**Autumn Term 2022 – Name: ………………………………………………**

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

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 1: w/c 5th, 26th Sept, 17th Oct, 14th Nov, 5th 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 Chicken Mayo | Jacket potato with cheese | Jacket potato with cheese |
| Sandwich with Egg Mayo | 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 |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Week 2: w/c 12th Sept, 3rd Oct, 31st Oct, 21st Nov, 12th 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 cheese | Jacket potato with beans | Jacket potato with tuna | Jacket potato with cheese |
| Cheese Panini | Sandwich with Egg Mayo | Sandwich with chicken | Sandwich with ham | Tuna Panini |
| 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 19th Sept, 10th Oct, 7th Nov & 28th Nov** | | | | |
| **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 egg mayo | Sandwich with tuna | Cheese panini |
| 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