EAT SMART WITH
THE LUNCH BUNCH

WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6th October, 3rd November, 1st December, 5th January, 2nd February	Oven-baked Fish Fingers - Or - Spanish Chicken & Rice Garden Peas & Steamed Sweetcorn Chipped Potatoes or Baked Potato Chocolate Mousse & Mandarin Oranges	Beef Bolognese - Or - Homemade Healthy Margherita Pizza with Fresh Salad Steamed Broccoli & Coleslaw Pasta Spirals or Baby Potatoes Apple Sponge & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Baked Chicken & Vegetable Wrap with Fresh Salad Baton Carrots & Garden Peas Steamed Rice or Mashed Potatoes Vanilla Ice Cream & Pear Chunks	Roast Beef & Yorkshire Pudding with Stuffing & Gravy - Or - Salmon with a Creamy Dill & Cheese Sauce Fresh Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes Carrot Cake Slice	Hot Dog with Tomato Ketchup - Or - Cheesy Bean Burrito with Fresh Salad Mini Corn on the Cob & Baked Beans Chipped Potatoes or Baked Potato Yoghurt & Chopped Fruit
13th October, 10th November, 8th December, 12th January, 9th February.	Oven-baked Fish Goujons with Lemon Mayo - Or - Creamy Garlic Chicken & Mushroom Pasta Diced Carrots & Garden Peas Crispy Herb Diced Potatoes or Mashed Potatoes Flakemeal Biscuit & Melon Wedge	Traditional Savoury Mince - Or - Homemade Healthy Margherita Pizza with Fresh Salad Broccoli & Roasted Butternut Squash Mashed Potatoes or Roasted Potato Wedges Chocolate & Pear Sponge Cake & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Quorn Dippers Garden Peas & Sweetcorn Steamed Rice or Baby Potatoes Date Krispie & Orange Wedge	Roast Chicken with Stuffing & Gravy - Or - Vegetarian Cottage Pie Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes Vanilla Ice Cream Roll & Peaches	Beef Burger with Tomato Ketchup - Or - BBQ Pulled Pork and Cheese Panini Baked Beans, Coleslaw & Salad Chipped Potatoes or Baked Potato Strawberry Yoghurt & Chopped Fruit
20th October, 17th November, 15th December, 19th January.	Oven-baked Fish Fingers - Or - Kung Pao Chicken Roasted Peppers & Sweetcorn Chipped Potatoes or Steamed Fluffy Rice Apple and Winter Berry Crumble & Custard	Beef Bolognese - Or - Homemade Healthy Margherita Pizza with Fresh Salad Steamed Broccoli & Coleslaw Oven-roasted Potato Wedges or Pasta Spirals Strawberry Jelly & Mandarin Oranges	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Breast of Chicken with Gravy Garden Peas & Baton Carrots Steamed Rice or Mashed Potatoes Homemade Chocolate Brownie & Custard	Roast Gammon with Stuffing & Gravy - Or - Vegetarian Sausages with Onion Gravy Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes Popcorn Biscuit & Melon Wedge	Southern Fried Chicken Goujon & Salad Wrap with Taco Sauce - Or - Baked Potato with Beef Chilli, Cheddar and Coleslaw Mini Corn on the Cob & Baked Beans Chipped Potatoes or Baked Potato Frozen Fruit Smoothie & Fruit Tub
27th October, 24th November, 22nd December, 26th January.	Cod Fish Bites with Mayo Dip - Or - Penne Pasta with Roasted Tomato and Red Pepper Sauce Garden Peas, Coleslaw & Carrot Sticks Chipped Potatoes or Mashed Potatoes Strawberry Mousse & Two Fruits	Traditional Irish Stew with Wheaten Bread - Or - Oven-baked Pork Sausages Broccoli & Baked Beans Mashed Potatoes or Baked Potato Steamed Chocolate Pudding & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Roast Chicken Wrapped in Bacon with BBQ Sauce Sweetcorn & Ratatouille Steamed Rice or Champ Homemade Cookie & Orange Wedge	Roast Turkey with Stuffing & Gravy - Or - Quorn Fillet with Creamy Cajun Sauce Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes Chocolate Cracknel & Fruit Tub	Homemade Margherita or Mini Meatball Pizza - Or - Veggie Nuggets with Tomato Ketchup Sweetcorn, Coleslaw & Salad Chipped Potatoes or Baked Potato Frozen Yoghurt Pot & Melon Wedge

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY | MENU SUBJECT TO PRODUCT AVAILABLIITY | IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL