

EAT SMART WITH

THE LUNCH BUNCH



Week beginning	Monday	Tuesday	Wednesday	Thursday	Friday
1 st September 29 th September	Homemade Beef Bolognese -Or- Home-Baked Margherita Pizza & Coleslaw Green Beans & Diced Carrots Penne Pasta or Baby Potatoes with Herbs Iced Lemon Spritzing Fingers	Baked Breaded Whiting & Tarrane Mayo -Or- Creamy Mac 'n' Cheese & Garlic Bread Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato Forest Fruits Flavoured Jelly with Mandarin Oranges	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread -Or- Quorn Fillet with Creamy Pepper Sauce Broccoli & Roasted Butternut Squash Steamed Puffy Rice or Oven-Baked Tired Wedges Chesecake with Strawberry Sauce	Cook's Gammon with Stuffing & Gravy -Or- Penne Pasta with Tomato & Basil Sauce Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes Belgian Waffle with Fruit Salad & Chocolate Sauce	Oven Baked Chicken Gargons with 1 hour in Dip -Or- Baked Potato with Cheesey Beans & Salad Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato Arctic Roll with Summer Berry Sauce
8 th September 6 th October	Golden Crumbed Fish Fingers & Mayo Dip -Or- Roasted Garlic & Pasta Chicken Pasta Garden Peas & Baked Beans Mashed Potato or Pasta Salad Homobaked Chocolate & Raspberry Brownie	Homemade Beef Lasagne with Garlic Bread Slice -Or- Home-Baked Margherita Pizza with Salad in Season Baton Carrots & Broccoli Chipped Potato & Baby Potato Salad Assorted Yoghurt Pots & Fresh Fruit Salad	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread -Or- Oven-Baked Pork Sausages with Gravy or Ketchup Sweetcorn & Spaghetti Hoops Steamed Puffy Rice or Mashed Potato Caramel Apple Crumble & Custard	Cook's Roast Turkey with Stuffing & Gravy -Or- Salmon Fishcake with Mayo Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes Ice Cream with Two Fruits	Cheseburger with Burger Sauce in Bap -Or- Tex-Mex Chicken Fajita Mini Corn on the Cob & Coleslaw Chipped Potatoes or Baked Jacket Potato Homobaked Oaty Biscuit with Fresh Fruit
15 th September	Oven Baked Cod Goujons with Mayo Dip -Or- Veggie Dog with Crispy Onions & Ketchup Garden Peas & Potato Salad Chipped Potatoes or Baked Jacket Potato Ice-Cream Slider & Orange Wedges	Homemade Spaghetti Bolognese -Or- Chicken Tikka Mayo Wrap with Salad & Coleslaw Baton Carrots & Broccoli Spaghetti & Parsley Baby Potatoes Homemade Jam & Coconut Sponge & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread -Or- Home Baked Margherita or BBQ Chicken Pizza Mini Corn on the Cob & Butternut Squash Steamed Rice or Oven Roasted Cubed Potatoes Summer Fruit Salad & Yoghurt	Cook's Roast Pork with Stuffing & Gravy -Or- Homemade Savoury Mince with Crispy Bread Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes Strawberry Jelly & Sliced Pears	Oven Baked Chicken Nuggets with Choice of Dip -Or- Ham & Mushroom Carbonara & Garlic Bread Slice Sweetcorn & Baked Beans Chipped Potatoes or Baked Jacket Potato Homemade Shortbread & Watermelon Wedges
22 nd September	Baked Cod Bites with mayo Dip -Or- Sweet Chill Chicken Panini & Salad in Season Mushy Peas & Coleslaw Chipped Potatoes or Baked Jacket Potato Chocolate KrispieSquare & Orange Wedges	Home-Baked Margherita or Tex-Mex Spicy Beef Pizza -Or- Penne Pasta & Roasted Mediterranean Vegetables Baton Carrots & Broccoli Oven Baked Paprika Wedges & Baby Potato Salad Cola Jelly & Chopped Fruit	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread -Or- BBQ Pulled Pork with Cheese in Butternut Bun Sweetcorn & Roasted Butternut Squash Steamed Puffy Rice & Pasta Salad Angel Cake & Custard	Cook's Roast Beef & Yorkshire Pudding with Stuffing & Gravy -Or- Quorn Dippers with Choice of Dip Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes Ice-Cream Sliced Pears & Caramel Sauce	Hot Dog with Ketchup -Or- BBQ Chicken Wrap with Salad in Season Mini Corn on the Cob & Baked Beans Skinny "French Fries" or Baked Jacket Potato Chocolate Cookie & Milkshake

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