

EAT SMART WEEK

with the Lunch Bunch



September 29 - October 3

Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Roasted Garlic & Pesto Chicken Pasta	Main Course Baked Breaded Whiting & Tartare Mayo	Main Course Chicken Curry with Freshly Baked Mini Naan Bread	Main Course Cook's Roast Gammon with Stuffing & Gravy	Main Course Oven Baked Chicken Goujons with choice of Dip
Main Course Homebaked Margherita Pizza & Coleslaw	Main Course Creamy Mac 'n' Cheese & Garlic Bread	Main Course Quorn Fillet with Creamy Pepper Sauce	Main Course Penne Pasta with Tomato & Basil Sauce	Main Course Baked Potato with Cheesy Beans & Salad
Main Course Rainbow Rice with Steamed Chicken & Soy Sauce	Main Course Beef Bolognese	Main Course Baked Jacket Potato with Giant Butter Beans in Tomato Sauce & Cheese	Main Course Homemade Tomato & Mozzarella Pizza	Main Course Freshly Baked Frittata with Garden Salad & Balsamic Dressing
Sides Green Beans & Diced Carrots Penne Pasta or Baby Potatoes with Herbs	Sides Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato	Sides Broccoli & Roasted Butternut Squash Steamed Fluffy Rice or Oven-Baked Herb Wedges	Sides Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes	Sides Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato
Taster Pot Crunchy Veggie Batons & Hummus	Taster Pot Super Duper Cous-Cous Salad	Taster Pot Boiled Egg	Taster Pot Cream Cheese & Crackers	Taster Pot Homemade Lentil Soup & Fresh Bread
Dessert Iced Lemon Sponge Finger	Dessert Forest Fruits Flavoured Jelly with Mandarin Oranges	Dessert Cheesecake with Strawberry Sauce	Dessert Belgian Waffle with Fruit Salad & Chocolate Sauce	Dessert Artic Roll with Summer Berry Sauce

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

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