

Week  
**One**

# Autumn/Winter Plant Based Packed Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Vegan Sausage Sandwich	Vegan Cheese <b>or</b> Vegetable Goujons in a Wrap	Vegan Cheese Sandwich	Vegan Cheese and Tomato Pasta Pot	Vegan Cheese <b>or</b> Vegetable Goujons in a Wrap
Carrot Sticks	Cucumber Sticks	Carrot Sticks	Cucumber Sticks	Carrot Sticks
Sultanas	Pizza Finger with Vegan Cheese	Sultanas	Sultanas	Sultanas
Fresh Fruit Portion	Orange Wedges	Fresh Fruit Portion	Fresh Fruit Portion	Apple Wedges
Soya Dessert	Homemade Cupcake	Iced Fruit Smoothie	Homemade Cupcake	Flapjack

Week One: 31 Oct | 21 Nov | 12 Dec | 16 Jan | 6 Feb | 6 Mar | 27 Mar

Week  
**Two**

Monday	Tuesday	Wednesday	Thursday	Friday
Vegan Sausage Sandwich	Vegan Cheese <b>or</b> Vegetable Goujons in a Wrap	Vegan Cheese Sandwich	Vegan Cheese and Tomato Pasta Pot	Vegan Cheese <b>or</b> Vegetable Goujons in a Wrap
Carrot Sticks	Cucumber Sticks	Carrot Sticks	Cucumber Sticks	Carrot Sticks
Sultanas	Pizza Finger with Vegan Cheese	Sultanas	Sultanas	Sultanas
Fresh Fruit Portion	Fresh Fruit Portion	Orange Wedges	Fresh Fruit Portion	Fresh Fruit Portion
Homemade Cupcake	Soya Dessert	Cocoa Oatcake	Shortbread	Homemade Cupcake

Week Two: 7 Nov | 28 Nov | 2 Jan | 23 Jan | 20 Feb | 13 Mar

Week  
**Three**

Monday	Tuesday	Wednesday	Thursday	Friday
Vegan Sausage Sandwich	Vegan Cheese <b>or</b> Vegetable Goujons in a Wrap	Vegan Cheese Sandwich	Vegan Cheese and Tomato Pasta Pot	Vegan Cheese <b>or</b> Vegetable Goujons in a Wrap
Carrot Sticks	Cucumber Sticks	Carrot Sticks	Cucumber Sticks	Carrot Sticks
Sultanas	Pizza Finger with Vegan Cheese	Sultanas	Sultanas	Sultanas
Fresh Fruit Portion	Apple Wedges	Orange Wedges	Fresh Fruit Portion	Fresh Fruit Portion
Soya Dessert	Iced Fruit Smoothie	Shortbread	Berry Muffin	Cocoa Shortbread

Week Three: 14 Nov | 5 Dec | 9 Jan | 30 Jan | 27 Feb | 20 Mar