

# EAT SMART WITH September 2024

# THE LUNCH BUNCH



WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2<sup>nd</sup> September</b>  <b>30<sup>th</sup> September</b>	Golden Crumbed Fish Fingers - Or - Freshly Baked Ham & Cheese Panini Baked Beans & Garden Peas Chipped / Baked Potato Homemade Flakemeal Biscuit	Beef Ragu Italia - Or - Homemade Margherita Pizza Sweetcorn / Diced Carrots / Coleslaw Oven Roasted Potato / Wedges / Rice / Salad Mandarin Orange Sponge & Custard	Chicken Curry & Naan Bread - Or - Baked Pork Sausages & Gravy Garden Peas / Baton Carrots Boiled Rice / Mashed Potato  Arctic Roll and Peaches	Roast of the Day, Stuffing & Gravy - Or - Quorn Dippers Fresh Vegetables in Season Mashed / Oven Roast Potato  Homemade Brownie & Orange Wedges	Chicken Goujons & Sweet Chilli Dip - Or - Roast Mediterranean Vegetable Pasta Bake Spaghetti Hoops / Corn on the Cob Chipped / Baby New Potatoes Fruit Muffin & Apple / Orange Juice
<b>9<sup>th</sup> September</b>	Golden Crumbed Fish Fingers - Or - Creamy Chicken & Broccoli Pasta with Garlic Bread Sweetcorn & Roasted Peppers Chipped / Baked Potato / Coleslaw Ice-Cream, Pears & Chocolate Sauce	Homemade Cottage Pie - Or - Homemade Margherita Pizza Spring Greens / Butternut Squash Oven Baked Potato Wedges / Baked Potato  Summer Fruit Cheesecake	Chicken Curry & Naan Bread - Or - Beef Meatballs with Tomato & Basil Sauce Green Beans / Baton Carrots Steamed Rice / Pasta Spirals  Sticky Date Pudding & Custard	Roast of the Day, Stuffing & Gravy - Or - Chicken & Pepper Fajita Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Golden Krispie Square	School "Chippy Day" Chicken or Fish Goujons / Sausages - Or - Baked Potato with Tuna & Sweetcorn / Salad Beans / Mushy Peas Chipped / Baby New Potatoes Frozen Fruit Yoghurt
<b>16<sup>th</sup> September</b>	Baked Pork Sausages & Gravy - Or - Jerk Chicken & Caribbean Rice with Flatbread Baked Beans / Garden Peas Chipped / Baked Potato  Ice-Cream & Two Fruits	Chicken Curry & Naan Bread - Or - BBQ Pulled Pork Pizza Wrap Sweetcorn / Baton Carrots Boiled Rice / Oven Roasted Garlic & Paprika Wedges  Jaffa Cake Pots	Breaded Fish & Lemon Mayo - Or - Beef Lasagne, Garlic Bread & Coleslaw Garden Peas / Diced Carrots Mashed / Baby Potato  Fruit Sponge & Custard	Roast of the Day, Stuffing & Gravy - Or - Roast Butternut Squash, Penne Pasta and Tomato & Pesto Sauce Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Fresh Fruit Salad & Yoghurt	Beef Burger / Bean Burger In Bap with Onions - Or - Salt & Chilli Chicken Corn on the Cob/Pasta Salad Chipped Potato/Steamed Rice Lemon Shortbread & Melon Wedge
<b>23<sup>rd</sup> September</b>	Beef Bolognese - Or - Chicken Goujon Wrap with choice of dip Sweetcorn / Broccoli Pasta Spirals / Mashed Potato  Chocolate & Orange Cookie	Breaded Fish & Lemon Mayo - Or - Homemade Margherita Pizza Mushy or Garden Peas / Baked Beans Chipped Potato / Baked Potato  Raspberry Jelly & Two Fruits	Chicken Curry & Naan Bread - Or - Chinese-style Beef & Vegetables Diced Carrots & Green Beans Noodles / Rice  Fruit Sponge & Custard	Roast of the Day, Stuffing & Gravy - Or - Salmon & Creamy Tomato Pasta Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Pineapple Delight	Hot Dog / Veggie Dog with Tomato Ketchup - Or - Chicken & Summer Veg Pie Spaghetti Hoops / Corn on the Cob Chipped / Mashed Potatoes Ice-Cream & Mandarin Oranges

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