



Packed Lunches

because what you eat matters

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September to December 2020

FRIDAY

THURSDAY

WEDNESDAY

TUESDAY

MONDAY

* WEEK 1

* WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MEAL	Ham & Crunchy slaw Wrap <input type="checkbox"/> (1,7,8,6)	Meat & Veg Pasty <input type="checkbox"/> (1,6,11)	Ham Pizza Slice <input type="checkbox"/> (1,6)	Roast Beef & Tomato Baguette <input type="checkbox"/> (1)	Fish Fillet in A Bun & Ketchup <input type="checkbox"/> (5,1,2)
VEG MEAL	Cheese & Crunchy Slaw Wrap <input type="checkbox"/> (1,7,8,6)	Cheese & Potato Pasty <input type="checkbox"/> (7,1,6)	Margherita Pizza Slice <input type="checkbox"/> (1,6)	Cream Cheese & Tomato Baguette <input type="checkbox"/>	Mozzarella Sticks/ Finger Roll & Ketchup <input type="checkbox"/> (1,6,2)
HEALTHY DESSERT	Carrot sticks & Hummus Dip <input type="checkbox"/>	Carrot & Cucumber Sticks <input type="checkbox"/>	Cucumber Sticks & Hummus <input type="checkbox"/>	Carrot & cucumber sticks <input type="checkbox"/>	Carrot Sticks & Hummus Dip <input type="checkbox"/>
DESSERT	Apricot & Raisin Flapjack <input type="checkbox"/> or Fruit Pot <input type="checkbox"/>	Shortbread Fingers <input type="checkbox"/> or Yoghurt Pot <input type="checkbox"/>	Chocolate Cookie <input type="checkbox"/> or Fruit Pot <input type="checkbox"/>	Apple & Vanilla Muffin <input type="checkbox"/> or Yoghurt Pot <input type="checkbox"/>	Choc & Orange Crispy Bar <input type="checkbox"/> or Fruit Pot <input type="checkbox"/>
MEAT MEAL	Sausage Roll <input type="checkbox"/> (1,8)	Chicken & Sweetcorn Wrap <input type="checkbox"/> (1,8,7)	Pepperoni Pizza Slice <input type="checkbox"/> (1,6)	Gammon & Pineapple Baguette <input type="checkbox"/> (1)	Fish Fingers in A Finger Roll <input type="checkbox"/> (5,1,2)
VEG MEAL	Vege Roll <input type="checkbox"/> (1)	Egg Mayonnaise & Crisps <input type="checkbox"/> (1,7,8)	Mushroom Pizza Slice <input type="checkbox"/> (1,6)	Cream Cheese & Pineapple Baguette <input type="checkbox"/> (1,6)	Mozzarella Sticks/ Finger Roll & Ketchup <input type="checkbox"/> (5,1,2)
HEALTHY DESSERT	Carrot Sticks & Hummus Dip <input type="checkbox"/>	Carrot & Cucumber Sticks <input type="checkbox"/>	Cucumber sticks & Hummus <input type="checkbox"/>	Carrot & Cucumber Sticks <input type="checkbox"/>	Carrot Sticks & Hummus Dip <input type="checkbox"/>
DESSERT	Shortbread Fingers <input type="checkbox"/> or Fruit Pot <input type="checkbox"/>	Chocolate Cookie <input type="checkbox"/> or Yoghurt Pot <input type="checkbox"/>	Apple Flapjack <input type="checkbox"/> or Fruit Pot <input type="checkbox"/>	Bakewell Slice <input type="checkbox"/> or Yoghurt Pot <input type="checkbox"/>	Vanilla Cookie <input type="checkbox"/> or Fruit Pot <input type="checkbox"/>

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
*WEEK / 1 2 3 4	*WEEK / 1 2 3 4	*WEEK / 1 2 3 4	*WEEK / 1 2 3 4
Mon 7 14 21 28	Mon 5 12 19 26	Mon 2 9 16 23 30	Mon 7 14 21 28
Tue 1 8 15 22 29	Tue 6 13 20 27	Tue 3 10 17 24	Tue 1 8 15 22 29
Wed 2 9 16 23 30	Wed 7 14 21 28	Wed 4 11 18 25	Wed 2 9 16 23 30
Thu 3 10 17 24	Thu 1 8 15 22 29	Thu 5 12 19 26	Thu 3 10 17 24 31
Fri 4 11 18 25	Fri 2 9 16 23 30	Fri 6 13 20 27	Fri 4 11 18 25

ALLERGENS CODE:
 (1) Cereals containing Gluten – including wheat, rye, barley & oats
 (2) Celery (3) Crustaceans- such as prawns, crabs & lobsters
 (4) Lupin (5) Fish (6) Milk (7) Mustard (8) Eggs (9) Peanuts
 (10) Sesame Seeds (11) Soya Beans (12) Sulphur Dioxide
 (13) Tree Nuts (14) Molluscs