



Captain Carrot and Colonel Cucumber's Awesome Packed Lunch Menu



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Cheese & Coleslaw Sandwich	Spicy Chicken Wrap with Side Salad	Cheese Flan with Salad	Tuna & Sweetcorn with mayonnaise Baguette	Tortilla with Crunchy Salad, Houmous & Crudités
OPTION 2	Cheese & Coleslaw Sandwich	Spicy Quorn Wrap with Side salad	Cheese Flan with Salad	Egg mayonnaise baguette	Tortilla with Crunchy Salad, Houmous & Crudités
DESSERT	Cherry Shortbread	Coconut Cookie	Fruit Yogurt	Apple Flapjack	Jelly with Fruit

WEEK COMMENCING: 15th June & 29th June

For all allergens please ask a member of catering staff

FRESH FRUIT AVAILABLE DAILY





Captain Carrot and Colonel Cucumber's Awesome Packed Lunch Menu



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
OPTION 1	Pork Sausage Hot dog with Coleslaw	Spicy Chicken Puff with Crudités	Tuna Crunch Sandwich	Chicken Pasta Salad	Cheese Pizza with Peppers & Sweetcorn & Mixed salad
OPTION 2	Quorn Sausage Hot dog with Coleslaw	Spicy Pea & Potato Puff with Crudités	Cheese Crunch Sandwich	Quorn Pasta salad	Cheese Pizza with Peppers & Sweetcorn & Mixed salad
DESSERT	Carrot cake	Fruit Muffin	Fruit Yogurt	Melting Moment	Jelly with Fruit

WEEK COMMENCING: 22nd June & 6th July

For all allergens please ask a member of catering staff

FRESH FRUIT AVAILABLE DAILY

