



# FORERUNNER

MORE THAN JUST A MEAL



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				Ham Sandwich <b>Egg Mayo Sandwich</b> Cheese & Tomato Pizza Mini Donut 3/9	Ham Sandwich <b>Cheese Sandwich</b> Tandoori Chicken & <b>Salad Wrap</b> Mini Biscuit Pack 4/9	
	Ham Sandwich <b>Egg Mayo Sandwich</b> Cheese & Tomato Pizza Shortbread 7/9	Tuna Mayo Sandwich <b>Cheese Sandwich</b> Ham & Tomato Quiche Mini Donut 8/9	Ham Sandwich <b>Cheese Sandwich</b> Chicken & Salad Pasta <b>Pot</b> Blueberry Muffin 9/9	Ham Sandwich <b>Cheese Sandwich</b> Salmon Cream Cheese <b>on Wholemeal</b> Mini Biscuit Pack 10/9	Ham Sandwich <b>Egg Mayo Sandwich</b> Cheese & Tomato Wrap Flapjack 11/9	
	Ham Sandwich <b>Egg Mayo Sandwich</b> Cheese & Tomato <b>Quiche</b> Mini Biscuit Pack 14/7	Tuna Mayo Sandwich <b>Cheese Sandwich</b> Ham & Cucumber Wrap Choc Muffin 15/7	Ham Sandwich <b>Cheese Sandwich</b> Tuna & Sweetcorn Pasta <b>Pot</b> Flapjack 16/7	Ham Sandwich <b>Egg Mayo Sandwich</b> Cheese & Tomato Pizza Mini Donut 17/7	Ham Sandwich <b>Cheese Sandwich</b> Tandoori Chicken & <b>Salad Wrap</b> Mini Biscuit Pack 18/7	
	<b>All Packed Lunches come with a yoghurt and a piece of fruit.</b>					