# EAT SMART WITH THE LUNCH BUNGH

Week Beginning:

3<sup>rd</sup> March,

31<sup>st</sup> March,

28<sup>th</sup> April,

26<sup>th</sup> May,

23<sup>rd</sup> June

15<sup>th</sup> September

# Week Three



## Monday

## Mains

Oven Baked Cod Goujons with Mayo Dip

## Side Dishes

Garden Peas & Potato Salad Chipped Potatoes or Baked Jacket Potato

## Dessert

Ice-Cream Slider & Orange Wedges

# Tuesday

## Mains

Homemade Spaghetti Bolognese

## Side Dishes

Baton Carrots & Broccoli Spaghetti & Parsley Baby Potatoes

## Dessert

Homemade Jam & Coconut Sponge & Custard

# Wednesday

#### Mains

Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread

## Side Dishes

Mini Corn on the Cob & Butternut Squash Steamed Rice or Oven Roasted Cubed Potatoes

#### Dessert

Summer Fruit Salad & Yoghurt

# Thursday

## Mains

Cook's Roast Pork with Stuffing & Gravy

## Side Dishes

Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes

## Dessert

Strawberry Jelly & Sliced Pears

## Friday

#### Mains

Oven Baked Chicken Nuggets with Choice of Dip

## Side Dishes

Sweetcorn & Baked Beans-Chipped Potatoes or Baked Jacket Potato

#### Dessert

Homemade Shortbread & Watermelon Wedge