

# EAT SMART WITH THE LUNCH BUNCH

Week One  
Primary



Weeks Beginning:  
1<sup>st</sup> September  
29<sup>th</sup> September.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mains</b></p> <p>Homemade Beef Bolognese - Or - Homebaked Margherita Pizza &amp; Coleslaw</p> <p><b>Side Dishes</b></p> <p>Green Beans &amp; Diced Carrots Penne Pasta or Baby Potatoes with Herbs</p> <p><b>Dessert</b></p> <p>Iced Lemon Sponge Finger</p>	<p><b>Mains</b></p> <p>Baked Breaded Whiting &amp; Tartare Mayo - Or - Creamy Mac 'n' Cheese &amp; Garlic Bread</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Sweetcorn Chipped Potatoes or Baked Jacket Potato</p> <p><b>Dessert</b></p> <p>Forest Fruits Flavoured Jelly with Mandarin Oranges</p>	<p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Quorn Fillet with Creamy Pepper Sauce</p> <p><b>Side Dishes</b></p> <p>Broccoli &amp; Roasted Butternut Squash Steamed Fluffy Rice or Oven-Baked Herb Wedges</p> <p><b>Dessert</b></p> <p>Cheesecake with Strawberry Sauce</p>	<p><b>Mains</b></p> <p>Cook's Roast Gammon with Stuffing &amp; Gravy - Or - Penne Pasta with Tomato &amp; Basil Sauce</p> <p><b>Side Dishes</b></p> <p>Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes &amp; Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Belgian Waffle with Fruit Salad &amp; Chocolate Sauce</p>	<p><b>Mains</b></p> <p>Oven Baked Chicken Goujons with choice of Dip - Or - Baked Potato with Cheesy Beans &amp; Salad</p> <p><b>Side Dishes</b></p> <p>Baked Beans &amp; Coleslaw Chipped Potatoes or Baked Jacket Potato</p> <p><b>Dessert</b></p> <p>Artic Roll with Summer Berry Sauce</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

# EAT SMART WITH THE LUNCH BUNCH

Week Beginning:  
8<sup>th</sup> September



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mains</b></p> <p>Golden Crumbed Fish Fingers &amp; Mayo Dip - Or - Roasted Garlic &amp; Pesto Chicken Pasta</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Baked Beans Mashed Potato or Pasta Salad</p> <p><b>Dessert</b></p> <p>Homebaked Chocolate &amp; Raspberry Brownie</p>	<p><b>Mains</b></p> <p>Homemade Beef Lasagne with Garlic Bread Slice - Or - Homebaked Margherita Pizza with Salad in Season</p> <p><b>Side Dishes</b></p> <p>Baton Carrots &amp; Broccoli Chipped Potato &amp; Baby Potato Salad</p> <p><b>Dessert</b></p> <p>Assorted Yoghurt Pots &amp; Fresh Fruit Salad</p>	<p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Oven Baked Pork Sausages with Gravy or Ketchup</p> <p><b>Side Dishes</b></p> <p>Sweetcorn &amp; Spaghetti Hoops Steamed Fluffy Rice or Mashed Potato</p> <p><b>Dessert</b></p> <p>Caramel Apple Crumble &amp; Custard</p>	<p><b>Mains</b></p> <p>Cook's Roast Turkey with Stuffing &amp; Gravy - Or - Salmon Fishcake with Mayo</p> <p><b>Side Dishes</b></p> <p>Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes &amp; Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Ice Cream with Two Fruits</p>	<p><b>Mains</b></p> <p>Cheeseburger with Burger Sauce in Bap - Or - Tex-Mex Chicken Fajita</p> <p><b>Side Dishes</b></p> <p>Mini Corn on the Cob &amp; Coleslaw Chipped Potatoes or Baked Jacket Potato</p> <p><b>Dessert</b></p> <p>Homebaked Oaty Biscuit with Fresh Fruit</p>

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# EAT SMART WITH THE LUNCH BUNCH

