

# HARTLAND INTERNATIONAL SCHOOL

## DAILY MENU - WEEK 1



| SUNDAY                                                 | MONDAY                                   | TUESDAY                                             | WEDNESDAY                                                   |
|--------------------------------------------------------|------------------------------------------|-----------------------------------------------------|-------------------------------------------------------------|
| <b>Cold Lunch</b>                                      | <b>Cold Lunch</b>                        | <b>Cold Lunch</b>                                   | <b>Cold Lunch</b>                                           |
| <b>Non-Veg</b><br>Egg Salad<br>Ciabatta<br>Sandwich    | <b>Non-Veg</b><br>Chicken<br>Caesar Wrap | <b>Non-Veg</b><br>Grilled<br>Turkey<br>Sandwich     | <b>Non-Veg</b><br>Grilled<br>Chicken &<br>Pesto<br>Sandwich |
| <b>Vegetarian</b><br>Egg Salad<br>Ciabatta<br>Sandwich | <b>Vegetarian</b><br>Veg Caesar<br>Wrap  | <b>Vegetarian</b><br>Cheese &<br>Tomato<br>Sandwich | <b>Vegetarian</b><br>Grilled Veg &<br>Pesto<br>Sandwich     |
| Choice of<br>Baked<br>Snacks                           | Choice of<br>Baked<br>Snacks             | Choice of<br>Baked<br>Snacks                        | Choice of<br>Baked<br>Snacks                                |
| *****                                                  | *****                                    | *****                                               | *****                                                       |
| <b>Dessert</b><br>Apple Tart<br>with Vanilla<br>Sauce  | <b>Dessert</b><br>Pumpkin<br>Bread       | <b>Dessert</b><br>Fresh Fruit<br>Salad              | <b>Dessert</b><br>Banana<br>Pudding with<br>Vanilla Sauce   |



\* Main Meal will include an Organic Juice of the day

