

# EAT SMART WITH THE LUNCH BUNCH



**WEEK  
BEGINNING**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

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