Week Beginning:  
15<sup>th</sup> September



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mains</b></p> <p>Oven Baked Cod Goujons with Mayo Dip</p> <p>- Or -</p> <p>Veggie Dog with Crispy Onions &amp; Ketchup</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Potato Salad Chipped Potatoes or Baked Jacket Potato</p> <p><b>Dessert</b></p> <p>Ice-Cream Slider &amp; Orange Wedges</p>	<p><b>Mains</b></p> <p>Homemade Spaghetti Bolognese</p> <p>- Or -</p> <p>Chicken Tikka Mayo Wrap with Salad &amp; Coleslaw</p> <p><b>Side Dishes</b></p> <p>Baton Carrots &amp; Broccoli Spaghetti &amp; Parsley Baby Potatoes</p> <p><b>Dessert</b></p> <p>Homemade Jam &amp; Coconut Sponge &amp; Custard</p>	<p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread</p> <p>- Or -</p> <p>Homebaked Margherita or BBQ Chicken Pizza</p> <p><b>Side Dishes</b></p> <p>Mini Corn on the Cob &amp; Butternut Squash Steamed Rice or Oven Roasted Cubed Potatoes</p> <p><b>Dessert</b></p> <p>Summer Fruit Salad &amp; Yoghurt</p>	<p><b>Mains</b></p> <p>Cook's Roast Pork with Stuffing &amp; Gravy</p> <p>- Or -</p> <p>Homemade Savoury Mince with Crusty Bread</p> <p><b>Side Dishes</b></p> <p>Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes &amp; Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Strawberry Jelly &amp; Sliced Pears</p>	<p><b>Mains</b></p> <p>Oven Baked Chicken Nuggets with Choice of Dip</p> <p>- Or -</p> <p>Ham &amp; Mushroom Carbonara &amp; Garlic Bread Slice</p> <p><b>Side Dishes</b></p> <p>Sweetcorn &amp; Baked Beans Chipped Potatoes or Baked Jacket Potato</p> <p><b>Dessert</b></p> <p>Homemade Shortbread &amp; Watermelon Wedge</p>

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# EAT SMART WITH THE LUNCH BUNCH

Week Four  
Primary

Week Beginning:  
22<sup>nd</sup> September



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mains</b></p> <p>Baked Cod Bites with Mayo Dip - Or - Sweet Chilli Chicken Panini &amp; Salad in Season</p> <p><b>Side Dishes</b></p> <p>Mushy Peas &amp; Coleslaw Chipped Potatoes or Baked Jacket Potato</p> <p><b>Dessert</b></p> <p>Chocolate Krispie Square &amp; Orange Wedges</p>	<p><b>Mains</b></p> <p>Homebaked Margherita or Tex-Mex Spicy Beef Pizza - Or - Penne Pasta with Roasted Mediterranean Vegetables</p> <p><b>Side Dishes</b></p> <p>Baton Carrots &amp; Broccoli Oven Baked Paprika Wedges &amp; Baby Potato Salad</p> <p><b>Dessert</b></p> <p>Cola Jelly &amp; Chopped Fruit</p>	<p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - BBQ Pulled Pork with Cheese in Brioche Bun</p> <p><b>Side Dishes</b></p> <p>Sweetcorn &amp; Roasted Butternut Squash Steamed Fluffy Rice &amp; Pasta Salad</p> <p><b>Dessert</b></p> <p>Angel Cake &amp; Custard</p>	<p><b>Mains</b></p> <p>Cook's Roast Beef &amp; Yorkshire Pudding with Stuffing &amp; Gravy - Or - Quorn Dippers with Choice of Dip</p> <p><b>Side Dishes</b></p> <p>Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes &amp; Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Ice-Cream, with Sliced Pears &amp; Caramel Sauce</p>	<p><b>Mains</b></p> <p>Hot Dog with Ketchup - Or - BBQ Chicken Wrap with Salad in Season</p> <p><b>Side Dishes</b></p> <p>Mini Corn on the Cob &amp; Baked Beans Skinny "French Fries" or Baked Jacket Potato</p> <p><b>Dessert</b></p> <p>Chocolate Cookie &amp; Milkshake</p>

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