

EAT SMART WITH

THE LUNCH BUNCH



WEEKS SERVED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7 October	Oven-Baked Fish Fingers - Or - Beef Bolognese & Garlic Bread	Homemade BBQ Chicken Pizza - Or - Traditional Irish Stew & Wheaten Bread	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Baked Quorn Dippers & BBQ Sauce Sweetcorn / Roast Courgette Boiled Rice / Mashed Potato	Roast Pork, Stuffing & Gravy - Or - Chicken Goujons & Sweet Chilli Dip	Beef Burger & Bap - Or - Rainbow Salad Wrap
4 November	Baked Beans / Marrowfat Peas	Coleslaw / Baton Carrots	Sweetcorn / Roast Courgette	Fresh Seasonal Vegetables	Iceberg Lettuce, Tomato, Cucumber, Pepper, Cheese
2 December	Pasta Spirals / Oven-baked Wedges	Chipped Potato / Baked Potato	Boiled Rice / Mashed Potato	Mashed Potato / Oven Roast Potato	Mini Corn-on-the-Cob / Garden Peas
30 December	Vanilla Ice-Cream, with Pears & Butterscotch Sauce	Homemade Banana Cake	Chocolate & Raspberry Spongecake with Custard	Home-baked Popcorn Cookie & Orange Wedges	Chipped Potato / Baked Potato
27 January					Frozen Strawberry Mousse
14 October	Fish Finger "Seadog" served in a finger roll - Or -	Savoury Beef Mince & Crusty Bread - Or -	Peppered Chicken - Or -	Roast Gammon, Stuffing & Gravy - Or -	Crispy Baked Chicken Burger & Bap - Or -
11 November	Beef Lasagne & Coleslaw	Homemade Margherita Pizza	Oven-Baked Pork Sausages	Creamy Mac 'n' Cheese with Garlic Bread	Tuna Mayo Deli Roll
9 December	Marrowfat Peas / Baked Beans	Sweetcorn / Baton Carrots	Mini Corn-on-the-Cob / Garden Peas	Fresh Seasonal Vegetables	Spaghetti Hoops / Asian Slaw
6 January	Chipped Potato / Baby Potato	Oven-baked Cubed Potato / Mashed Potato	Mashed Potato / Boiled Rice	Mashed Potato / Oven Roast Potato	Chipped Potato / Baked Potato
3 February	Apple & Pear Crumble with Custard	Arctic Roll & Winter Berry Sauce	Home-baked Jam & Coconut Sponge & Custard	Chocolate Rice Krispie Square	Raspberry Jelly & Peach Slices
21 October	Homemade Ham & Cheese Pizza - Or -	Beef Bolognese	"Lunch Bunch" Chicken Curry & Naan Bread - Or -	Roast Beef, Yorkshire Pudding & Gravy - Or -	Hotdog & Tomato Ketchup - Or - Beef Burrito
18 November	Home-Baked Chicken Crumble	Roast Chicken and Gravy	Oven-Baked Breaded Whiting	Salmon Fish Fingers & Lemon Mayonnaise	Coleslaw / Baked Beans
16 December	Spaghetti Hoops / Mini Corn-on-the-Cob	Cauliflower Cheese / Steamed Broccoli	Garden Peas / Roast Butternut Squash	Fresh Seasonal Vegetables	Chipped Potato / Pasta Salad
13 January	Roast Potato Wedges / Mashed Potatoes	Mashed Potato / Pasta	Chipped Potato / Boiled Rice	Mashed Potato / Oven Roast Potato	Homemade Oatmeal Biscuit & Fresh Fruit Pot
10 February	Vanilla Ice-Cream with Pear Slices & Hot Chocolate Sauce	Apple Sponge with Custard	Frozen Smoothie	Chocolate Cracknel & Custard	
28 October	Oven-Baked Fish Goujons - Or -	Cottage Pile - Or -	"Lunch Bunch" Chicken Curry & Naan Bread - Or -	Turkey & Ham, Stuffing, Gravy - Or -	Oven-Baked Chicken Nuggets - Or -
25 November	Homemade Margherita Pizza	Oven-Baked Chicken Goujons & Choice of Dip	Oven-Baked Cod Fishcake	Sweet Potato Fritter	Homemade Beef Lasagne with Crunchy Coleslaw
23 December	Steamed Garden Peas / Spaghetti Hoops	Baton Carrots / Steamed Broccoli	Sweetcorn / Roasted Butternut Squash	with Flatbread & Sweet Chilli Mayo	Baked Beans / Garden Peas
20 January	Chipped Potato / Baked Potato	Garlic & Herb Potato Wedges / Pasta Spirals	Boiled Rice / Mashed Potato	Fresh Seasonal Vegetables	Chipped Potato / Baked Potato
	Chocolate & Raspberry Brownie	Ice-cream, Jelly & Two Fruit	Chocolate & Pear Sponge with Custard	Mashed Potato / Oven Roast Potato	Choice of Fruit Yoghurt Pot

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