

EAT SMART WEEK **with the Lunch Bunch**

September 29 - October 3



MONDAY

Main Course

Roasted Garlic & Pesto
Chicken Pasta

Main Course

Homebaked Margherita
Pizza & Coleslaw

Main Course

Rainbow Rice with Steamed
Chicken & Soy Sauce

Side Dishes

Green Beans & Diced
Carrots
Penne Pasta or Baby
Potatoes with Herbs

Taster Pot

Crunchy Veggie Batons &
Hummus

Dessert

Iced Lemon Sponge Finger

TUESDAY

Main Course

Oven Baked Chicken
Goujons with choice of Dip

Main Course

Creamy Mac 'n' Cheese &
Garlic Bread

Main Course

Beef Bolognese

Side Dishes

Garden Peas & Sweetcorn
Chipped Potatoes or Baked
Jacket Potato

Taster Pot

Super Duper
Cous-Cous Salad

Dessert

Forest Fruits Flavoured Jelly
with Mandarin Oranges

WEDNESDAY

Main Course

Chicken Curry with Freshly
Baked Mini Naan Bread

Main Course

Main Course Quorn Fillet
with Creamy
Pepper Sauce

Main Course

Broccoli & Roasted Butternut
Squash

Steamed Fluffy Rice or
Oven-Baked Herb Wedges

Side Dishes

Broccoli & Roasted Butternut
Squash

Steamed Fluffy Rice or
Oven-Baked Herb Wedges

Taster Pot

Boiled Egg

Dessert

Cheesecake with Strawberry
Sauce

THURSDAY

Main Course

Cook's Roast Gammon with
Stuffing & Gravy

Main Course

Penne Pasta with Tomato &
Basil Sauce

Main Course

Homemade Tomato &
Mozzarella Pizza

Side Dishes

Fresh Selection of
Vegetables in Season
Oven Baked Roast
Potatoes & Mashed
Potatoes

Taster Pot

Cream Cheese & Crackers

Dessert

Belgian Waffle with Fruit
Salad & Chocolate Sauce

FRIDAY

Main Course

Baked Breaded Whiting &
Tartare Mayo

Main Course

Baked Potato with Cheesy
Beans & Salad

Main Course

Freshly Baked Frittata with
Garden Salad & Balsamic
Dressing

Side Dishes

Baked Beans & Coleslaw
Chipped Potatoes or Baked
Jacket Potato

Taster Pot

Homemade Lentil Soup &
Fresh Bread

Dessert

Artic Roll with Summer
Berry Sauce