



3.022 Sample Menus Lunches

Example 1

Soup
Fruit & Veg., Salad & Cheese
Cake
Milk

Example 3

Juice
Sardines on toast
Plums and cream
Milk

Example 5

Juice
Cold meat & green salad
Bread, butter, jam
Milk

Example 7

Soup
Spaghetti & meatballs
Fresh fruit
Milk

Example 2

Corned beef
Salad
Bread, butter, jam
Milk

Example 4

Baked Beans
Tomatoes
Cake and apple sauce
Milk

Example 6

Fruit cocktail
Cheese & tomatoes
Bread & butter
Instant pudding
Milk

Example 8

Juice
Grilled Cheese Sandwiches
Cookies
Milk