

# GCC Packed Lunch Menu

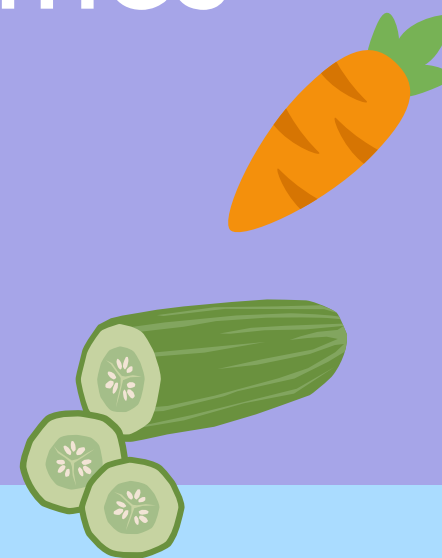
**Baguettes or Sandwich**  
Choose from the following filling options

Cheese  
Ham  
Egg Mayonnaise  
Tuna Mayonnaise

Choose one  
food item  
under each list  
per packed  
lunch

**Vegetable Crudities**

Carrot  
Cucumber  
Pepper



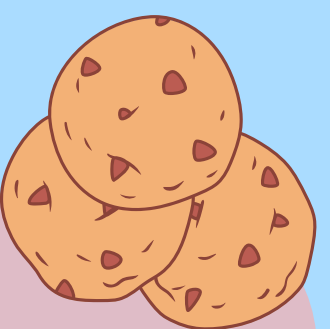
**Fruit**

Apple  
Banana  
Orange



**Sweet**

Refer to the dessert of the  
day on the central Caterlink  
menu



Check FS13 for  
Allergens and  
substitute  
appropriately



# GCC Packed Lunch Menu

## Baguettes PL1, PL2, or Sandwich PL3, PL4

Use margarine for only the cheese & Ham  
options

Cheese V85

Ham P20

Egg Mayonnaise V57

Tuna Mayonnaise F11

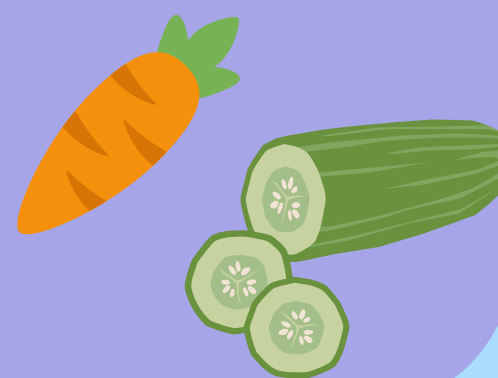
Choose one  
food item  
under each list  
per packed  
lunch

## Vegetable Crudities

Carrot PL13

Cucumber PL14

Pepper PL17



## Fruit

Apple PL18

Banana PL16

Orange PL15



## Sweet

Refer to the dessert of the  
day on the central Caterlink  
menu



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## Special Diet Alternative options

Gluten Free & Vegan White  
Loaf **PL20**

MILK FREE Vegan Sheese  
**V216**

Plain Tuna **F17**

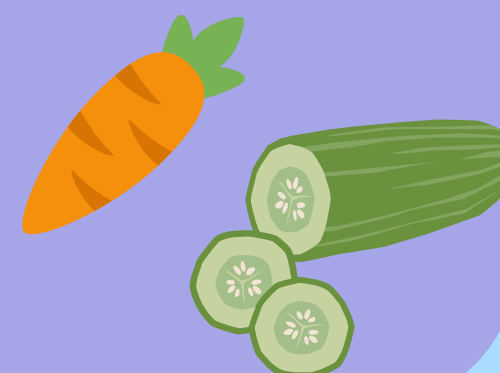
Choose one  
food item  
under each list  
per packed  
lunch

### Vegetable Crudities

Carrot PL13

Cucumber PL14

Pepper PL17



### Fruit

Apple PL18

Banana PL16

Orange PL15



### Sweet



NGCI6 NGCI GLUTEN FREE VANILLA  
SHORTBREAD FREE FROM MAIN 14  
ALLERGENS

NGCI7 NGCI GLUTEN FREE CHOCOLATE  
SHORTBREAD FREE FROM MAIN 14  
ALLERGENS

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