

EAT SMART WEEK

THE LUNCH BUNCH



WEEK
BEGINNING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

PRODUCT AVAILABILITY

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