# EAT SMART WITH 

| WEEKS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| :---: | :---: | :---: | :---: | :---: | :---: |
| 19 February <br> 18 March <br> 15 April <br> 13 May <br> 10 June <br> 2 September <br> 30 September | Beef Bolognaise - Or - <br> Chicken Goujon Wrap with choice of dip <br> Sweetcorn <br> Pasta Spirals or Mashed Potato <br> Chocolate \& Orange Cookie | Breaded Fish \& Lemon Mayo - Or - <br> Homemade Margherita Pizza <br> Garden Peas <br> Chipped Potato or Baked Potato <br> Raspberry Jelly \& Two Fruits | Chicken Curry \& Naan Bread - Or - <br> Chinese-style Beef \& Vegetables <br> Green Beans <br> Noodles or Rice <br> Fruit Sponge \& Custard | Roast Beef, Stuffing \& Gravy - Or Salmon \& Creamy Tomato Pasta <br> Fresh Vegetables in Season Mashed Potato / Oven Roast Potato <br> Pineapple Delight | Hot Dog / Veggie Dog with Tomato Ketchup - Or Chicken \& Summer Veg Pie <br> Spaghetti Hoops Chipped or Mashed Potatoes <br> Ice-Cream \& Mandarin Oranges |
| 26 February <br> 25 March <br> 22 April <br> 20 May <br> 17 June <br> 9 September | Golden Crumbed Fish Fingers <br> - Or - <br> Freshly Baked Ham \& Cheese Panini <br> Baked Beans <br> Chipped or Baked Potato <br> Homemade Flakemeal Biscuit | Beef Bolognaise - Or - <br> Homemade Margherita Pizza <br> Sweetcorn or Coleslaw Oven Roasted Potato Wedges or Rice Mandarin Orange Sponge \& Custard | Chicken Curry \& Naan Bread - Or - <br> Baked Pork Sausages \& Gravy <br> Garden Peas <br> Boiled Rice or Mashed Potato <br> Arctic Roll and Peaches | Roast Gammon, Stuffing \& Gravy - Or - <br> Quorn Dippers <br> Fresh Vegetables in Season Mashed / Oven Roast Potato <br> Homemade Brownie \& Orange Wedges | Chicken Goujons \& Sweet Chilli Dip - Or - <br> Roast Mediterranean Vegetable Pasta Bake <br> Spaghetti Hoops Chipped or Baby New Potatoes <br> Fruit Muffin \& Apple / Orange Juice |
| 4 March <br> 1 April <br> 29 April <br> 27 May <br> 24 June <br> 16 September | Golden Crumbed Fish Fingers <br> - Or - <br> Creamy Chicken \& Broccoli Pasta with Garlic Bread <br> Sweetcorn \& Roasted Peppers Chipped orBaked Potato <br> Ice-Cream, Pears \& Chocolate Sauce | Homemade Cottage Pie - Or - <br> Homemade Margherita Pizza <br> Spring Greens / Butternut Squash Oven Baked Potato Wedges / Baked Potato <br> Summer Fruit Cheesecake | Chicken Curry \& Naan Bread - Or - <br> Beef Meatballs with Tomato \& Basil Sauce <br> Green Beans Steamed Rice or Pasta Spirals <br> Sticky Date Pudding \& Custard | Roast Beef, Stuffing \& Gravy <br> - Or - <br> Chicken \& Pepper Fajita <br> Fresh Vegetables in Season Mashed Potato / Oven Roast Potato <br> Golden Krispie Square | School "Chippy Day" Goujons - Or - <br> Baked Potato with Tuna \& Sweetcorn / Salad Beans Chipped / Baby New Potatoes Frozen Fruit Yoghurt |
| 11 March <br> 8 April <br> 6 May <br> 3 June <br> 26 August <br> 23 September | Baked Pork Sausages \& Gravy - Or - <br> Jerk Chicken \& Caribbean Rice with Flatbread <br> Baked Beans / Garden Peas Chipped / Baked Potato Ice-Cream \& Two Fruits | Chicken Curry \& Naan Bread <br> - Or - <br> Cheese Pizza Wrap <br> Sweetcorn <br> Boiled Rice or Oven Roasted Garlic \& Paprika Wedges <br> Jaffa Cake Pots | Breaded Fish \& Lemon Mayo - Or - <br> Beef Lasagne, Garlic Bread \& Coleslaw <br> Garden Peas Mashed or Baby Potato <br> Fruit Sponge \& Custard | Roast Chicken, Stuffing \& Gravy - Or - <br> Roast Butternut Squash, Penne Pasta and Tomato \& Pesto Sauce <br> Fresh Vegetables in Season Mashed Potato / Oven Roast Potato <br> Fresh Fruit Salad \& Yoghurt | Beef Burger / Bean Burger in Bap with Onions - Or - <br> Salt \& Chilli Chicken <br> Corn on the Cob / Pasta Salad Chipped Potato / Steamed Rice <br> Lemon Shortbread \& Melon Wedge |

