

# EAT SMART WITH THE LUNCH BUNCH



## WEEKS SERVED

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

|   |   |   |   |   |  |
|---|---|---|---|---|--|
| 2 <sup>nd</sup> September<br>30 <sup>th</sup> September | Golden Crumbed Fish Fingers<br>- Or -<br>Freshly Baked Ham & Cheese Panini<br><br>Baked Beans & Garden Peas<br>Chipped / Baked Potato<br><br>Homemade Flakemeal Biscuit   | Beef Ragu Italia<br>- Or -<br>Homemade Margherita Pizza<br><br>Sweetcorn / Diced Carrots / Coleslaw<br>Oven Roasted Potato / Wedges / Rice /<br>Salad<br><br>Mandarin Orange Sponge & Custard | Chicken Curry & Naan Bread<br>- Or -<br>Baked Pork Sausages & Gravy<br><br>Garden Peas / Baton Carrots<br>Boiled Rice / Mashed Potato<br><br>Arctic Roll and Peaches                        | Roast of the Day, Stuffing & Gravy<br>- Or -<br>Quorn Dippers<br><br>Fresh Vegetables in Season<br>Mashed / Oven Roast Potato<br><br>Homemade Brownie & Orange Wedges   | Chicken Goujons & Sweet Chilli Dip<br>- Or -<br>Roast Mediterranean Vegetable<br>Pasta Bake<br><br>Spaghetti Hoops / Corn on the Cob<br>Chipped / Baby New Potatoes<br><br>Fruit Muffin & Apple / Orange Juice |
| 9 <sup>th</sup> September                               | Golden Crumbed Fish Fingers<br>- Or -<br>Creamy Chicken & Broccoli Pasta<br>with Garlic Bread<br><br>Sweetcorn & Roasted Peppers<br>Chipped / Baked Potato / Coleslaw<br><br>Ice-Cream, Pears & Chocolate Sauce | Homemade Cottage Pie<br>- Or -<br>Homemade Margherita Pizza<br><br>Spring Greens / Butternut Squash<br>Oven Baked Potato Wedges / Baked<br>Potato<br><br>Summer Fruit Cheesecake              | Chicken Curry & Naan Bread<br>- Or -<br>Beef Meatballs<br>with Tomato & Basil Sauce<br><br>Green Beans / Baton Carrots<br>Steamed Rice / Pasta Spirals<br><br>Sticky Date Pudding & Custard | Roast of the Day, Stuffing & Gravy<br>- Or -<br>Chicken & Pepper Fajita<br><br>Fresh Vegetables in Season<br>Mashed Potato / Oven Roast Potato<br><br>Golden Krispie Square   | School "Chippy Day" Chicken or<br>Fish Goujons / Sausages<br>- Or -<br>Baked Potato with Tuna &<br>Sweetcorn / Salad<br>Beans / Mushy Peas<br>Chipped / Baby New Potatoes<br><br>Frozen Fruit Yoghurt          |
| 16 <sup>th</sup> September                              | Baked Pork Sausages & Gravy<br>- Or -<br>Jerk Chicken & Caribbean Rice with<br>Flatbread<br><br>Baked Beans / Garden Peas<br>Chipped / Baked Potato<br><br>Ice-Cream & Two Fruits                               | Chicken Curry & Naan Bread<br>- Or -<br>BBQ Pulled Pork Pizza Wrap<br><br>Sweetcorn / Baton Carrots<br>Boiled Rice / Oven Roasted Garlic &<br>Paprika Wedges<br><br>Jaffa Cake Pots           | Breaded Fish & Lemon Mayo<br>- Or -<br>Beef Lasagne, Garlic Bread &<br>Coleslaw<br><br>Garden Peas / Diced Carrots<br>Mashed / Baby Potato<br><br>Fruit Sponge & Custard                    | Roast of the Day, Stuffing & Gravy<br>- Or -<br>Roast Butternut Squash, Penne<br>Pasta and Tomato & Pesto Sauce<br><br>Fresh Vegetables in Season<br>Mashed Potato / Oven Roast Potato<br><br>Fresh Fruit Salad & Yoghurt | Beef Burger / Bean Burger<br>in Bap with Onions<br>- Or -<br>Salt & Chilli Chicken<br><br>Corn on the Cob / Pasta Salad<br>Chipped Potato / Steamed Rice<br><br>Lemon Shortbread & Melon Wedge                 |
| 23 <sup>rd</sup> September                              | Beef Bolognaise<br>- Or -<br>Chicken Goujon Wrap<br>with choice of dip<br><br>Sweetcorn / Broccoli<br>Pasta Spirals / Mashed Potato<br><br>Chocolate & Orange Cookie  | Breaded Fish & Lemon Mayo<br>- Or -<br>Homemade Margherita Pizza<br><br>Mushy or Garden Peas / Baked Beans<br>Chipped Potato / Baked Potato<br><br>Raspberry Jelly & Two Fruits               | Chicken Curry & Naan Bread<br>- Or -<br>Chinese-style Beef & Vegetables<br><br>Diced Carrots & Green Beans<br>Noodles / Rice<br><br>Fruit Sponge & Custard                                  | Roast of the Day, Stuffing & Gravy<br>- Or -<br>Salmon & Creamy Tomato Pasta<br><br>Fresh Vegetables in Season<br>Mashed Potato / Oven Roast Potato<br><br>Pineapple Delight  | Hot Dog / Veggie Dog<br>with Tomato Ketchup<br>- Or -<br>Chicken & Summer Veg Pie<br><br>Spaghetti Hoops / Corn on the Cob<br>Chipped / Mashed Potatoes<br><br>Ice-Cream & Mandarin Oranges                    |

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