

# EAT SMART WITH THE LUNCH BUNCH



Week commencing: 6<sup>TH</sup> Oct, 3<sup>rd</sup> Nov, 1<sup>st</sup> Dec, 5<sup>th</sup> Jan, 2<sup>nd</sup> Feb

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mains</b></p> <p>Oven-baked Fish Fingers - Or - Spanish Chicken &amp; Rice</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Steamed Sweetcorn Chipped Potatoes or Baked Potato</p> <p><b>Dessert</b></p> <p>Chocolate Mousse &amp; Mandarin Oranges</p>	<p><b>Mains</b></p> <p>Beef Bolognese - Or - Homemade Healthy Margherita Pizza with Fresh Salad</p> <p><b>Side Dishes</b></p> <p>Steamed Broccoli &amp; Coleslaw Pasta Spirals or Baby Potatoes</p> <p><b>Dessert</b></p> <p>Apple Sponge &amp; Custard</p>	<p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Baked Chicken &amp; Vegetable Wrap with Fresh Salad</p> <p><b>Side Dishes</b></p> <p>Baton Carrots &amp; Garden Peas Steamed Rice or Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Vanilla Ice Cream &amp; Pear Chunks</p>	<p><b>Mains</b></p> <p>Roast Beef &amp; Yorkshire Pudding with Stuffing &amp; Gravy - Or - Salmon with a Creamy Dill &amp; Cheese Sauce</p> <p><b>Side Dishes</b></p> <p>Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Carrot Cake Slice</p>	<p><b>Mains</b></p> <p>Hot Dog with Tomato Ketchup - Or - Cheesy Bean Burrito with Fresh Salad</p> <p><b>Side Dishes</b></p> <p>Mini Corn on the Cob &amp; Baked Beans Chipped Potatoes or Baked Potato</p> <p><b>Dessert</b></p> <p>Yoghurt &amp; Chopped Fruit</p>

MILK, WATER, BREAD & FRESH FRUIT IF YOU NEED ANY INFORMATION ON ALLERGENS, OR HAVE SPECIAL DIETARY REQUIREMENTS, SUBJECT TO PRODUCT

MENU

AVAILABLE DAILY

PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

AVAILABILITY

# EAT SMART WITH THE LUNCH BUNCH



Week commencing: 13<sup>th</sup> Oct, 10<sup>th</sup> Nov, 8<sup>th</sup> Dec, 12<sup>th</sup> Jan, 9<sup>th</sup> Feb

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mains</b></p> <p>Oven-baked Fish Goujons with Lemon Mayo - Or - Creamy Garlic Chicken &amp; Mushroom Pasta</p> <p><b>Side Dishes</b></p> <p>Diced Carrots &amp; Garden Peas Crispy Herb Diced Potatoes or Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Flakemeal Biscuit &amp; Melon Wedge</p>	<p><b>Mains</b></p> <p>Traditional Savoury Mince - Or - Homemade Healthy Margherita Pizza with Fresh Salad</p> <p><b>Side Dishes</b></p> <p>Broccoli &amp; Roasted Butternut Squash Mashed Potatoes or Roasted Potato Wedges</p> <p><b>Dessert</b></p> <p>Chocolate &amp; Pear Sponge Cake &amp; Custard</p>	<p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or Quorn Dippers</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Sweetcorn Steamed Rice or Baby Potatoes</p> <p><b>Dessert</b></p> <p>Date Krispie &amp; Orange Wedge</p>	<p><b>Mains</b></p> <p>Roast Chicken with Stuffing &amp; Gravy - Or - Vegetarian Cottage Pie</p> <p><b>Side Dishes</b></p> <p>Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes &amp; Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Vanilla Ice Cream Roll &amp; Peaches</p>	<p><b>Mains</b></p> <p>Beef Burger with Tomato Ketchup - Or - BBQ Pulled Pork and Cheese Panini</p> <p><b>Side Dishes</b></p> <p>Baked Beans, Coleslaw &amp; Salad Chipped Potatoes or Baked Potato</p> <p><b>Dessert</b></p> <p>Strawberry Yoghurt &amp; Chopped Fruit</p>

