

EAT SMART WITH

THE LUNCH BUNCH



WEEKS SERVED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7 October	Oven-Baked Fish Fingers - Or - Beef Bolognese & Garlic Bread Baked Beans / Marrowfat Peas Pasta Spirals / Oven-baked Wedges Vanilla Ice-Cream, with Pears & Butterscotch Sauce	Homemade BBQ Chicken Pizza - Or - Traditional Irish Stew & Wheaten Bread Coleslaw / Baton Carrots Chipped Potato / Baked Potato Homemade Banana Cake	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Baked Quorn Dippers & BBQ Sauce Sweetcorn / Roast Courgette Boiled Rice / Mashed Potato Chocolate & Raspberry Spongecake with Custard	Roast Pork, Stuffing & Gravy - Or - Chicken Goujons & Sweet Chili Dip Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato Home-baked Popcorn Cookie & Orange Wedges	Beef Burger & Bap - Or - Rainbow Salad Wrap Iceberg Lettuce, Tomato, Cucumber, Pepper, Cheese Mini Corn-on-the-Cob / Garden Peas Chipped Potato / Baked Potato Frozen Strawberry Mousse
14 October	"Fish Finger "Seadog" served in a finger roll - Or - Beef Lasagne & Coleslaw	Savoury Beef Mince & Crusty Bread - Or - Homemade Margherita Pizza Sweetcorn / Baton Carrots Oven-baked Cubed Potato / Mashed Potato Arctic Roll & Winter Berry Sauce	Peppered Chicken - Or - Oven-Baked Pork Sausages Mini Corn-on-the-Cob / Garden Peas Mashed Potato / Boiled Rice Home-baked Jam & Coconut Sponge & Custard	Roast Gammon, Stuffing & Gravy - Or - Creamy Mac 'n' Cheese with Garlic Bread Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato Chocolate Rice Krispie Square	Crispy Baked Chicken Burger & Bap - Or - Tuna Mayo Deli Roll Spaghetti Hoops / Asian Slaw Chipped Potato / Baked Potato Raspberry Jelly & Peach Slices
21 October	Homemade Ham & Cheese Pizza - Or - Home-Baked Chicken Crumble	Beef Bolognese - Or - Roast Chicken and Gravy	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Oven-Baked Breaded Whiting	Roast Beef, Yorkshire Pudding & Gravy - Or - Salmon Fish Fingers & Lemon Mayonnaise Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato Chocolate Cracknel & Custard	Hotdog & Tomato Ketchup - Or - Beef Burrito Coleslaw / Baked Beans Chipped Potato / Pasta Salad Homemade Oatmeal Biscuit & Fresh Fruit Pot
18 November	Spaghetti Hoops / Mini Corn-on-the-Cob Roast Potato Wedges / Mashed Potatoes Vanilla Ice-Cream with Pear Slices & Hot Chocolate Sauce	Cauliflower Cheese / Steamed Broccoli Mashed Potato / Pasta Apple Sponge with Custard	Garden Peas / Roast Butternut Squash Chipped Potato / Boiled Rice Frozen Smoothie	Turkey & Ham, Stuffing, Gravy - Or - Sweet Potato Fritter with Flatbread & Sweet Chili Mayo Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato Homemade Flapjack & Orange Wedges	Oven-Baked Chicken Nuggets - Or - Homemade Beef Lasagne with Crunchy Coleslaw Baked Beans / Garden Peas Chipped Potato / Baked Potato Choice of Fruit Yoghurt Pot
16 December	Spaghetti Hoops / Mini Corn-on-the-Cob Roast Potato Wedges / Mashed Potatoes Vanilla Ice-Cream with Pear Slices & Hot Chocolate Sauce	Cottage Pie - Or - Oven-Baked Chicken Goujons & Choice of Dip Baton Carrots / Steamed Broccoli Garlic & Herb Potato Wedges / Pasta Spirals Ice-cream, Jelly & Two Fruit	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Oven-Baked Cod Fishcake Sweetcorn / Roasted Butternut Squash Boiled Rice / Mashed Potato Chocolate & Pear Sponge with Custard		
13 January					
10 February					
28 October					
25 November					
23 December					
20 January					

**MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY**

**IF YOU NEED ANY INFORMATION ON ALLERGENS, OR HAVE SPECIAL
DIETARY REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY**

