



# Week 1

## EAT SMART WEEK THE LUNCH BUNCH

WEEK BEGINNING:  
16TH FEBRUARY, 16TH MARCH,  
13TH APRIL, 11TH MAY, 8TH JUNE



| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|---|--|--|--|
| <p><b>Mains</b></p> <p>Baked Fish Goujons with<br/>Lemon Mayo<br/>- Or -<br/>Classic Margherita Pizza</p> <p><b>Side Dishes</b></p> <p>Steamed Broccoli &amp;<br/>Baked Beans</p> <p>Chipped Potatoes &amp;<br/>Baked Potato</p> <p><b>Dessert</b></p> <p>Selection of Fruit<br/>Yoghurt Pots</p> | <p><b>Mains</b></p> <p>Homemade Beef Bolognese<br/>- Or -<br/>Penne Pasta and Tomato<br/>Bake with Herb Crust</p> <p><b>Side Dishes</b></p> <p>Baton Carrots &amp; Green Beans</p> <p>Fusilli Pasta &amp; Fresh<br/>Seasonal Salad</p> <p><b>Dessert</b></p> <p>Mandarin Orange Sponge<br/>with Custard</p> | <p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry<br/>&amp; Mini Naan Bread<br/>- Or -<br/>Cheese and Tomato Panini<br/>Melt with Coleslaw</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Fresh<br/>Seasonal Salad</p> <p>Steamed Rice &amp;<br/>Oven Roast Wedges</p> <p><b>Dessert</b></p> <p>Peach and Raspberry<br/>Traybake Trifle</p> | <p><b>Mains</b></p> <p>Roast Pork with Stuffing and<br/>Rich Gravy<br/>- Or -<br/>Creamy Pepper Chicken</p> <p><b>Side Dishes</b></p> <p>Steamed Broccoli &amp;<br/>Cauliflower</p> <p>Mashed Potatoes &amp;<br/>Oven Roast Potatoes</p> <p><b>Dessert</b></p> <p>Chocolate and Pear<br/>Sponge Cake</p> | <p><b>Mains</b></p> <p>Hot Dog with Tomato<br/>Ketchup<br/>- Or -<br/>Baked Potato with Butter<br/>Beans in Tomato Sauce &amp;<br/>Cheese Melt</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Mini Corn on<br/>the Cob</p> <p>Chipped Potatoes &amp;<br/>Baked Potato</p> <p><b>Dessert</b></p> <p>Vanilla Ice Cream<br/>with Sliced Pears</p> |

MILK, WATER, BREAD & FRESH FRUIT  
AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL DIETARY REQUIREMENTS,  
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MENU SUBJECT TO  
PRODUCT AVAILABILITY





# W e e k 2

## EAT SMART WEEK THE LUNCH BUNCH

WEEK BEGINNING:  
23RD FEBRUARY, 23RD MARCH,  
20TH APRIL, 18TH MAY, 15TH JUNE



| MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   |
|--|---|---|---|--|
| <p><b>Mains</b></p> <p>Golden Baked Cod Bites<br/>- Or -<br/>Sweet Potato and Chicken Bake</p> <p><b>Side Dishes</b></p> <p>Steamed Broccoli &amp;<br/>Baked Beans</p> <p>Chipped Potatoes &amp;<br/>Baked Potato</p> <p><b>Dessert</b></p> <p>Frozen Strawberry Yoghurt<br/>and Fruit Tub</p> | <p><b>Mains</b></p> <p>Mild Beef Chilli<br/>- Or -<br/>Classic Margherita Pizza</p> <p><b>Side Dishes</b></p> <p>Sweetcorn, Fresh Seasonal<br/>Salad &amp; Coleslaw</p> <p>Steamed Rice &amp;<br/>Oven Roast Wedges</p> <p><b>Dessert</b></p> <p>Homemade Apple Sponge<br/>with Custard</p> | <p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry<br/>&amp; Mini Naan Bread<br/>- Or -<br/>Oven Roasted Vegetable<br/>Sausages with Tomato<br/>&amp; Bean Stew</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp;<br/>Diced Carrots</p> <p>Steamed Rice &amp;<br/>Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Fresh Fruit Salad with<br/>Strawberry Yoghurt</p> | <p><b>Mains</b></p> <p>Roast Turkey with Stuffing<br/>and Rich Gravy<br/>- Or -<br/>Roast Quorn Fillet with Rich<br/>Gravy</p> <p><b>Side Dishes</b></p> <p>Roast Carrots &amp; Spring<br/>Cabbage</p> <p>Mashed Potatoes &amp;<br/>Oven Roast Potatoes</p> <p><b>Dessert</b></p> <p>Fruit Muffin and Milkshake</p> | <p><b>Mains</b></p> <p>Cheeseburger with Tomato<br/>Ketchup<br/>- Or -<br/>Chicken Caesar Wrap</p> <p><b>Side Dishes</b></p> <p>Mini Corn on the Cob &amp;<br/>Crunchy Veggie Sticks</p> <p>Chipped Potatoes &amp;<br/>Baby Potatoes</p> <p><b>Dessert</b></p> <p>Oatmeal Biscuit with<br/>Orange Wedges</p> |

