

# EAT SMART WEEK THE LUNCH BUNCH



## WEEK BEGINNING

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

|                                                                    |                                                                                                                                                                                           |                                                                                                                                                                                                        |                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                   |                                                                                                                                                                                                                               |
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| 16th February<br>16th March<br>13th April<br>11th May<br>8th June  | Baked Fish Goujons with Lemon Mayo<br>- Or -<br>Classic Margherita Pizza<br><br>Steamed Broccoli & Baked Beans<br>Chipped Potatoes & Baked Potato<br><br>Selection of Fruit Yoghurt Pots  | Homemade Beef Bolognese<br>- Or -<br>Penne Pasta and Tomato Bake with Herb Crust<br><br>Baton Carrots & Green Beans<br>Fusilli Pasta & Fresh Seasonal Salad<br><br>Mandarin Orange Sponge with Custard | Lunch Bunch Chicken Curry & Mini Naan Bread<br>- Or -<br>Cheese & Tomato Panini Melt with Coleslaw<br><br>Garden Peas & Fresh Seasonal Salad<br>Steamed Rice & Oven Roast Wedges<br><br>Peach & Raspberry Traybake Trifle              | Roast Pork with Stuffing and Rich Gravy<br>- Or -<br>Creamy Pepper Chicken<br><br>Steamed Broccoli & Cauliflower<br>Mashed Potatoes & Oven Roast Potatoes<br><br>Chocolate and Pear Sponge Cake                                   | Hot Dog with Tomato Ketchup<br>- Or -<br>Baked Potato with Butter Beans in Tomato Sauce & Cheese Melt<br><br>Garden Peas & Mini Corn on the Cob<br>Chipped Potatoes & Baked Potato<br><br>Vanilla Ice Cream with Sliced Pears |
| 23rd February<br>23rd March<br>20th April<br>18th May<br>15th June | Golden Baked Cod Bites<br>- Or -<br>Sweet Potato and Chicken Bake<br><br>Steamed Broccoli & Baked Beans<br>Chipped Potatoes & Baked Potato<br><br>Frozen Strawberry Yoghurt and Fruit Tub | Mild Beef Chilli<br>- Or -<br>Classic Margherita Pizza<br><br>Sweetcorn, Fresh Seasonal Salad & Coleslaw<br>Steamed Rice & Oven Roast Wedges<br><br>Homemade Apple Sponge with Custard                 | Lunch Bunch Chicken Curry & Mini Naan Bread<br>- Or -<br>Oven Roasted Vegetable Sausages with Tomato & Bean Stew<br><br>Garden Peas & Diced Carrots<br>Steamed Rice & Mashed Potatoes<br><br>Fresh Fruit Salad with Strawberry Yoghurt | Roast Turkey with Stuffing and Rich Gravy<br>- Or -<br>Roast Quorn Fillet with Rich Gravy<br><br>Roast Carrots & Spring Cabbage<br>Mashed Potatoes & Oven Roast Potatoes<br><br>Fruit Muffin and Milkshake                        | Cheeseburger with Tomato Ketchup<br>- Or -<br>Chicken Caesar Wrap<br><br>Mini Corn on the Cob & Crunchy Veggie Sticks<br>Chipped Potatoes & Baby Potatoes<br><br>Oatmeal Biscuit with Orange Wedges                           |
| 2nd March<br>30th March<br>27th April<br>25th May<br>22nd June     | Golden Crumbed Fish Fingers<br>- Or -<br>Mighty Mac 'n' Cheese<br><br>Garden Peas & Spaghetti Hoops<br>Chipped Potatoes & Mashed Potatoes<br><br>Banana-flavoured Mousse                  | Homemade Beef Bolognese<br>- Or -<br>Spring Frittata with Coleslaw<br><br>Steamed Broccoli & Fresh Seasonal Salad<br>Fusilli Pasta & Herbed Baby Potatoes<br>Summer Fruit Sponge Finger                | Lunch Bunch Chicken Curry & Mini Naan Bread<br>- Or -<br>Chilli and Garlic Quorn Bites<br><br>Green Beans & Baton Carrots<br>Steamed Rice & Oven Roast Wedges<br><br>Blueberry and Lemon Sponge with Custard                           | Roast Gammon with Stuffing and Rich Gravy<br>- Or -<br>Savoury Mince<br><br>Cauliflower & Roast Butternut Squash<br>Mashed Potatoes & Oven Roast Potatoes<br><br>Jelly Whip with Mandarin Oranges                                 | Baked Pork Sausages<br>- Or -<br>Cheese and Tomato Deli Roll with Fresh Seasonal Salad<br><br>Sweetcorn & Baked Beans<br>Chipped Potatoes & Mashed Potatoes<br><br>Frozen Vanilla Yoghurt with Melon Wedge                    |
| 9th March<br>6th April<br>4th May<br>1st June<br>29th June         | Homemade Beef Bolognese<br>- Or -<br>Chicken Stroganoff<br><br>Baton Carrots & Steamed Broccoli<br>Fusilli Pasta & Oven Roast Wedges<br><br>Melon, Mandarin and Pineapple Pot             | Ham and Cheese Pizza<br>- Or -<br>Mediterranean Roasted Vegetable Quesadilla with Hummus<br><br>Sweetcorn & Coleslaw<br>Chipped Potatoes & Baby Potatoes<br><br>Raspberry Jelly with Two Fruits        | Lunch Bunch Chicken Curry & Mini Naan Bread<br>- Or -<br>Tex-Mex Beef and Veg Tortilla Boat<br>Garden Peas & Roast Butternut Squash<br>Steamed Rice & Potato Salad<br><br>Pineapple Upside Down Cake with Custard                      | Roast Beef with Yorkshire Pudding, Stuffing and Rich Gravy<br>- Or -<br>Baked Salmon and Tomato Pasta<br>Roast Carrot & Cauliflower<br>Mashed Potatoes & Oven Roast Potatoes<br><br>Chocolate-flavoured Mousse with Chopped Fruit | Oven Baked Chicken Goujons<br>- Or -<br>Tuna and Pasta Salad<br><br>Garden Peas & Baked Beans<br>Chipped Potatoes, Baked Potato & Fresh Seasonal Salad<br><br>Homemade Flakemeal Biscuit with Melon Wedge                     |

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

MENU SUBJECT TO  
PRODUCT AVAILABILITY

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