

EAT SMART WITH

THE LUNCH BUNCH



WEEKS SERVED	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 th October 3 rd November 1 st December 5 th January 2 nd February	A - Oven-baked Fish Fingers B - Spanish Chicken & Rice Garden Peas & Sweetcorn Chipped Potatoes or Baked Potato Chocolate Mousse & Mandarin Oranges	A - Beef Bolognese B - Margherita Pizza with Fresh Salad Steamed Broccoli & Coleslaw Pasta Spirals or Baby Potatoes Apple Sponge & Custard	A - Chicken Curry with Mini Naan Bread B - Baked Chicken & Vegetable Wrap with Fresh Salad Baton Carrots & Garden Peas Steamed Rice or Mashed Potatoes Vanilla Ice Cream & Pear Chunks	A - Roast Beef & Yorkshire Pudding with Stuffing & Gravy B - Salmon with a Creamy Dill & Cheese Sauce Seasonal Vegetables, Oven-baked Roast Potatoes or Mashed Potatoes Carrot Cake Slice	A - Hot Dog with Ketchup B - Cheesy Bean Burrito with Fresh Salad Corn on the Cob & Baked Beans Chipped Potatoes or Baked Potato Yoghurt & Chopped Fruit
13 th October 10 th November 8 th December 12 th January 9 th February	A - Oven-baked Fish Goujons with Lemon Mayo B - Creamy Garlic Chicken & Mushroom Pasta Diced Carrots & Garden Peas Herbed Diced or Mashed Potatoes Flakemeal Biscuit & Melon Wedge	A - Savoury Mince B - Margherita Pizza with Salad Broccoli & Roasted Butternut Squash Mashed Potato or Roasted Potato Wedges Chocolate & Pear Sponge Cake & Custard	A - Chicken Curry with Mini Naan Bread B - Quorn Dippers Garden Peas & Sweetcorn Steamed Rice or Baby Potatoes Date Krispie & Orange Wedge	A - Roast Chicken with Stuffing & Gravy B - Vegetarian Cottage Pie Vegetables, Oven-baked Roast Potatoes & Mashed Potatoes Vanilla Ice Cream Roll & Peaches	A - Beef Burger with Ketchup B - BBQ Pulled Pork and Cheese Panini Baked Beans, Coleslaw & Salad Chipped Potatoes or Baked Potato Strawberry Yoghurt & Chopped Fruit
20 th October 17 th November 15 th December 19 th January	A - Oven Baked Fish Fingers B - Kung Pao Chicken Roasted Peppers & Sweetcorn Chipped Potatoes or Steamed Fluffy Rice Apple and Winter Berry Crumble & Custard	A - Beef Bolognese B - Margherita Pizza with Fresh Salad Steamed Broccoli & Coleslaw Oven-roasted Potato Wedges or Pasta Spirals Strawberry Jelly & Mandarin Orange A - Irish Stew with Wheaten Bread B - Oven-baked Pork Sausages Broccoli & Baked Beans Mashed Potatoes or Baked Potato Steamed Chocolate Pudding & Custard	A - Chicken Curry with Mini Naan Bread B - Breast of Chicken with Gravy Garden Peas & Baton Carrots Steamed Rice or Mashed Potatoes Chocolate Brownie & Custard	A - Roast Gammon with Stuffing & Gravy B - Vegetarian Sausages with Onion Gravy Vegetables, Oven Baked Roast Potatoes & Mashed Potatoes Popcorn Biscuit & Melon Wedge	A - Southern Fried Chicken Goujon & Salad Wrap with Taco Sauce B - Baked Potato with Beef Chili, Cheese and Coleslaw Mini Corn Cob & Baked Beans Chipped Potatoes or Baked Potato Frozen Fruit Smoothie & Fruit
27 th October 24 th November 22 nd December 26 th January	A - Cod Bites with Mayo Dip B - Penne Pasta with Roasted Tomato and Red Pepper Sauce Garden Peas, Coleslaw & Carrot Sticks Chipped Potatoes or Mashed Potatoes Strawberry Mousse & Two Fruits	A - Irish Stew with Wheaten Bread B - Oven-baked Pork Sausages Broccoli & Baked Beans Mashed Potatoes or Baked Potato Steamed Chocolate Pudding & Custard	A - Chicken Curry with Mini Naan Bread B - Chicken Wrapped in Bacon with BBQ Sauce Sweetcorn & Ratatouille Steamed Rice or Champ Cookie & Orange Wedge	A - Roast Turkey with Stuffing & Gravy B - Quorn Fillet with Creamy Cajun Sauce Vegetables, Oven-baked Roast Potatoes or Mashed Potatoes Chocolate Cracknel & Fruit Tub	A - Margherita Pizza or Mini Meatball Pizza B - Veggie Nuggets with Ketchup Sweetcorn, Coleslaw & Salad Chipped Potatoes or Baked Potato Frozen Yogurt Pot & Melon Wedge

MILK, WATER, BREAD & FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL DIETARY REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO PRODUCT AVAILABILITY