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# EAT SMART WITH THE LUNCH BUNCH



Week Beginning: 20th Oct, 17th Nov, 15th Dec, 19th Jan

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mains</b></p> <p>Oven-baked Fish Fingers - Or Kung Pao Chicken</p> <p><b>Side Dishes</b></p> <p>Roasted Peppers &amp; Sweetcorn Chipped Potatoes or Steamed Fluffy Rice</p> <p><b>Dessert</b></p> <p>Apple and Winter Berry Crumble &amp; Custard</p>	<p><b>Mains</b></p> <p>Beef Bolognese - Or - Homemade Healthy Margherita Pizza with Fresh Salad</p> <p><b>Side Dishes</b></p> <p>Steamed Broccoli &amp; Coleslaw Oven-roasted Potato Wedges or Pasta Spirals</p> <p><b>Dessert</b></p> <p>Strawberry Jelly &amp; Mandarin Oranges</p>	<p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Breast of Chicken with Gravy</p> <p><b>Side Dishes</b></p> <p>Garden Peas &amp; Baton Carrots Steamed Rice or Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Homemade Chocolate Brownie &amp; Custard</p>	<p><b>Mains</b></p> <p>Roast Gammon with Stuffing &amp; Gravy - Or - Vegetarian Sausages with Onion Gravy</p> <p><b>Side Dishes</b></p> <p>Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Popcorn Biscuit &amp; Melon Wedge</p>	<p><b>Mains</b></p> <p>Southern Fried Chicken Goujon &amp; Salad Wrap with Taco Sauce - Or - Baked Potato with Beef Chilli, Cheddar and Coleslaw</p> <p><b>Side Dishes</b></p> <p>Mini Corn on the Cob &amp; Baked Beans Chipped Potatoes or Baked Potato</p> <p><b>Dessert</b></p> <p>Frozen Fruit Smoothie &amp; Fruit Tub</p>

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# EAT SMART WITH THE LUNCH BUNCH



Week Beginning: 27th Oct, 24th Nov, 22nd Dec, 26th Jan

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Mains</b></p> <p>Cod Fish Bites with Mayo Dip - Or - Penne Pasta with Roasted Tomato and Red Pepper Sauce</p> <p><b>Side Dishes</b></p> <p>Garden Peas, Coleslaw &amp; Carrot Sticks Chipped Potatoes or Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Strawberry Mousse &amp; Two Fruits</p>	<p><b>Mains</b></p> <p>Traditional Irish Stew with Wheaten Bread - Or - Oven-baked Pork Sausages</p> <p><b>Side Dishes</b></p> <p>Broccoli &amp; Baked Beans Mashed Potatoes or Baked Potato</p> <p><b>Dessert</b></p> <p>Steamed Chocolate Pudding &amp; Custard</p>	<p><b>Mains</b></p> <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Roast Chicken Wrapped in Bacon with BBQ Sauce</p> <p><b>Side Dishes</b></p> <p>Sweetcorn &amp; Ratatouille Steamed Rice or Champ</p> <p><b>Dessert</b></p> <p>Homemade Cookie &amp; Orange Wedge</p>	<p><b>Mains</b></p> <p>Roast Turkey with Stuffing &amp; Gravy - Or - Quorn Fillet with Creamy Cajun Sauce</p> <p><b>Side Dishes</b></p> <p>Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes</p> <p><b>Dessert</b></p> <p>Chocolate Cracknel &amp; Fruit Tub</p>	<p><b>Mains</b></p> <p>Homemade Margherita or Mini Meatball Pizza - Or - Veggie Nuggets with Tomato Ketchup</p> <p><b>Side Dishes</b></p> <p>Sweetcorn, Coleslaw &amp; Salad Chipped Potatoes or Baked Potato</p> <p><b>Dessert</b></p> <p>Frozen Yoghurt Pot &amp; Melon Wedge</p>

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