

# Years 3, 4, 5 and 6 - GRAB - A - BAG MENU

## WEEK ONE

Option	Monday	Tuesday	Wednesday	Thursday	Friday
1	Ham Sandwich	Ham Sandwich	Ham Sandwich	Ham Sandwich	Beef Burger In a Bun
	OR	OR	OR	OR	OR
2	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Cheese Sandwich	Veggie Burger In a Bun
	OR	OR	OR	OR	
3	Tuna Mayonnaise Sandwich	Tuna Mayonnaise Sandwich	Tuna Mayonnaise Sandwich	Tuna Mayonnaise Sandwich	
	OR	OR	OR	OR	
4	Egg Mayonnaise Sandwich	Egg Mayonnaise Sandwich	Egg Mayonnaise Sandwich	Egg Mayonnaise Sandwich	
	Carrot Sticks	Cucumber Sticks	Grapes	Fruit	Fries and Pepper Sicks
	Water	Squash	Water	Squash	Water
	Ice Cream Tub	Chocolate Sponge Tray Bake	Homemade Shortbread	Doughnut Balls	Oaty Cookie

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## WEEK TWO

Option	Monday	Tuesday	Wednesday	Thursday	Friday
1	Ham Baguette	Ham Baguette	Ham Baguette	Ham Baguette	Pork Sausage Hotdog
	OR	OR	OR	OR	OR
2	Cheese Baguette	Cheese Baguette	Cheese Baguette	Cheese Baguette	Vegetarian Hotdog
	OR	OR	OR	OR	
3	Tuna Mayonnaise Baguette	Tuna Mayonnaise Baguette	Tuna Mayonnaise Baguette	Tuna Mayonnaise Baguette	
	OR	OR	OR	OR	
4	Egg Mayonnaise Baguette	Egg Mayonnaise Baguette	Egg Mayonnaise Baguette	Egg Mayonnaise Baguette	
	Carrot Sticks	Cucumber Sticks	Grapes	Fruit	Fries and Pepper Sticks
	Squash	Water	Squash	Water	Squash
	Ice Cream Tub	Doughnut Balls	Homemade Shortbread	Oaty Cookie	Iced Sponge

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## WEEK THREE

Option	Monday	Tuesday	Wednesday	Thursday	Friday
1	Ham Batch	Ham Batch	Ham Batch	Ham Batch	Pork Sausage Roll
	OR	OR	OR	OR	OR
2	Cheese Batch	Cheese Batch	Cheese Batch	Cheese Batch	Vegetarian Sausage Roll
	OR	OR	OR	OR	
3	Tuna Mayonnaise Batch	Tuna Mayonnaise Batch	Tuna Mayonnaise Batch	Tuna Mayonnaise Batch	
	OR	OR	OR	OR	
4	Egg Mayonnaise Batch	Egg Mayonnaise Batch	Egg Mayonnaise Batch	Egg Mayonnaise Batch	
	Carrot Sticks	Cucumber Sticks	Grapes	Fruit	Potato Smiles and Pepper Sticks
	Squash	Water	Squash	Water	Squash
	Ice Cream Tub	Doughnut Balls	Homemade Shortbread	Oaty Cookie	Iced Sponge