

Week One



Autumn/Winter Plant Based Packed Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Plant Sausage Sandwich	Vegan Cheese and Tomato Pasta Pot	Plant Sausage Wrap	Vegan Cheese Sandwich	Vegan Cheese Wrap
Carrot Sticks	Cucumber Sticks	Carrot Sticks	Cucumber Sticks	Carrot Sticks
Sultanas	Pizza Finger with Vegan Cheese	Sultanas	Sultanas	Sultanas
Fruit Portion	Fruit Portion	Apple Wedges	Fruit Portion	Fruit Portion
Iced Fruit Smoothie	Cocoa Cupcake	Shortbread	Iced Fruit Smoothie	Homemade Cupcake

Week One: 30 Oct | 20 Nov | 11 Dec | 8 Jan | 29 Jan | 26 Feb | 18 Mar

Week Two

Monday	Tuesday	Wednesday	Thursday	Friday
Plant Sausage Sandwich	Vegan Cheese and Tomato Pasta Pot	Plant Sausage Wrap	Vegan Cheese Sandwich	Vegan Cheese Wrap
Carrot Sticks	Cucumber Sticks	Carrot Sticks	Cucumber Sticks	Carrot Sticks
Sultanas	Pizza Finger with Vegan Cheese	Sultanas	Sultanas	Sultanas
Fruit Portion	Fruit Portion	Fruit Portion	Apple Wedges	Fruit Portion
Homemade Cocoa Shortbread	Iced Fruit Smoothie	Homemade Shortbread	Flapjack	Homemade Iced Cupcake

Week Two: 6 Nov | 27 Nov | 18 Dec | 15 Jan | 5 Feb | 4 Mar | 25 Mar

Week Three

Monday	Tuesday	Wednesday	Thursday	Friday
Plant Sausage Sandwich	Vegan Cheese and Tomato Pasta Pot	Plant Sausage Wrap	Vegan Cheese Sandwich	Vegan Cheese Wrap
Carrot Sticks	Cucumber Sticks	Carrot Sticks	Cucumber Sticks	Carrot Sticks
Sultanas	Pizza Finger with Vegan Cheese	Sultanas	Sultanas	Sultanas
Fruit Portion	Fruit Portion	Fruit Portion	Fruit Portion	Orange Wedges
Homemade Cocoa Cupcake	Iced Fruit Smoothie	Homemade Shortbread	Homemade Cupcake	Flapjack

Week Three: 13 Nov | 4 Dec | 1 Jan | 22 Jan | 12 Feb | 11 Mar