

EAT SMART WITH THE LUNCH BUNCH



WEEKS SERVED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>7 October 4 November 2 December 30 December 27 January</p>	<p>Oven-Baked Fish Fingers - Or - Beef Bolognaise & Garlic Bread</p> <p>Baked Beans / Marrowfat Peas Pasta Spirals/ Oven-baked Wedges</p> <p>Vanilla Ice-Cream, with Pears & Butterscotch Sauce</p>	<p>Homemade BBQ Chicken Pizza -Or- Traditional Irish Stew & Wheaten Bread</p> <p>Coleslaw / Baton Carrots Chipped Potato / Baked Potato</p> <p>Homemade Banana Cake</p>	<p>"Lunch Bunch" Chicken Curry & Naan Bread - Or - Baked Quorn Dippers & BBQ Sauce Sweetcorn / Roast Courgette Boiled Rice / Mashed Potato</p> <p>Chocolate & Raspberry Spongecake with Custard</p>	<p>Roast Pork, Stuffing & Gravy - Or - Chicken Goujons & Sweet Chilli Dip</p> <p>Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato</p> <p>Home-baked Popcorn Cookie & Orange Wedges</p>	<p>Beef Burger & Bap -Or- Rainbow Salad Wrap Iceberg Lettuce, Tomato, Cucumber, Pepper, Cheese Mini Corn-on-the-Cob / Garden Peas Chipped Potato / Baked Potato</p> <p>Frozen Strawberry Mousse</p>
<p>14 October 11 November 9 December 6 January 3 February</p>	<p>Fish Finger "Seadog" served in a finger roll -Or- Beef Lasagne & Coleslaw</p> <p>Marrowfat Peas / Baked Beans Chipped Potato / Baby Potato</p> <p>Apple & Pear Crumble with Custard</p>	<p>Savoury Beef Mince & Crusty Bread -Or- Homemade Margherita Pizza</p> <p>Sweetcorn / Baton Carrots Oven-baked Cubed Potato / Mashed Potato</p> <p>Arctic Roll & Winter Berry Sauce</p>	<p>Peppered Chicken -Or- Oven-Baked Pork Sausages</p> <p>Mini Corn-on-the-Cob / Garden Peas Mashed Potato / Boiled Rice</p> <p>Home-baked Jam & Coconut Sponge & Custard</p>	<p>Roast Gammon, Stuffing & Gravy -Or- Creamy Mac 'n' Cheese with Garlic Bread</p> <p>Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato</p> <p>Chocolate Rice Krispie Square</p>	<p>Crispy Baked Chicken Burger & Bap -Or- Tuna Mayo Deli Roll</p> <p>Spaghetti Hoops / Asian Slaw Chipped Potato / Baked Potato</p> <p>Raspberry Jelly & Peach Slices</p>
<p>21 October 18 November 16 December 13 January 10 February</p>	<p>Homemade Ham & Cheese Pizza -Or- Home-Baked Chicken Crumble</p> <p>Spaghetti Hoops / Mini Corn-on-the-Cob Roast Potato Wedges / Mashed Potatoes</p> <p>Vanilla Ice-Cream with Pear Slices & Hot Chocolate Sauce</p>	<p>Beef Bolognaise -Or- Roast Chicken and Gravy</p> <p>Cauliflower Cheese / Steamed Broccoli Mashed Potato / Pasta</p> <p>Apple Sponge with Custard</p>	<p>"Lunch Bunch" Chicken Curry & Naan Bread -Or- Oven-Baked Breaded Whiting</p> <p>Garden Peas / Roast Butternut Squash Chipped Potato / Boiled Rice</p> <p>Frozen Smoothie</p>	<p>Roast Beef, Yorkshire Pudding & Gravy -Or- Salmon Fish Fingers & Lemon Mayonnaise Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato</p> <p>Chocolate Cracknel & Custard</p>	<p>Hotdog & Tomato Ketchup -Or- Beef Burrito</p> <p>Coleslaw / Baked Beans Chipped Potato / Pasta Salad</p> <p>Homemade Oatmeal Biscuit & Fresh Fruit Pot</p>
<p>28 October 25 November 23 December 20 January</p>	<p>Oven-Baked Fish Goujons -Or- Homemade Margherita Pizza</p> <p>Steamed Garden Peas / Spaghetti Hoops Chipped Potato / Baked Potato</p> <p>Chocolate & Raspberry Brownie</p>	<p>Cottage Pie -Or- Oven-Baked Chicken Goujons & Choice of Dip Baton Carrots / Steamed Broccoli Garlic & Herb Potato Wedges/ Pasta Spirals</p> <p>Ice-cream, Jelly & Two Fruit</p>	<p>"Lunch Bunch" Chicken Curry & Naan Bread -Or- Oven-Baked Cod Fishcake</p> <p>Sweetcorn / Roasted Butternut Squash Boiled Rice / Mashed Potato</p> <p>Chocolate & Pear Sponge with Custard</p>	<p>Turkey & Ham, Stuffing, Gravy -Or- Sweet Potato Fritter with Flatbread & Sweet Chilli Mayo</p> <p>Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato</p> <p>Homemade Flapjack & Orange Wedges</p>	<p>Oven-Baked Chicken Nuggets -Or- Homemade Beef Lasagne with Crunchy Coleslaw</p> <p>Baked Beans / Garden Peas Chipped Potato / Baked Potato</p> <p>Choice of Fruit Yoghurt Pot</p>

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