

Packed Lunches April 2021

	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Turkey & cheese sandwich	Grilled chicken salad wrap	Ham & cucumber sandwich	Turkey, lettuce and cream cheese roll	Salami and cheese pizza wrap
Side	Pretzel	Cheese & raisins	Crackers	Pretzel	Cheese & raisins
Fruit & vegetables	One portion of each, varied each day	One portion of each, varied each day	One portion of each, varied each day	One portion of each, varied each day	One portion of each, varied each day
Pudding	Yogurt	Homemade pudding	Yogurt	Homemade pudding	Yogurt
Allergens	2, 7	2, 4, 7	2, 7, 12	2, 4, 7	1, 2, 7, 9

Allergens: 1 – celery, 2 – gluten, 3 – crustaceans, 4 – eggs, 5 – fish, 6 – lupin, 7 – milk, 8 – molluscs, 9 – mustard, 10 – nuts, 11 – peanuts, 12 – sesame seeds, 13 – soya, 14 – sulphites

- Dairy free option available for those with an identified allergy
- Gluten free option available for those with an identified allergy
- I will provide plastic spoons for the yogurt.