

SFT Packed Lunch Menu

Week 1	Main	Dessert	Drink
Monday	Falafel and hummous pitta bread with tomato, onion and avocado salad.	A fruit yoghurt [†] and a pear	Still or sparkling mineral water
Tuesday	A slice of quiche Lorraine (ham and cheese) with potato and green salad	A currant bun and a satsuma	Fruit juice
Wednesday	Sliced roast beef with a mixed vegetable rice salad	A fromage frais [†] and a nectarine	A milk smoothie [†]
Thursday	Chicken tortilla wrap with sweet pepper, carrot and tomato slices	Seasonal berries and a fruit scone	A yoghurt drink [†]
Friday	Salmon pasta salad with peas and sweetcorn	Crackers, cheese and grapes	A flavoured milk drink [†]

[†] Milk and milk products are categorised as a high risk foods because bacterial growth can occur within several hours if the storage temperature is not below 5°C. It is therefore recommended that milk and its' products are provided only if they can be correctly refrigerated at temperatures consistent with food safety until they are consumed. For any further information please refer to the Food Safety (General Food Hygiene) Regulations 1995 and the Food Safety (Temperature Control) Regulations 1995.

Week 2	Main	Dessert	Drink
Monday	Turkey, cream cheese and salad granary baguette	Dried apricots and orange segments	A milk smoothie [†]
Tuesday	Sausage and broccoli pasta salad	Mixed fruit salad and a small slice of oat flapjack	A yoghurt drink [†]
Wednesday	Egg and cress multi-seed sandwich with cherry tomatoes	Nectarine and a fromage frais [†]	Fruit juice
Thursday	Brown rice salad with mango, pepper and mixed salad beans**	Banana and plain mixed seeds	Semi-skimmed milk [†]
Friday	Wholemeal pitta bread with sardines and mixed salad	Plum and a bio yoghurt [†]	Still or sparkling water

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** These are available in various sized tins (those in reduced sugar and salt are recommended) or fresh from the salad refrigerator section in most supermarkets.

Week 3	Main	Dessert	Drink
Monday	Couscous with roasted vegetables and mozzarella cheese.	Pineapple rings and a small slice of banana bread	A milk smoothie [†]
Tuesday	Ham and salad baguette and slices of sweet pepper	Fresh melon chunks and a fruit yoghurt [†]	Still or sparkling water
Wednesday	Tuna and rice salad with fresh tomato and cucumber	Mixed kiwi fruit and cherries and a plain yoghurt [†]	A flavoured milk [†]
Thursday	Mixed vegetable and cheese pizza with grated carrot and beetroot salad	Pear and some almonds*	Fruit juice
Friday	Cherry tomatoes and a green salad with mixed potato, bacon and cheese	Peach and a slice of raisin bread	A yoghurt drink [†]

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*Be aware of nut allergies. Refer back to the school / catering policies regarding nuts.