

Packed Lunch Menu 2022

Ve - Vegan / V - Vegetarian

Menu 1

Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich (1,8) Cheese (9), Ham Vegan Cheese (Violife) Tuna (4,7,8) or Marmite (10)	Sandwich (1,8) Cheese (9), Ham, Vegan Cheese (Violife) Tuna (4,7,8) or Marmite (10)	Sandwich (1,8) Cheese (9), Ham, Vegan Cheese (Violife) Tuna (4,7,8) or Marmite (10)	Sandwich (1,8) Cheese (9) Ham, Vegan Cheese (Violife) Tuna (4,7,8) or Marmite (10)	Sandwich (1,8) (Cheese (9), Ham, Vegan Cheese (Violife) Tuna (4,7,8), Jam or Marmite (10)
Cheese cubes (9) V, Veg Sticks (Carrot and Cucumber) Savoury Crackers (1,13) V, Ve Applewood Vegan Cheese (Ve)	Mini sausage slices (1, 14), Savoury Crackers (1,13) V, Ve Veg Sticks (Cucumber and Tomato)	Cheese Cubes (9), Veg Sticks (Carrots & Cucumbers) Savoury Crackers (1,13) V, Ve Applewood Vegan Cheese (Ve)	Cheese Cubes (9) V, Veg Sticks (Cucumber & Tomato) Savoury Crackers (1, 13) V, Ve Applewood Vegan Cheese (Ve)	Cheese cubes (9) V, Savoury Crackers (1, 13) V, Ve Fruit (Grapes and Raisins) Applewood Vegan Cheese (Ve)
Jelly Pots (V) Vegan Jelly Pots (Ve)	Lemon Drizzle Cake (1,7,9) V Vanilla Alpro Mousse (Ve) 8	Raspberry Ripple (9) (V) Vegan Vanilla Ice Cream (Ve)	Chocolate & Banana Brownie (1, 7, 9) V Chocolate Alpro (8) Ve	Orange & Mango Smoothies (V) Blueberry, Peach & Apple Smoothie (Ve)

ALLERGEN KEY

- 1. Cereals containing gluten** **3. Molluscs** **5. Peanuts** **7. Eggs** **9. Milk** **11. Mustard** **13. Sesame**
2. Crustaceans **4. Fish** **6. Nuts** **8. Soybeans** **10. Celery** **12. Lupin** **14. Sulphur Dioxide**

*ALL OUR MENUS ARE TREE NUT AND PEANUT FREE INGREDIENTS CONTAINING GLUTEN (INDICATED BY THE NUMBER 1 ON THE MENU) WILL CONTAIN WHEAT, OATS, BARLEY, SPELT, RYE OR KAMUT, OR A COMBINATION THEREOF. IF YOU HAVE ANY ALLERGEN CONCERNS PLEASE SPEAK TO THE CATERING MANAGER. WHILST WE DO NOT BRING WHOLE NUTS OR INGREDIENTS WITH NUTS INTO

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Menu 2

Monday	Tuesday	Wednesday	Thursday	Friday
Sandwich (1, 8) Cheese (9) V, Vegan Cheese (Violife) Ham, Tuna (4, 7, 8) or Marmite (1, 10) V, Ve	Sandwich (1, 8) Cheese (9) V, Vegan Cheese (Violife) Ham, Tuna (4,7, 8) or Marmite (1, 10) V, Ve	Sandwich (1, 8) Cheese (9) V, Vegan Cheese (Violife) Ham, Tuna (4,7,8) or Marmite (1, 10) V, Ve	Sandwich (1, 8) Cheese (9) V, Vegan Cheese (Violife) Ham, Tuna (4, 7, 8) or Marmite (1, 10) V, Ve	Sandwich (1,8) Cheese (9) V, Vegan Cheese (Violife), Ham, Tuna (4, 7, 8), Jam or Marmite)
Cheese Cubes (9) Veg Sticks (Carrot and Cucumber) Savoury Crackers (1, 13) V, Ve Applewood Vegan Cheese	Mini sausage slices (1, 14), Veg Sticks (Cucumber and Tomato) Savoury Crackers (1, 13) V, Ve	Cheese cubes (9) Fruit (Grapes and Raisins) Savoury Crackers (1, 13) V, Ve Applewood Vegan Cheese	Cheese cube (9) Veg Sticks (Carrot and Cucumber) Savoury Crackers (1, 13) V, Ve Applewood Vegan Cheese	Sausage Roll (1, 8, 9,14) Veg Sticks (Carrot and Tomato) Savoury Crackers (1, 13) V, Ve Applewood Vegan Cheese
Jelly Pots (V) Vegan Jelly Pots (Ve)	Chocolate & Banana Brownie (1, 7, 9) V Vanilla Alpro Mousse (Ve)	Strawberry Smoothie V Blueberry, Peach & Apple Smoothie (Ve)	Vanilla Cake with Sprinkles (1,7,9) V Chocolate Alpro Mousse (8) Ve	Vanilla ice cream (9) V Vegan Vanilla Ice Cream (Ve)

ALLERGEN KEY

1. Cereals containing gluten 3. Molluscs 5. Peanuts 7. Eggs 9. Milk 11. Mustard 13. Sesame
2. Crustaceans 4. Fish 6. Nuts 8. Soybeans 10. Celery 12. Lupin 14. Sulphur Dioxide

We also do an alternative BREAD (free from Gluten & Milk)

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