

# HARTLAND INTERNATIONAL SCHOOL

## DAILY MENU - WEEK 4



SUNDAY	MONDAY	TUESDAY	WEDNESDAY
<b>Cold Lunch</b>	<b>Cold Lunch</b>	<b>Cold Lunch</b>	<b>Cold Lunch</b>
<b>Non-Veg</b> Tuna Mayo & Sweetcorn Sandwich	<b>Non-Veg</b> Chicken Russian Salad Wrap	<b>Non-Veg</b> Shredded Turkey & Cheese Ciabatta	<b>Non-Veg</b> Lemon Chicken Salad Sandwich
<b>Vegetarian</b> Cucumber & Apple Sandwich	<b>Vegetarian</b> Russian Salad Wrap	<b>Vegetarian</b> Grated Beet, Carrot & Cheese Ciabatta	<b>Vegetarian</b> Quinoa & Broccoli Salad Sandwich
Choice of Baked Snacks	Choice of Baked Snacks	Choice of Baked Snacks	Choice of Baked Snacks
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<b>Dessert</b> Lemon Sponge Muffin	<b>Dessert</b> Strawberry Roll	<b>Dessert</b> Fresh Fruit Salad	<b>Dessert</b> Sticky Sultana Pudding

MasterCook

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

