

EAT SMART WITH

# THE LUNCH BUNCH



WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
17 February 17 March 14 April 12 May 9 June 1 Sept, 29 Sept	Homemade Beef Bolognese Green Beans & Diced Carrots Penne Pasta or Baby Potatoes with Herbs Iced Lemon Sponge Finger	Baked Breaded Whiting & Tartare Mayo Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato Forest Fruits Flavoured Jelly with Mandarin Oranges	"Lunch Bunch" Chicken Curry with Freshly Baked Mini Naan Bread Broccoli & Roasted Butternut Squash Steamed Fluffy Rice or Oven-Baked Herb Wedges Cheesecake with Strawberry Sauce	Cook's Gammmon with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes Belgian Waffle with Fruits Salad & Chocolate Sauce	Oven Baked Chicken Goujons with choice of Dip Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato Artic Roll with Summer Berry Sauce
24 February 24 March 21 April 19 May 16 June 8 September	Golden Crumbed Fish Fingers & Mayo Dip Garden Peas & Baked Beans Mashed Potato or Pasta Salad Homebaked Chocolate & Raspberry Brownie	Homemade Beef Lasagne with Garlic Bread Slice Baton Carrots & Broccoli Chipped Potato & Baby Potato Salad Assorted Yoghurt Pots & Fresh Fruit Salad	"Lunch Bunch" Chicken Curry with Freshly Baked Mini Naan Bread Sweetcorn & Spaghetti Hoops Steamed Fluffy Rice or Mashed Potato Caramel Apple Crumble & Custard	Cook's Roast Turkey with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes Ice Cream with Two Fruits	Cheeseburger with Burger Sauce in Bap Mini Corn on the Cob & Coleslaw Chipped Potatoes or Baked Jacket Potato Homebaked Oaty Biscuit w/ini Fresh Fruit
3 March 31 March 28 April 26 May 23 June 15 September	Oven Baked Cod Goujons with Mayo Dip Garden Peas & Potato Salad Chipped Potatoes or Baked Jacket Potato Ice Cream Slider & Orange Wedges	Homemade Spaghetti Bolognese Baton Carrots & Broccoli Spaghetti & Parsley Baby Potatoes Homemade Jam & Coconut Sponge & Custard	"Lunch Bunch" Chicken Curry with Freshly Baked Mini Naan Bread Mini Corn on the Cob & Butternut Squash Steamed Rice or Oven Roasted Cubed Potatoes Summer Fruit Salad & Yoghurt	Cook's Roast Pork with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes Strawberry Jelly & Sliced Pears	Oven Baked Chicken Nuggets with Choice of Dip Sweetcorn & Baked Beans Chipped Potatoes or Baked Jacket Potato Homemade Shortbread & Watermelon Wedge
10 March 7 April 5 May 2 June 30 June 22 September	Baked Cod Bites with mayo Dip Mushy Peas & Coleslaw Chipped Potatoes or Baked Jacket Potato Chocolate Krispie Square & Orange Wedges	Home-Baked Margherita or Tex Mex Spicy Beef Pizza Baton Carrots & Broccoli Oven Baked Paprika Wedges & Baby Potato Salad Cola Jelly & Chopped Fruit	"Lunch Bunch" Chicken Curry with Freshly Baked Mini Naan Bread Sweetcorn & Roasted Butternut Squash Steamed Fluffy Rice & Pasta Salad Angel Cake & Custard	Cook's Roast Beef & Yorkshire Pudding with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes Ice-Cream Sliced Pears & Caramel Sauce	Hot Dog with Ketchup Mini Corn on the Cob & Baked Beans/Skinny "French Fries" or Baked Jacket Potato Chocolate Cookie & Milkshake

