

EAT SMART WEEK

with the Lunch Bunch



September 29 - October 3

MONDAY

Main Course

Roasted Garlic & Pesto

Chicken Pasta

Main Course

Homebaked Margherita

Pizza

Side Dishes

Green Beans & Diced

Carrots

Penne Pasta or Baby

Potatoes with Herbs

Taster Pot

Crunchy Veggie Batons &

Hummus

Dessert

Iced Lemon Sponge

Finger

TUESDAY

Main Course

Baked Breaded Whiting &

Tartare Mayo

Main Course

Beef Bolognese

Side Dishes

Garden Peas & Sweetcorn

Chipped Potatoes or

Baked Jacket Potato

Taster Pot

Super Duper

Cous-Cous Salad

Dessert

Raspberry Jelly

with Mandarin Oranges

WEDNESDAY

Main Course

Chicken Curry with

Freshly Baked Mini Naan

Bread

Main Course

Baked Jacket Potato with

Giant Butter Beans in

Tomato Sauce & Cheese

Side Dishes

Baked Jacket Potato with

Giant Butter Beans in

Tomato Sauce & Cheese

Taster Pot

Spicy Pasta

Dessert

Cornflake Cracknel

THURSDAY

Main Course

Cook's Roast Gammon

with Stuffing & Gravy

Main Course

Penne Pasta with Tomato

& Basil sauce

Side Dishes

Fresh Selection of

Vegetables in Season

Oven Baked Roast

Potatoes & Mashed

Potatoes

Taster Pot

Cream Cheese &

Crackers

Dessert

Belgian Waffle with Fruit

Salad & Chocolate Sauce

FRIDAY

Main Course

Oven Baked Chicken

Goujons with choice of Dip

Main Course

Baked Potato with Bean &

Cheese

Side Dishes

Baked Beans & Coleslaw

Chipped Potatoes or

Mashed Potato

Taster Pot

Fusion Rice

Dessert

Artic Roll with Summer

Berry Sauce

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

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