

# EAT SMART WEEK

with the Lunch Bunch

September 29 - October 3



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> Roasted Garlic & Pesto Chicken Pasta	<b>Main Course</b> Baked Breaded Whiting & Tartare Mayo	<b>Main Course</b> Chicken Curry with Freshly Baked Mini Naan Bread	<b>Main Course</b> Cook's Roast Gammon with Stuffing & Gravy	<b>Main Course</b> Oven Baked Chicken Goujons with choice of Dip
<b>Main Course</b> Homebaked Margherita Pizza & Coleslaw	<b>Main Course</b> Creamy Mac 'n' Cheese & Garlic Bread	<b>Main Course</b> Quorn Fillet with Creamy Pepper Sauce	<b>Main Course</b> Penne Pasta with Tomato & Basil Sauce	<b>Main Course</b> Baked Potato with Cheesy Beans & Salad
<b>Sides</b> Green Beans & Diced Carrots Penne Pasta or Baby Potatoes with Herbs	<b>Sides</b> Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato	<b>Sides</b> Broccoli & Roasted Butternut Squash Steamed Fluffy Rice or Oven-Baked Herb Wedges	<b>Sides</b> Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes	<b>Sides</b> Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato
<b>Taster Pot</b> Crunchy Veggie Batons & Hummus	<b>Taster Pot</b> Super Duper Cous-Cous Salad	<b>Taster Pot</b> Boiled Egg	<b>Taster Pot</b> Cream Cheese & Crackers	<b>Taster Pot</b> Homemade Lentil Soup & Fresh Bread
<b>Dessert</b> Iced Lemon Sponge Finger	<b>Dessert</b> Forest Fruits Flavoured Jelly with Mandarin Oranges	<b>Dessert</b> Cheesecake with Strawberry Sauce	<b>Dessert</b> Belgian Waffle with Fruit Salad & Chocolate Sauce	<b>Dessert</b> Artic Roll with Summer Berry Sauce

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE  
TO DELIVERY CHANGES

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