**MENU SUBJECT TO
PRODUCT AVAILABILITY**

EAT SMART WITH THE LUNCH BUNCH



WEEKS SERVED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7 October	Oven-Baked Fish Fingers - Or - Beef Bolognese & Garlic Bread	Homemade BBQ Chicken Pizza - Or - Traditional Irish Stew & Wheaten Bread	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Baked Quorn Dippers & BBQ Sauce Sweetcorn / Roast Courgette Boiled Rice / Mashed Potato	Roast Pork, Stuffing & Gravy - Or - Chicken Goujons & Sweet Chili Dip	Beef Burger & Bap - Or - Rainbow Salad Wrap
4 November	Baked Beans / Marrowfat Peas Pasta Spirals / Oven-baked Wedges	Coleslaw / Baton Carrots Chipped Potato / Baked Potato	Baked Quorn Dippers & BBQ Sauce Sweetcorn / Roast Courgette Boiled Rice / Mashed Potato	Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato	Iceberg Lettuce, Tomato, Cucumber, Pepper, Cheese
2 December	Vanilla Ice-Cream, with Pears & Butterscotch Sauce	Homemade Banana Cake	Chocolate & Raspberry Spongecake with Custard	Home-baked Popcorn Cookie & Orange Wedges	Mini Corn-on-the-Cob / Garden Peas Chipped Potato / Baked Potato
30 December	Fish Finger "Seadog" served in a finger roll - Or - Beef Lasagne & Coleslaw	Savoury Beef Mince & Crusty Bread - Or - Homemade Margherita Pizza	Peppered Chicken - Or - Oven-Baked Pork Sausages	Roast Gammon, Stuffing & Gravy - Or - Creamy Mac 'n' Cheese with Garlic Bread	Frozen Strawberry Mousse
27 January	Marrowfat Peas / Baked Beans Chipped Potato / Baby Potato	Sweetcorn / Baton Carrots Oven-baked Cubed Potato / Mashed Potato	Mini Corn-on-the-Cob / Garden Peas Mashed Potato / Boiled Rice	Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato	
14 October	Apple & Pear Crumble with Custard	Arctic Roll & Winter Berry Sauce	Home-baked Jam & Coconut Sponge & Custard	Chocolate Rice Krispie Square	Tuna Mayo Deli Roll
11 November	Homemade Ham & Cheese Pizza - Or - Home-Baked Chicken Crumble	Beef Bolognese - Or - Roast Chicken and Gravy	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Oven-Baked Breaded Whiting	Roast Beef, Yorkshire Pudding & Gravy - Or - Salmon Fish Fingers & Lemon Mayonnaise	Spaghetti Hoops / Asian Slaw Chipped Potato / Baked Potato
9 December	Spaghetti Hoops / Mini Corn-on-the-Cob Roast Potato Wedges / Mashed Potatoes	Cauliflower Cheese / Steamed Broccoli Mashed Potato / Pasta	Garden Peas / Roast Butternut Squash Chipped Potato / Boiled Rice	Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato	Raspberry Jelly & Peach Slices
6 January	Vanilla Ice-Cream with Pear Slices & Hot Chocolate Sauce	Apple Sponge with Custard	Frozen Smoothie	Chocolate Cracknel & Custard	
3 February	Oven-Baked Fish Goujons - Or - Homemade Margherita Pizza	Cottage Pie - Or - Oven-Baked Chicken Goujons & Choice of Dip	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Oven-Baked Cod Fishcake	Turkey & Ham, Stuffing, Gravy - Or - Sweet Potato Fritter with Flatbread & Sweet Chili Mayo	Hotdog & Tomato Ketchup - Or - Beef Burrito
21 October	Steamed Garden Peas / Spaghetti Hoops Chipped Potato / Baked Potato	Baton Carrots / Steamed Broccoli Garlic & Herb Potato Wedges / Pasta Spirals	Sweetcorn / Roasted Butternut Squash Boiled Rice / Mashed Potato	Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato	Coleslaw / Baked Beans Chipped Potato / Pasta Salad
18 November	Chocolate & Raspberry Brownie	Ice-cream, Jelly & Two Fruit	Chocolate & Pear Sponge with Custard	Homemade Flapjack & Orange Wedges	Homemade Oatmeal Biscuit & Fresh Fruit Pot
16 December					
13 January					
10 February					
28 October					
25 November					
23 December					
20 January					

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS, OR HAVE SPECIAL
DIETARY REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO
PRODUCT AVAILABILITY