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# Week 3

## EAT SMART WEEK THE LUNCH BUNCH

WEEK BEGINNING:  
2ND MARCH, 30TH MARCH,  
27TH APRIL, 25TH MAY, 22ND JUNE



| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|--|---|
| <p><b>Mains</b></p> <p>Golden Crumbed Fish Fingers<br/>- Or -<br/>Mighty Mac 'n' Cheese</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Spaghetti Hoops</p> <p>Chipped Potatoes &amp; Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Banana-flavoured Mousse</p> | <p><b>Mains</b></p> <p>Homemade Beef Bolognese<br/>- Or -<br/>Spring Frittata with Coleslaw</p> <p><b>Side Dishes</b></p> <p>Steamed Broccoli &amp; Fresh Seasonal Salad</p> <p>Fusilli Pasta &amp; Herbed Baby Potatoes</p> <p><b>Dessert</b></p> <p>Summer Fruit Sponge Finger</p> | <p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry &amp; Mini Naan Bread<br/>- Or -<br/>Chilli and Garlic Quorn Bites</p> <p><b>Side Dishes</b></p> <p>Green Beans &amp; Baton Carrots</p> <p>Steamed Rice &amp; Oven Roast Wedges</p> <p><b>Dessert</b></p> <p>Blueberry and Lemon Sponge with Custard</p> | <p><b>Mains</b></p> <p>Roast Gammon with Stuffing and Rich Gravy<br/>- Or -<br/>Savoury Mince</p> <p><b>Side Dishes</b></p> <p>Cauliflower &amp; Roast Butternut Squash</p> <p>Mashed Potatoes &amp; Oven Roast Potatoes</p> <p><b>Dessert</b></p> <p>Jelly Whip with Mandarin Oranges</p> | <p><b>Mains</b></p> <p>Baked Pork Sausages<br/>- Or -<br/>Cheese and Tomato Deli Roll with Fresh Seasonal Salad</p> <p><b>Side Dishes</b></p> <p>Sweetcorn &amp; Baked Beans</p> <p>Chipped Potatoes &amp; Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Frozen Vanilla Yoghurt with Melon Wedge</p> |

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# Week 4

## EAT SMART WEEK THE LUNCH BUNCH

WEEK BEGINNING:  
9TH MARCH, 6TH APRIL, 4TH MAY,  
1ST JUNE, 29TH JUNE



| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| <p><b>Mains</b></p> <p>Homemade Beef Bolognese<br/>- Or -<br/>Chicken Stroganoff</p> <p><b>Side Dishes</b></p> <p>Baton Carrots &amp;<br/>Steamed Broccoli</p> <p>Fusilli Pasta &amp;<br/>Oven Roast Wedges</p> <p><b>Dessert</b></p> <p>Melon, Mandarin and<br/>Pineapple Pot</p> | <p><b>Mains</b></p> <p>Ham and Cheese Pizza<br/>- Or -<br/>Mediterranean Roasted<br/>Vegetable Quesadilla with<br/>Hummus</p> <p><b>Side Dishes</b></p> <p>Sweetcorn &amp; Coleslaw</p> <p>Chipped Potatoes &amp;<br/>Baby Potatoes</p> <p><b>Dessert</b></p> <p>Raspberry Jelly with<br/>Two Fruits</p> | <p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry<br/>&amp; Mini Naan Bread<br/>- Or -<br/>Tex-Mex Beef and Veg<br/>Tortilla Boat</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Roast<br/>Butternut Squash</p> <p>Steamed Rice &amp; Potato Salad</p> <p><b>Dessert</b></p> <p>Pineapple Upside Down<br/>Cake with Custard</p> | <p><b>Mains</b></p> <p>Roast Beef with Yorkshire<br/>Pudding, Stuffing and Rich<br/>Gravy<br/>- Or -<br/>Baked Salmon and Tomato<br/>Pasta</p> <p><b>Side Dishes</b></p> <p>Roast Carrot &amp; Cauliflower</p> <p>Mashed Potatoes &amp; Oven<br/>Roast Potatoes</p> <p><b>Dessert</b></p> <p>Chocolate-flavoured Mousse<br/>with Chopped Fruit</p> | <p><b>Mains</b></p> <p>Oven Baked Chicken<br/>Goujons<br/>- Or -<br/>Tuna and Pasta Salad</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Baked Beans</p> <p>Chipped Potatoes, Baked<br/>Potato &amp; Fresh Seasonal<br/>Salad</p> <p><b>Dessert</b></p> <p>Homemade Flakemeal<br/>Biscuit with Melon Wedge</p> |

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