

EAT SMART WEEK

with the Lunch Bunch



September 29 - October 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Main Course Roasted Garlic & Pesto Chicken Pasta</p> <p>Main Course Homebaked Margherita Pizza</p> <p>Side Dishes Green Beans & Diced Carrots Penne Pasta or Baby Potatoes with Herbs</p> <p>Taster Pot Crunchy Veggie Batons & Hummus</p> <p>Dessert Iced Lemon Sponge Finger</p>	<p>Main Course Baked Breaded Whiting & Tartare Mayo</p> <p>Main Course Beef Bolognese</p> <p>Side Dishes Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato</p> <p>Taster Pot Super Duper Cous-Cous Salad</p> <p>Dessert Raspberry Jelly with Mandarin Oranges</p>	<p>Main Course Chicken Curry with Freshly Baked Mini Naan Bread</p> <p>Main Course Baked Jacket Potato with Giant Butter Beans in Tomato Sauce & Cheese</p> <p>Side Dishes Baked Jacket Potato with Giant Butter Beans in Tomato Sauce & Cheese</p> <p>Taster Pot Spicy Pasta</p> <p>Dessert Cornflake Cracknel</p>	<p>Main Course Cook's Roast Gammon with Stuffing & Gravy</p> <p>Main Course Penne Pasta with Tomato & Basil sauce</p> <p>Side Dishes Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes</p> <p>Taster Pot Cream Cheese & Crackers</p> <p>Dessert Belgian Waffle with Fruit Salad & Chocolate Sauce</p>	<p>Main Course Oven Baked Chicken Goujons with choice of Dip</p> <p>Main Course Baked Potato with Bean & Cheese</p> <p>Side Dishes Baked Beans & Coleslaw Chipped Potatoes or Mashed Potato</p> <p>Taster Pot Fusion Rice</p> <p>Dessert Artic Roll with Summer Berry Sauce</p>

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