Fresh Ideas Feeding Minds

Plant-Based Packed Lunch Menu

Autumn/Winter



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Monday	Tuesday	Wednesday	Thursday	Friday
Plant Sausage Sandwich	Tomato Pasta with **Vegan Cheese**	Tomato Pasta with **Vegan Cheese**	**Vegan Cheese Wrap**	**Plant Sausages** or **Vegan Cheese Sandwich**
Sultanas	Salad Sticks	Salad Sticks	Salad Sticks	Salad Sticks
Fruit Portion	Fruit Portion	Sultanas	Fruit Portion	Orange Wedges
Homemade Cocoa Cake	**Iced Fruit Smoothie**	Fruit Portion	**Homemade Apple Sponge**	**Ginger Shortbread**

Week One: 2 Nov | 23 Nov | 14 Dec | 18 Jan | 8 Feb | 8 Mar

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Monday	Tuesday	Wednesday	Thursday	Friday
Plant Sausage Sandwich	Tomato Pasta with **Vegan Cheese**	Tomato Pasta with **Vegan Cheese**	**Vegan Cheese Wrap**	**Plant Sausages** or **Vegan Cheese Sandwich**
Salad Sticks	**Pizza Finger (with Vegan Cheese)**	Salad Sticks	Salad Sticks	Salad Sticks
Sultanas	Salad Sticks	Apple Wedges	Sultanas	Fruit Portion
Homemade Banana Cupcake	Fruit Portion	Flapjack	**Homemade Cocoa Cupcake**	Cinnamon Bun

Week Two: 9 Nov | 30 Nov | 4 Jan | 25 Jan | 22 Feb | 15 Mar

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Monday	Tuesday	Wednesday	Thursday	Friday
Plant Sausage Sandwich	Tomato Pasta with **Vegan Cheese**	Tomato Pasta with **Vegan Cheese**	**Vegan Cheese Wrap**	**Plant Sausages** or **Vegan Cheese Sandwich**
Salad Sticks	**Pizza Finger (with Vegan Cheese)**	Salad Sticks	Salad Sticks	Salad Sticks
Sultanas	Salad Sticks	Fruit Portion	Fruit Portion	Sultanas
Homemade Cocoa Cupcake	Fruit Jelly	**Homemade Oaty Cookie**	**Homemade Shortbread**	Fruit Portion

Week Three: 16 Nov | 7 Dec | 11 Jan | 1 Feb | 1 Mar | 22 Mar



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