

EAT SMART WEEK with the Lunch Bunch

September 29 - October 3



MONDAY

Main Course

Homemade Tomato & Mozzarella Pizza

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

Broccoli & Roasted Butternut Squash
Steamed Fluffy Rice or Oven-Baked Herb Wedges

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 DAILY

MENU MAY CHANGE DUE TO DELIVERY CHANGES

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