

# EAT SMART WITH

# THE LUNCH BUNCH



WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1st 24th Sept	Homemade Beef Bolognaise - Or - Home-Baked Margherita Pizza & Coleslaw  Green Beans & Diced Carrots  Penne Pasta or Baby Potatoes with Herbs  Iced Lemon Sponge Finger	Baked Breaded Whiting & Tartare Mayo - Or - Creamy Mac n' Cheese & Garlic Bread  Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato  Forest Fruits Flavoured Jelly with Mandarin Oranges	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Quorn Fillet with Creamy Pepper Sauce  Broccoli & Roasted Butternut Squash Steamed Fuffy Rice or Oven Baked Herb Wedges  Cheesecake with Strawberry Sauce	Cook's Gammon with Stuffing & Gravy - Or - Penne Pasta with Tomato & Basil Sauce  Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes  Belgian Waffle with Fruit Salad & Chocolate Sauce	Oven Baked Chicken Goujons with choice of Dip - Or - Baked Potato with Cheesy Beans & Salad  Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato  Artic Roll with Summer Berry Sauce
8th Sept	Golden Crumbed Fish Fingers & Mayo Dip - Or - Roasted Garlic & Pesto Chicken Pasta  Garden Peas & Baked Beans Mashed Potato or Pasta Salad  Homebaked Chocolate & Raspberry Brownie	Homemade Beef Lasagne with Garlic Bread Slice - Or - Home-Baked Margherita Pizza with Salad in Season  Bacon Carrots & Broccoli Chipped Potato & Baby Potato Salad  Assorted Yoghurt Pots & Fresh Fruit Salad	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Oven-Baked Pork Sausages with Gravy or Ketchup  Sweetcorn & Spaghetti Hoops Steamed Fuffy Rice or Mashed Potato  Caramel Apple Crumble & Custard	Cook's Roast Turkey with Stuffing & Gravy - Or - Salmon Fishcake with Mayo  Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes  Ice Cream with Two Fruits	Cheeseburger with Burger Sauce in Bag - Or - Tex-Mex Chicken Fajita  Mini Corn on the Cob & Coleslaw Chipped Potatoes or Baked Jacket Potato  Homebaked Oaty Biscuits with Fresh Fruit
15th Sept	Oven Baked Cod Goujons with Mayo Dip - Or - Veggie Dog with Crispy Onions & Ketchup  Garden Peas & Potato Salad Chipped Potatoes or Baked Jacket Potato  Ice-Cream Slider & Orange Wedges	Homemade Spaghetti Bolognaise - Or - Chicken Tikka Mayo Wrap with Salad & Coleslaw  Bacon Carrots & Broccoli Spaghetti & Parsley Baby Potatoes  Homemade Jam & Coconut Sponge & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Home Baked Margherita or BBQ Chicken Pizza  Mini Corn on the Cob & Butternut Squash Steamed Rice or Oven Roasted Cubed Potatoes  Summer Fruit Salad & Yoghurt	Cook's Roast Pork with Stuffing & Gravy - Or - Homemade Savoury Mince with Crusty Bread  Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes  Strawberry Jelly & Sliced Peas	Oven Baked Chicken Nuggets with Choice of Dip - Or - Ham & Mushroom Carbonara & Garlic Bread Slice  Sweetcorn & Baked Beans Chipped Potatoes or Baked Jacket Potato  Homemade Shortbread & Watermelon Wedges
22nd Sept	Baked Cod Bites with mayo Dip - Or - Sweet Chilli Chicken Puntini & Salad in Season  Mushy Peas & Coleslaw Chipped Potatoes or Baked Jacket Potato  Chocolate Kestrel Square & Orange Wedges	Home-Baked Margherita or Tex-Mex Spicy Beef Pizza - Or - Penne Pasta & Roasted Mediterranean Vegetables  Bacon Carrots & Broccoli Oven Baked Paprika Wedges & Baby Potato Salad  Cola Jelly & Chopped Fruit	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - BBQ Pulled Pork with Cheese in Brioche Bun  Sweetcorn & Roasted Butternut Squash Steamed Fuffy Rice & Pasta Salad  Angel Cake & Custard	Cook's Roast Beef & Yorkshire Pudding with Stuffing & Gravy - Or - Quorn Dippers with Choice of Dip  Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes  Ice-Cream Sliced Peas & Caramel Sauce	Hot Dog with Ketchup - Or - BBQ Chicken Wrap with Salad in Season  Mini Corn on the Cob & Baked Beans Slightly "French Fries" or Baked Jacket Potato  Chocolate Cookie & Milkshake

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