

# Week one

W/C 3/9, 24/9, 15/10, 5/11, 26/11, 17/12, 7/1, 28/1, 18/2, 11/3, 1/4

Monday

<b>Main option...</b> Cheese Roll	<b>Crudité...</b> Cherry Tomatoes
<b>Vegetarian option...</b> Tomato Pasta Pot	<b>Fruit</b>
<b>Gluten Free option...</b> GF Egg Mayonnaise Sandwich	<b>Dessert of the Day</b>

Tuesday

<b>Main option...</b> Ham & Cheese Sandwich	<b>Crudité...</b> Crunch Salad Pot
<b>Vegetarian option...</b> Falafel Salad Wrap	<b>Fruit</b>
<b>Gluten Free option...</b> GF Rice & Bean Salad	<b>Dessert of the Day</b>

Wednesday

<b>Main option...</b> Chicken Salad Wrap	<b>Crudité...</b> Cheese & Cherry Tomatoes
<b>Vegetarian option...</b> Egg Mayonnaise Sandwich	<b>Fruit</b>
<b>Gluten Free option...</b> Crunchy Salad Pot	<b>Dessert of the Day</b>

Thursday

<b>Main option...</b> Tuna Mayonnaise & Sweetcorn Roll	<b>Crudité...</b> Cucumber
<b>Vegetarian option...</b> Cream Cheese & Cucumber Sandwich	<b>Fruit</b>
<b>Gluten Free option...</b> GF Tuna Mayonnaise & Sweetcorn Roll	<b>Yoghurt</b>

Friday

<b>Main option...</b> Roast Turkey Sandwich	<b>Crudité...</b> Mixed Peppers
<b>Vegetarian option...</b> Cheese Roll	<b>Fruit</b>
<b>Gluten Free option...</b> GF Roast Turkey Sandwich	<b>Dessert of the Day</b>

Our packed lunch menu has been developed in line with School Food Standards. We offer a vegetarian and gluten free option every day. Oily fish appears on the menu once every three weeks. We only use wholegrain or 50/50 bread. No confectionery, snacks or fizzy drinks are included in our packed lunches.

# Week two

W/C 10/9, 1/10, 22/10, 12/11, 3/12, 24/12, 14/1, 4/2, 25/2, 18/2

<b>Main option...</b> Cheese Roll	<b>Crudité...</b> Cherry Tomatoes
<b>Vegetarian option...</b> Tomato Pasta Pot	<b>Fruit</b>
<b>Gluten Free option...</b> GF Egg Mayonnaise Sandwich	<b>Dessert of the Day</b>

<b>Main option...</b> Chicken Salad Wrap	<b>Crudité...</b> Crunch Salad
<b>Vegetarian option...</b> Cheese Sandwich	<b>Fruit</b>
<b>Gluten Free option...</b> GF Rice & Bean Salad	<b>Dessert of the Day</b>

<b>Main option...</b> Ham & Cheese Sandwich	<b>Crudité...</b> Cheese & Cherry Tomatoes
<b>Vegetarian option...</b> Egg Mayonnaise Roll	<b>Fruit</b>
<b>Gluten Free option...</b> GF Panzanella Salad	<b>Dessert of the Day</b>

<b>Main option...</b> Roast Beef & Tomato Roll	<b>Crudité...</b> Cucumber
<b>Vegetarian option...</b> Falafel Salad Wrap	<b>Fruit</b>
<b>Gluten Free option...</b> GF Roast Beef & Tomato Roll	<b>Yoghurt</b>

<b>Main option...</b> Salmon Mayonnaise & Cucumber Roll	<b>Crudité...</b> Tomato & Pepper
<b>Vegetarian option...</b> Cheese & Tomato Wrap	<b>Fruit</b>
<b>Gluten Free option...</b> GF Salmon Mayonnaise & Cucumber Roll	<b>Dessert of the Day</b>

If your school is an online ordering school visit our website to book your meals: [www.dorset.mealselector.co.uk](http://www.dorset.mealselector.co.uk)



# Week three

W/C 17/9, 8/10, 29/10, 19/11, 10/12, 21/12, 21/1, 11/12, 4/3, 25/3

<b>Main option...</b> Cheese Roll	<b>Crudité...</b> Cherry Tomatoes
<b>Vegetarian option...</b> Tomato Pasta Pot	<b>Fruit</b>
<b>Gluten Free option...</b> GF Egg Mayonnaise Sandwich	<b>Dessert of the Day</b>

<b>Main option...</b> Ham & Tomato Sandwich	<b>Crudité...</b> Crunch Salad
<b>Vegetarian option...</b> Cheese Sandwich	<b>Fruit</b>
<b>Gluten Free option...</b> GF Tuna Pasta Salad	<b>Dessert of the Day</b>

<b>Main option...</b> Roast Turkey & Lettuce Roll	<b>Crudité...</b> Cheese & Cherry Tomatoes
<b>Vegetarian option...</b> Cream Cheese Bagel	<b>Fruit</b>
<b>Gluten Free option...</b> GF Onion Bhaji & Rice Salad	<b>Dessert of the Day</b>

<b>Main option...</b> Tuna Mayonnaise Roll	<b>Crudité...</b> Cucumber
<b>Vegetarian option...</b> Onion Bhaji & Carrot Wrap	<b>Fruit</b>
<b>Gluten Free option...</b> GF Tuna Mayonnaise Roll	<b>Yoghurt</b>

<b>Main option...</b> Ham & Cheese Roll	<b>Crudité...</b> Tomato & Pepper
<b>Vegetarian option...</b> Hummus Salad Roll	<b>Fruit...</b>
<b>Gluten Free option...</b> GF Ham & Cheese Roll	<b>Dessert of the Day</b>

Our packed lunch provides 2 of your 5 a day



For more information please contact:  
Email: [BPDAdmin@compass-group.co.uk](mailto:BPDAdmin@compass-group.co.uk)  
Tel: 01202 691 038

