

EAT SMART WITH

THE LUNCH BUNCH



WEEKS SERVED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7 October	Oven-Baked Fish Fingers - Or - Beef Bolognaise & 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 Chilli Dip	Beef Burger & Bap - Or - Rainbow Salad Wrap Iceberg Lettuce, Tomato, Cucumber, Pepper, Cheese Mini Corn-on-the-Cob / Garden Peas Chipped Potato / Baked Potato
4 November	Baked Beans / Marrowfat Peas Pasta Spirals / Oven-baked Wedges	Coleslaw / Baton Carrots Chipped Potato / Baked Potato	Chocolate & Raspberry Spongecake with Custard	Home-baked Popcorn Cookie & Orange Wedges	Frozen Strawberry Mousse
2 December	Vanilla Ice-Cream, with Pears & Butterscotch Sauce	Homemade Banana Cake	Peppered Chicken - Or - Oven-Baked Pork Sausages	Roast Gammon, Stuffing & Gravy - Or - Creamy Mac 'n' Cheese with Garlic Bread	Tuna Mayo Deli Roll
30 December	Fish Finger "Seadog" served in a finger roll - Or - Beef Lasagne & Coleslaw	Savory Beef Mince & Crusty Bread - Or - Homemade Margherita Pizza	Mini Corn-on-the-Cob / Garden Peas Mashed Potato / Boiled Rice Home-baked Jam & Coconut Sponge & Custard	Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato	Spaghetti Hoops / Asian Slaw Chipped Potato / Baked Potato
27 January	Marrowfat Peas / Baked Beans Chipped Potato / Baby Potato	Sweetcorn / Baton Carrots Oven-baked Cubed Potato / Mashed Potato	Arctic Roll & Winter Berry Sauce	Chocolate Rice Krispie Square	Raspberry Jelly & Peach Slöss
14 October	Apple & Pear Crumble with Custard	Arctic Roll & Winter Berry Sauce		Roast Beef, Yorkshire Pudding & Gravy - Or - Salmon Fish Fingers & Lemon Mayonnaise Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato	
11 November	Homemade Ham & Cheese Pizza - Or - Home-Baked Chicken Crumble	Beef Bolognaise - Or - Roast Chicken and Gravy	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Oven-Baked Breaded Whiting		
9 December	Spaghetti Hoops / Mini Corn-on-the-Cob Roast Potato Wedges / Mashed Potatoes	Caulliflower Cheese / Steamed Broccoli Mashed Potato / Pasta	Garden Peas / Roast Butternut Squash Chipped Potato / Boiled Rice		
6 January	Vanilla Ice-Cream with Pear Slices & Hot Chocolate Sauce	Apple Sponges with Custard	Frozen Smoothie		
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 Chilli Mayo	Oven-Baked Chicken Nuggets - Or - Homemade Beef Lasagne with Crunchy Coleslaw
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	Baked Beans / Garden Peas Chipped Potato / Baked Potato
18 November	Chocolate & Raspberry Brownie	Ice-cream, Jelly & Two Fruit	Chocolate & Pear Sponge with Custard	Homemade Flapjack & Orange Wedges	Choice of Fruit Yoghurt 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