

# EAT SMART WITH THE LUNCH BUNCH



## WEEKS SERVED

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

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

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