## EAT SMART WITH THE LUNCH BUNGH



Week beginning	Monday	Tuesday	Wednesday	Thursday	Friday
1 <sup>st</sup> September 29 <sup>th</sup> September	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 Gammon with Stuffing & Gravy  Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes  Belgian Waffle with Fruit 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
8 <sup>th</sup> 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 with Fresh Fruit
15 <sup>th</sup> 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
22 <sup>nd</sup> 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