

# EAT SMART WITH

# THE LUNCH BUNCH



## WEEKS SERVED

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

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