Monday Lunchbox

Main	Vegetables
fried rice	salad

Snack	Dairy	Fruit
biscuit		mandarines

Tuesday Lunchbox

Main	Vegetables
Tabouli	carrot

Snack	Dairy	Fruit
shapes		apple

Friday Lunchbox

Main	Vegetables
hummus wrap	beans

Snack	Dairy	Fruit
muesli bar		banana

Wednesday Lunchbox

Main	Vegetables
wrap turkey	

Snack	Dairy	Fruit
pastry	strawberry yogurt	

Thursday Lunchbox

Main	Vegetables
tuna pasta salad	

Snack	Dairy	Fruit
crackers		

Monday Lunchbox

Main	Vegetables	
Ham & cheese sandwich		
Snack	**Dairy**	**Fruit**
LCM	yoghurt pouch	apple

Tuesday Lunchbox

Main	Vegetables	
Turkey salad bun	carrot sticks	
Snack	**Dairy**	**Fruit**
Shapes		mandarin

Friday Lunchbox

Main	Vegetables	
peanut butter sandwich		
Snack	**Dairy**	**Fruit**
Apple juice		Strawberries

Wednesday Lunchbox

Main	Vegetables	
egg and crackers	cucumber sticks + dip	
Snack	**Dairy**	**Fruit**
Nutella	String cheese	mandarin

Thursday Lunchbox

Main	Vegetables	
Tuna sandwich	Carrot sticks + french onion dip	
Snack	**Dairy**	**Fruit**
museli bar		apple