

EAT SMART WITH THE LUNCH BUNCH

Week One
Primary



Week Beginning:
1st September
29th September

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mains</p> <p>Homemade Beef Bolognese - Or - Homebaked Margherita Pizza & Coleslaw</p> <p>Side Dishes</p> <p>Green Beans & Diced Carrots Penne Pasta or Baby Potatoes with Herbs</p> <p>Dessert</p> <p>Iced Lemon Sponge Finger</p>	<p>Mains</p> <p>Baked Breaded Whiting & Tartare Mayo - Or - Creamy Mac 'n' Cheese & Garlic Bread</p> <p>Side Dishes</p> <p>Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato</p> <p>Dessert</p> <p>Forest Fruits Flavoured Jelly with Mandarin Oranges</p>	<p>Mains</p> <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Quorn Fillet with Creamy Pepper Sauce</p> <p>Side Dishes</p> <p>Broccoli & Roasted Butternut Squash Steamed Fluffy Rice or Oven-Baked Herb Wedges</p> <p>Dessert</p> <p>Cheesecake with Strawberry Sauce</p>	<p>Mains</p> <p>Cook's Roast Gammon with Stuffing & Gravy - Or - Penne Pasta with Tomato & Basil Sauce</p> <p>Side Dishes</p> <p>Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes</p> <p>Dessert</p> <p>Belgian Waffle with Fruit Salad & Chocolate Sauce</p>	<p>Mains</p> <p>Oven Baked Chicken Goujons with choice of Dip - Or - Baked Potato with Cheesy Beans & Salad</p> <p>Side Dishes</p> <p>Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato</p> <p>Dessert</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:
8th September

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

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Week Beginning:
15th September

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

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Week Four
Primary



Week Beginning:
22nd September

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

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