

# EAT SMART WEEK

# THE LUNCH BUNCH



**WEEK  
BEGINNING**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

|   |   |  |  |  |   |
|---|---|--|--|--|---|
| <p>16th February<br/>16th March<br/>13th April<br/>11th May<br/>8th June</p>  | <p>Baked Fish Goujons with Lemon Mayo<br/>- Or -<br/>Classic Margherita Pizza</p> <p>Steamed Broccoli &amp; Baked Beans<br/>Chipped Potatoes &amp; Baked Potato</p> <p>Selection of Fruit Yoghurt Pots</p>  | <p>Homemade Beef Bolognese<br/>- Or -<br/>Penne Pasta and Tomato Bake with Herb Crust</p> <p>Baton Carrots &amp; Green Beans<br/>Fusilli Pasta &amp; Fresh Seasonal Salad</p> <p>Mandarin Orange Sponge with Custard</p> | <p>Lunch Bunch Chicken Curry &amp; Mini Naan Bread<br/>- Or -<br/>Cheese &amp; Tomato Panini Melt with Coleslaw</p> <p>Garden Peas &amp; Fresh Seasonal Salad<br/>Steamed Rice &amp; Oven Roast Wedges</p> <p>Peach &amp; Raspberry Traybake Trifle</p>          | <p>Roast Pork with Stuffing and Rich Gravy<br/>- Or -<br/>Creamy Pepper Chicken</p> <p>Steamed Broccoli &amp; Cauliflower<br/>Mashed Potatoes &amp; Oven Roast Potatoes</p> <p>Chocolate and Pear Sponge Cake</p>                                    | <p>Hot Dog with Tomato Ketchup<br/>- Or -<br/>Baked Potato with Butter Beans in Tomato Sauce &amp; Cheese Melt</p> <p>Garden Peas &amp; Mini Corn on the Cob<br/>Chipped Potatoes &amp; Baked Potato</p> <p>Vanilla Ice Cream with Sliced Pears</p> |
| <p>23rd February<br/>23rd March<br/>20th April<br/>18th May<br/>15th June</p> | <p>Golden Baked Cod Bites<br/>- Or -<br/>Sweet Potato and Chicken Bake</p> <p>Steamed Broccoli &amp; Baked Beans<br/>Chipped Potatoes &amp; Baked Potato</p> <p>Frozen Strawberry Yoghurt and Fruit Tub</p> | <p>Mild Beef Chilli<br/>- Or -<br/>Classic Margherita Pizza</p> <p>Sweetcorn, Fresh Seasonal Salad &amp; Coleslaw<br/>Steamed Rice &amp; Oven Roast Wedges</p> <p>Homemade Apple Sponge with Custard</p>                 | <p>Lunch Bunch Chicken Curry &amp; Mini Naan Bread<br/>- Or -<br/>Oven Roasted Vegetable Sausages with Tomato &amp; Bean Stew</p> <p>Garden Peas &amp; Diced Carrots<br/>Steamed Rice &amp; Mashed Potatoes</p> <p>Fresh Fruit Salad with Strawberry Yoghurt</p> | <p>Roast Turkey with Stuffing and Rich Gravy<br/>- Or -<br/>Roast Quorn Fillet with Rich Gravy</p> <p>Roast Carrots &amp; Spring Cabbage<br/>Mashed Potatoes &amp; Oven Roast Potatoes</p> <p>Fruit Muffin and Milkshake</p>                         | <p>Cheeseburger with Tomato Ketchup<br/>- Or -<br/>Chicken Caesar Wrap</p> <p>Mini Corn on the Cob &amp; Crunchy Veggie Sticks<br/>Chipped Potatoes &amp; Baby Potatoes</p> <p>Oatmeal Biscuit with Orange Wedges</p>                               |
| <p>2nd March<br/>30th March<br/>27th April<br/>25th May<br/>22nd June</p>     | <p>Golden Crumbed Fish Fingers<br/>- Or -<br/>Mighty Mac 'n' Cheese</p> <p>Garden Peas &amp; Spaghetti Hoops<br/>Chipped Potatoes &amp; Mashed Potatoes</p> <p>Banana-flavoured Mousse</p>                  | <p>Homemade Beef Bolognese<br/>- Or -<br/>Spring Frittata with Coleslaw</p> <p>Steamed Broccoli &amp; Fresh Seasonal Salad<br/>Fusilli Pasta &amp; Herbed Baby Potatoes<br/>Summer Fruit Sponge Finger</p>               | <p>Lunch Bunch Chicken Curry &amp; Mini Naan Bread<br/>- Or -<br/>Chilli and Garlic Quorn Bites</p> <p>Green Beans &amp; Baton Carrots<br/>Steamed Rice &amp; Oven Roast Wedges</p> <p>Blueberry and Lemon Sponge with Custard</p>                               | <p>Roast Gammon with Stuffing and Rich Gravy<br/>- Or -<br/>Savoury Mince</p> <p>Cauliflower &amp; Roast Butternut Squash<br/>Mashed Potatoes &amp; Oven Roast Potatoes</p> <p>Jelly Whip with Mandarin Oranges</p>                                  | <p>Baked Pork Sausages<br/>- Or -<br/>Cheese and Tomato Deli Roll with Fresh Seasonal Salad</p> <p>Sweetcorn &amp; Baked Beans<br/>Chipped Potatoes &amp; Mashed Potatoes</p> <p>Frozen Vanilla Yoghurt with Melon Wedge</p>                        |
| <p>9th March<br/>6th April<br/>4th May<br/>1st June<br/>29th June</p>         | <p>Homemade Beef Bolognese<br/>- Or -<br/>Chicken Stroganoff</p> <p>Baton Carrots &amp; Steamed Broccoli<br/>Fusilli Pasta &amp; Oven Roast Wedges</p> <p>Melon, Mandarin and Pineapple Pot</p>             | <p>Ham and Cheese Pizza<br/>- Or -<br/>Mediterranean Roasted Vegetable Quesadilla with Hummus</p> <p>Sweetcorn &amp; Coleslaw<br/>Chipped Potatoes &amp; Baby Potatoes</p> <p>Raspberry Jelly with Two Fruits</p>        | <p>Lunch Bunch Chicken Curry &amp; Mini Naan Bread<br/>- Or -<br/>Tex-Mex Beef and Veg Tortilla Boat<br/>Garden Peas &amp; Roast Butternut Squash<br/>Steamed Rice &amp; Potato Salad</p> <p>Pineapple Upside Down Cake with Custard</p>                         | <p>Roast Beef with Yorkshire Pudding, Stuffing and Rich Gravy<br/>- Or -<br/>Baked Salmon and Tomato Pasta<br/>Roast Carrot &amp; Cauliflower<br/>Mashed Potatoes &amp; Oven Roast Potatoes</p> <p>Chocolate-flavoured Mousse with Chopped Fruit</p> | <p>Oven Baked Chicken Goujons<br/>- Or -<br/>Tuna and Pasta Salad</p> <p>Garden Peas &amp; Baked Beans<br/>Chipped Potatoes, Baked Potato &amp; Fresh Seasonal Salad</p> <p>Homemade Flakemeal Biscuit with Melon Wedge</p>                         |

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

MENU SUBJECT TO  
PRODUCT AVAILABILITY

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR  
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL