

# YOUR SCHOOL PICNIC MENU



A balanced selection of carbohydrates, protein, fresh fruits and vegetables.

## MONDAY

Ham sandwich

Or

Cheese sandwich

## TUESDAY

Tuna and cucumber  
sandwich

Or

Egg mayonnaise  
sandwich

## WEDNESDAY

Ham cheese and  
cucumber sandwich

Or

Vegetarian sausage  
with tomato sauce  
sandwich

## THURSDAY

Chicken and  
sweetcorn  
mayonnaise sandwich

Or

Cheese sandwich

## FRIDAY

Pork sausage with  
tomato sauce sandwich

Or

Vegetarian sausage  
with tomato sauce  
sandwich



 /hc3seducation