

# EAT SMART WEEK

with the Lunch Bunch

September 29 - October 3



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b> Roasted Garlic & Pesto Chicken Pasta	<b>Main Course</b> Baked Breaded Whiting & Tartare Mayo	<b>Main Course</b> Chicken Curry with Freshly Baked Mini Naan Bread	<b>Main Course</b> Cook's Roast Gammon with Stuffing & Gravy	<b>Main Course</b> Oven Baked Chicken Goujons with choice of Dip
<b>Main Course</b> Rainbow Rice with Steamed Chicken & Soy Sauce	<b>Main Course</b> Beef Bolognese	<b>Main Course</b> Baked Jacket Potato with Giant Butter Beans in Tomato Sauce & Cheese	<b>Main Course</b> Homemade Tomato & Mozzarella Pizza	<b>Main Course</b> Freshly Baked Frittata with Garden Salad & Balsamic Dressing
<b>Sides</b> Green Beans & Diced Carrots Penne Pasta or Baby Potatoes with Herbs	<b>Sides</b> Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato	<b>Sides</b> Broccoli & Roasted Butternut Squash Steamed Fluffy Rice or Oven-Baked Herb Wedges	<b>Sides</b> Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes	<b>Sides</b> Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato
<b>Dessert</b> Iced Lemon Sponge Finger	<b>Dessert</b> Forest Fruits Flavoured Jelly with Mandarin Oranges	<b>Dessert</b> Cheesecake with Strawberry Sauce	<b>Dessert</b> Belgian Waffle with Fruit Salad & Chocolate Sauce	<b>Dessert</b> Artic Roll with Summer Berry Sauce