

EAT SMART WEEK

September 29 - October 3

with the Lunch Bunch



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