



# EAT SMART WEEK **with the Lunch Bunch**



**September 29 - October 3**

## MONDAY

### Main Course

Roasted Garlic & Pesto  
Chicken Pasta

### Main Course

Rainbow Rice with  
Steamed Chicken & Soy  
Sauce

### Side Dishes

Green Beans & Diced Carrots  
Penne Pasta or Baby  
Potatoes with Herbs

### TASTER POT

**CRUNCHY VEGGIE BATONS  
& HUMMUS**

### Dessert

Iced Lemon Sponge Finger

## TUESDAY

### Main Course

Baked Breaded Whiting &  
Tartare Mayo

### Main Course

Beef Bolognese

### Side Dishes

Garden Peas & Sweetcorn  
Chipped Potatoes or Baked  
Jacket Potato

### TASTER POT

**SUPER DUPER**

### COUS-COUS

**SALAD**

### Dessert

Forest Fruits Flavoured  
Jelly with Mandarin  
Oranges

## WEDNESDAY

### Main Course

Chicken Curry with  
Freshly Baked Mini Naan  
Bread

### Main Course

Baked Jacket Potato with  
Giant Butter Beans in  
Tomato Sauce & Cheese

### Side Dishes

Baked Jacket Potato with  
Giant Butter Beans in  
Tomato Sauce & Cheese

### TASTER POT

**BOILED EGG**

### Dessert

Cheesecake with  
Strawberry Sauce

## THURSDAY

### Main Course

Cook's Roast Gammon with  
Stuffing & Gravy

### Main Course

Homemade Tomato &  
Mozzarella Pizza

### Side Dishes

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

### TASTER POT

**CREAM CHEESE  
& CRACKERS**

### Dessert

Belgian Waffle with Fruit  
Salad & Chocolate Sauce

## FRIDAY

### Main Course

Oven Baked Chicken  
Goujons with choice of Dip

### Main Course Freshly

Baked Frittata with Garden  
Salad & Balsamic  
Dressing

### Side Dishes

Baked Beans & Coleslaw  
Chipped Potatoes or  
Baked Jacket Potato

### TASTER POT

**HOMEMADE LENTIL  
SOUP & FRESH BREAD**

### Dessert

Artic Roll with Summer  
Berry Sauce

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE

MENU MAY CHANGE DUE  
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR  
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL