




Eastgate Academy Packed Lunch Menu - Autumn Term 2016

	Week 1 Weeks commencing: 5/9 3/10 7/11 5/12	Week 2 Weeks commencing: 12/9 10/10 14/11 12/12	Week 3 Weeks commencing: 19/9 17/10 21/11	Week 4 Weeks commencing: 26/9 31/10 28/11
Monday	HAM SANDWICH COLESLAW POT SATSUMA CHOCOLATE OAK CAKE DRINK	CHEESE SANDWICH CUCUMBER SLICES APPLE DOUGHNUT DRINK	EGG ROLL CARROT BATONS GRAPES ICED BUN DRINK	CHICKEN SANDWICH CHERRY TOMS MELON FRUIT & WHIP DRINK
Tuesday	CHEESE ROLL CELERY STICKS APPLE JELLY & WHIP DRINK	HAM ROLL PASTA POT MELON CARAMEL SHORTBREAD DRINK	HAM & TOMATO SANDWICH RICE POT APPLE CARROT CAKE DRINK	COCKTAIL SAUSAGES CHEESE & CRACKERS APPLE & GRAPES CUPCAKE DRINK
Wednesday	CHICKEN NUGGETS SAVOURY RICE GRAPES FROMAGE FRAIS DRINK	CHICKEN WRAP SALAD POT SATSUMA ICE CREAM TUB DRINK	CHEESE ROLL CARROT BATONS BANANA FROMAGE FRAIS DRINK	CHEESE & SALAMI ROLL CUCUMBER SLICES ORANGE WEDGES CHOC CHEESECAKE DRINK
Thursday	SAUSAGE ROLL CHERRY TOMS RAISINS YOGHURT DRINK	COCKTAIL SAUSAGES CHEESE & CRACKERS WATERMELON TOFFEE CREAM TART DRINK	SAUSAGE ROLL CHERRY TOMS SATSUMA DOUGHNUT DRINK	TUNA ROLL NACHOS RAISINS FROZEN SMOOTHIE DRINK
Friday	CHEESE SPREAD SANDWICH SALAD POT FRUIT BAG CHOCOLATE CAKE DRINK 	TUNA ROLL CELERY STICKS FRUIT BAG KRACKOLET DRINK	CHICKEN NUGGETS SALAD POT FRUIT BAG CORNFLAKE TART DRINK	HAM SANDWICH SWEETCORN POT FRUIT BAG KRACKOLET DRINK