding of the day

## **TUESDAY**

Cheese sandwich, tomato pasta, salad and sliced fruit

Pudding of the day

# WEDNESDAY

Tuna mayo wrap, plain pasta, salad and sliced fruit

Pudding of the day

## **THURSDAY**

Chicken mayo wrap, plain pasta, salad and sliced fruit

Pudding of day

#### FRIDAY

Egg mayo sandwich, cheese triangle, salad and sliced fruit

Pudding of the day







FISH FROM WELL-MANAGED AND SUSTAINABLE SOURCES

17/hc3seducation

