

# EAT SMART WITH

# THE LUNCH BUNCH



| WEEK BEGINNING  | MONDAY                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
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| 1 Sept, 29 Sept | <p>Homemade Beef Bolognese<br/>- Or -<br/>Home-Baked Margherita Pizza &amp; Coleslaw</p> <p>Green Beans &amp; Diced Carrots</p> <p>Penne Pasta or Baby Potatoes with Herbs</p> <p>Iced Lemon Sponge Finger</p>                          | <p>Baked Breaded Whiting &amp; Tartare Mayo<br/>- Or -<br/>Creamy Mac 'n' Cheese &amp; Garlic Bread</p> <p>Garden Peas &amp; Sweetcorn<br/>Chipped Potatoes or Baked Jacket Potato</p> <p>Forest Fruits Flavoured Jelly with Mandarin Oranges</p> <p>Homemade Beef Lasagne with Garlic Bread Slice<br/>- Or -<br/>Home-Baked Margherita Pizza with Salad in Season</p> <p>Baton Carrots &amp; Broccoli<br/>Chipped Potato &amp; Baby Potato Salad</p> <p>Assorted Yoghurt Pots &amp; Fresh Fruit Salad</p> | <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread<br/>- Or -<br/>Quorn Fillet with Creamy Pepper Sauce</p> <p>Broccoli &amp; Roasted Butternut Squash<br/>Steamed Fluffy Rice or Oven-Baked Herb Wedges</p> <p>Chesecake with Strawberry Sauce</p> <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread<br/>- Or -<br/>Oven-Baked Pork Sausages with Gravy or Ketchup</p> <p>Sweetcorn &amp; Spaghetti Hoops<br/>Steamed Fluffy Rice or Mashed Potato</p> <p>Caramel Apple Crumble &amp; Custard</p> | <p>Cook's Gammon with Stuffing &amp; Gravy<br/>- Or -<br/>Penne Pasta with Tomato &amp; Basil Sauce</p> <p>Fresh Selection of Vegetables in Season<br/>Oven Baked Roast Potatoes &amp; Mashed Potatoes</p> <p>Belgian Waffle with Fruit Salad &amp; Chocolate Sauce</p> <p>Cook's Roast Turkey with Stuffing &amp; Gravy<br/>- Or -<br/>Salmon Fishcake with Mayo</p> <p>Fresh Selection of Vegetables in Season<br/>Oven Baked Roast Potatoes &amp; Mashed Potatoes</p> <p>Ice Cream with Two Fruits</p> | <p>Oven Baked Chicken Goujons with choice of Dip<br/>- Or -<br/>Baked Potato with Cheesy Beans &amp; Salad</p> <p>Baked Beans &amp; Coleslaw<br/>Chipped Potatoes or Baked Jacket Potato</p> <p>Artic Roll with Summer Berry Sauce</p> <p>Cheeseburger with Burger Sauce in Bag<br/>- Or -<br/>Tex-Mex Chicken Fajita</p> <p>Mini Corn on the Cob &amp; Coleslaw<br/>Chipped Potatoes or Baked Jacket Potato</p> <p>Homebaked Oaty Biscuit with Fresh Fruit</p> |
| 8 September     | <p>Golden Crumbed Fish Fingers &amp; Mayo Dip<br/>- Or -<br/>Roasted Garlic &amp; Pesto Chicken Pasta</p> <p>Garden Peas &amp; Baked Beans<br/>Mashed Potato or Pasta Salad</p> <p>Homebaked Chocolate &amp; Raspberry Brownie</p>      | <p>Homemade Spaghetti Bolognese<br/>- Or -<br/>Chicken Tikka Mayo Wrap with Salad &amp; Coleslaw</p> <p>Baton Carrots &amp; Broccoli<br/>Spaghetti &amp; Parsley Baby Potatoes</p> <p>Homemade Jam &amp; Coconut Sponge &amp; Custard</p>                                                                                                                                                                                                                                                                  | <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread<br/>- Or -<br/>Home Baked Margherita or BBQ Chicken Pizza</p> <p>Mini Corn on the Cob &amp; Butternut Squash<br/>Steamed Rice or Oven Roasted Cubed Potatoes</p> <p>Summer Fruit Salad &amp; Yoghurt</p>                                                                                                                                                                                                                                                      | <p>Cook's Roast Pork with Stuffing &amp; Gravy<br/>- Or -<br/>Homemade Savoury Mince with Crusty Bread</p> <p>Fresh Selection of Vegetables in Season<br/>Oven Baked Roast Potatoes &amp; Mashed Potatoes</p> <p>Strawberry Jelly &amp; Sliced Pears</p>                                                                                                                                                                                                                                                  | <p>Oven Baked Chicken Nuggets with Choice of Dip<br/>- Or -<br/>Ham &amp; Mushroom Carbonara &amp; Garlic Bread Slice</p> <p>Sweetcorn &amp; Baked Beans<br/>Chipped Potatoes or Baked Jacket Potato</p> <p>Homemade Shortbread &amp; Watermelon Wedge</p>                                                                                                                                                                                                      |
| 15 September    | <p>Oven Baked Cod Goujons with Mayo Dip<br/>- Or -<br/>Veggie Dog with Crispy Onions &amp; Ketchup</p> <p>Garden Peas &amp; Potato Salad</p> <p>Chipped Potatoes or Baked Jacket Potato</p> <p>Ice-Cream Slider &amp; Orange Wedges</p> | <p>Homemade Baked Margherita or Tex-Mex Spicy Beef Pizza<br/>- Or -<br/>Penne Pasta &amp; Roasted Mediterranean Vegetables</p> <p>Baton Carrots &amp; Broccoli<br/>Oven Baked Paprika Wedges &amp; Baby Potato Salad</p> <p>Cola Jelly &amp; Chopped Fruit</p>                                                                                                                                                                                                                                             | <p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread<br/>- Or -<br/>BBQ Pulled Pork with Cheese in Brioche Bun</p> <p>Sweetcorn &amp; Roasted Butternut Squash<br/>Steamed Fluffy Rice &amp; Pasta Salad</p> <p>Angel Cake &amp; Custard</p>                                                                                                                                                                                                                                                                       | <p>Cook's Roast Beef &amp; Yorkshire Pudding with Stuffing &amp; Gravy<br/>- Or -<br/>Quorn Dippers with Choice of Dip</p> <p>Fresh Selection of Vegetables in Season<br/>Oven Baked Roast Potatoes &amp; Mashed Potatoes</p> <p>Ice-Cream Sliced Pears &amp; Caramel Sauce</p>                                                                                                                                                                                                                           | <p>Hot Dog with Ketchup<br/>- Or -<br/>BBQ Chicken Wrap with Salad in Season</p> <p>Mini Corn on the Cob &amp; Baked Beans<br/>Skinny 'French Fries' or Baked Jacket Potato</p> <p>Chocolate Cookie &amp; Milkshake</p>                                                                                                                                                                                                                                         |
| 22 September    | <p>Baked Cod Bites with mayo Dip<br/>- Or -<br/>Sweet Chilli Chicken Panini &amp; Salad in Season</p> <p>Mushy Peas &amp; Coleslaw<br/>Chipped Potatoes or Baked Jacket Potato</p> <p>Chocolate Krispie Square &amp; Orange Wedges</p>  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

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