

PCYC Gunnedah Spring Lunch Menu

Each lunch order includes:

- Morning Tea (choose one: fruit, popcorn, or chips)
- Lunch
- Drink (water or juice box)

WEEK 1

Day 1 – Mon Sep 29 (Cold)

- Morning Tea: Fruit / Popcorn / Chips
- Lunch: Ham & Cheese Sandwich + Drink

Day 2 – Tue Sep 30 (Hot)

- Morning Tea: Fruit / Popcorn / Chips
- Lunch: Chicken & Gravy Roll + Drink

Day 3 – Wed Oct 1 (Cold)

- Morning Tea: Fruit / Popcorn / Chips
- Lunch: Chicken Wrap (shredded chicken, lettuce, mayo) + Drink

Day 4 – Thu Oct 2 (Hot)

- Morning Tea: Fruit / Popcorn / Chips
- Lunch: Hot Dog in a Roll (with sauce) + Drink

Day 5 – Fri Oct 3 (Cold)

- Morning Tea: Fruit / Popcorn / Chips
- Lunch: Ham & Cheese Scrolls + Drink

WEEK 2

Day 6 – Tue Oct 7 (Hot)

- Morning Tea: Fruit / Popcorn / Chips
- Lunch: Meat Pie (mini) + Drink

Day 7 – Wed Oct 8 (Cold)

- Morning Tea: Fruit / Popcorn / Chips
- Lunch: Ham & Cheese Sandwich + Drink

Day 8 – Thu Oct 9 (Hot)

- Morning Tea: Fruit / Popcorn / Chips
- Lunch: Chicken & Gravy Roll + Drink

Day 9 – Fri Oct 10 (Cold)

- Morning Tea: Fruit / Popcorn / Chips
- Lunch: Chicken Wrap + Drink

WEEK 3

Day 10 – Mon Oct 13 (Hot)

- Morning Tea: Fruit / Popcorn / Chips
- Lunch: Sausage roll + Drink