

# EAT SMART WITH THE LUNCH BUNCH



## WEEK BEGINNING

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

|                                                                                    |                                                                                                                                                                                                                                |                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                      |
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| 6th October,<br>3rd november,<br>1st December,<br>5th January,<br>2nd February     | Oven-baked Fish Fingers<br>- Or -<br>Spanish Chicken & Rice<br><br>Garden Peas & Steamed Sweetcorn<br>Chipped Potatoes or Baked Potato<br><br>Chocolate Mousse & Mandarin<br>Oranges                                           | Beef Bolognese<br>- Or -<br>Homemade Healthy Margherita Pizza<br>with Fresh Salad<br><br>Steamed Broccoli & Coleslaw Pasta<br>Spirals or Baby Potatoes<br><br>Apple Sponge & Custard                                                | Lunch Bunch Chicken Curry with<br>Freshly Baked Mini Naan Bread<br>- Or -<br>Baked Chicken & Vegetable Wrap<br>with Fresh Salad<br><br>Baton Carrots & Garden Peas<br>Steamed Rice or Mashed Potatoes<br><br>Vanilla Ice Cream & Pear Chunks | Roast Beef & Yorkshire Pudding with<br>Stuffing & Gravy<br>- Or -<br>Salmon with a Creamy Dill & Cheese<br>Sauce<br><br>Fresh Vegetables in Season<br>Oven-baked Roast Potatoes or<br>Mashed Potatoes<br>Carrot Cake Slice      | Hot Dog with Tomato Ketchup<br>- Or -<br>Cheesy Bean Burrito with Fresh<br>Salad<br><br>Mini Corn on the Cob & Baked Beans<br>Chipped Potatoes or Baked Potato<br><br>Yoghurt & Chopped Fruit                                                        |
| 13th October,<br>10th november,<br>8th December,<br>12th January,<br>9th February. | Oven-baked Fish Goujons with<br>Lemon Mayo<br>- Or -<br>Creamy Garlic Chicken & Mushroom<br>Pasta<br>Diced Carrots & Garden Peas Crispy<br>Herb Diced Potatoes or Mashed<br>Potatoes<br><br>Flakemeal Biscuit & Melon Wedge    | Traditional Savoury Mince<br>- Or -<br>Homemade Healthy Margherita Pizza<br>with Fresh Salad<br>Broccoli & Roasted Butternut Squash<br>Mashed Potatoes or Roasted Potato<br>Wedges<br><br>Chocolate & Pear Sponge Cake &<br>Custard | Lunch Bunch Chicken Curry with<br>Freshly Baked Mini Naan Bread<br>- Or -<br>Quorn Dippers<br><br>Garden Peas & Sweetcorn Steamed<br>Rice or Baby Potatoes<br><br>Date Krispie & Orange Wedge                                                | Roast Chicken with Stuffing & Gravy<br>- Or -<br>Vegetarian Cottage Pie<br><br>Fresh Selection of Vegetables in<br>Season<br>Oven-baked Roast Potatoes &<br>Mashed Potatoes<br><br>Vanilla Ice Cream Roll & Peaches             | Beef Burger with Tomato Ketchup<br>- Or -<br>BBQ Pulled Pork and Cheese Panini<br><br>Baked Beans, Coleslaw & Salad<br>Chipped Potatoes or Baked Potato<br><br>Strawberry Yoghurt & Chopped Fruit                                                    |
| 20th October,<br>17th November,<br>15th December,<br>19th January.                 | Oven-baked Fish Fingers<br>- Or -<br>Kung Pao Chicken<br><br>Roasted Peppers & Sweetcorn<br>Chipped Potatoes or Steamed Fluffy<br>Rice<br>Apple and Winter Berry Crumble &<br>Custard                                          | Beef Bolognese<br>- Or -<br>Homemade Healthy Margherita Pizza<br>with Fresh Salad<br><br>Steamed Broccoli & Coleslaw<br>Oven-roasted Potato Wedges or<br>Pasta Spirals<br>Strawberry Jelly & Mandarin Oranges                       | Lunch Bunch Chicken Curry with<br>Freshly Baked Mini Naan Bread<br>- Or -<br>Breast of Chicken with Gravy<br><br>Garden Peas & Baton Carrots<br>Steamed Rice or Mashed Potatoes<br><br>Homemade Chocolate Brownie &<br>Custard               | Roast Gammon with Stuffing & Gravy<br>- Or -<br>Vegetarian Sausages with Onion<br>Gravy<br>Fresh Selection of Vegetables in<br>Season<br>Oven-baked Roast Potatoes or<br>Mashed Potatoes<br><br>Popcorn Biscuit & Melon Wedge   | Southern Fried Chicken Goujon &<br>Salad Wrap with Taco Sauce<br>- Or -<br>Baked Potato with Beef Chilli, Cheddar<br>and Coleslaw<br>Mini Corn on the Cob & Baked Beans<br>Chipped Potatoes or Baked Potato<br><br>Frozen Fruit Smoothie & Fruit Tub |
| 27th October,<br>24th November,<br>22nd December,<br>26th January.                 | Cod Fish Bites with Mayo Dip<br>- Or -<br>Penne Pasta with Roasted Tomato and<br>Red Pepper Sauce<br><br>Garden Peas, Coleslaw & Carrot<br>Sticks<br>Chipped Potatoes or Mashed Potatoes<br><br>Strawberry Mousse & Two Fruits | Traditional Irish Stew with Wheaten<br>Bread<br>- Or -<br>Oven-baked Pork Sausages<br><br>Broccoli & Baked Beans Mashed<br>Potatoes or Baked Potato<br><br>Steamed Chocolate Pudding &<br>Custard                                   | Lunch Bunch Chicken Curry with<br>Freshly Baked Mini Naan Bread<br>- Or -<br>Roast Chicken Wrapped in Bacon with<br>BBQ Sauce<br><br>Sweetcorn & Ratatouille Steamed Rice<br>or Champ<br><br>Homemade Cookie & Orange Wedge                  | Roast Turkey with Stuffing & Gravy<br>- Or -<br>Quorn Fillet with Creamy Cajun Sauce<br><br>Fresh Selection of Vegetables in<br>Season<br>Oven-baked Roast Potatoes or<br>Mashed Potatoes<br><br>Chocolate Cracknel & Fruit Tub | Homemade Margherita or Mini<br>Meatball Pizza<br>- Or -<br>Veggie Nuggets with Tomato Ketchup<br><br>Sweetcorn, Coleslaw & Salad Chipped<br>Potatoes or Baked Potato<br><br>Frozen Yoghurt Pot & Melon Wedge                                         |

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

MENU SUBJECT TO  
PRODUCT AVAILABILITY

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR  
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL