

EAT SMART WITH

# THE LUNCH BUNCH



| WEEK BEGINNING   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|--|
| 17 February<br>17 March<br>14 April<br>12 May<br>9 June  | Homemade Beef Bolognese<br>- Or -<br>Home-Baked Margherita Pizza & Coleslaw<br><br>Green Beans & Diced Carrots<br><br>Penne Pasta or Baby Potatoes with Herbs<br><br>Iced Lemon Sponge Finger                    | Baked Breaded Whiting & Tartare Mayo<br>- Or -<br>Creamy Mac 'n' Cheese & Garlic Bread<br><br>Garden Peas & Sweetcorn<br>Chipped Potatoes or Baked Jacket Potato<br><br>Forest Fruits Flavoured Jelly with Mandarin Oranges        | Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread<br>- Or -<br>Quorn Fillet with Creamy Pepper Sauce<br><br>Broccoli & Roasted Butternut Squash<br>Steamed Fluffy Rice or Oven-Baked Herb Wedges<br>Cheesecake with Strawberry Sauce        | Cook's Gammون with Stuffing & Gravy<br>- Or -<br>Penne Pasta with Tomato & Basil Sauce<br><br>Fresh Selection of Vegetables in Season<br>Oven Baked Roast Potatoes & Mashed Potatoes<br><br>Belgian Waffle with Fruit, Salad & Chocolate Sauce       | Oven Baked Chicken Goujons with choice of Dip<br>- Or -<br>Baked Potato with Cheesy Beans & Salad<br><br>Baked Beans & Coleslaw<br>Chipped Potatoes or Baked Jacket Potato<br><br>Artic Roll with Summer Berry Sauce                                       |
| 24 February<br>24 March<br>21 April<br>19 May<br>16 June | Golden Crumbed Fish Fingers & Mayo Dip<br>- Or -<br>Roasted Garlic & Pesto Chicken Pasta<br><br>Garden Peas & Baked Beans<br>Mashed Potato or Pasta Salad<br><br>Homebaked Chocolate & Raspberry Brownie         | Homemade Beef Lasagne with Garlic Bread Slice<br>- Or -<br>Home-Baked Margherita Pizza with Salad in Season<br><br>Baton Carrots & Broccoli<br>Chipped Potato & Baby Potato Salad<br><br>Assorted Yoghurt Pots & Fresh Fruit Salad | Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread<br>- Or -<br>Oven-Baked Pork Sausages with Gravy or Ketchup<br><br>Sweetcorn & Spaghetti Hoops<br>Steamed Fluffy Rice or Mashed Potato<br><br>Caramel Apple Crumble & Custard             | Cook's Roast Turkey with Stuffing & Gravy<br>- Or -<br>Salmon Fishcake with Mayo<br><br>Fresh Selection of Vegetables in Season<br>Oven Baked Roast Potatoes & Mashed Potatoes<br><br>Ice Cream with Two Fruits                                      | Cheeseburger with Burger Sauce in Bap<br>- Or -<br>Tex Mex Chicken Fajita<br><br>Mini Corn on the Cob & Coleslaw<br>Chipped Potatoes or Baked Jacket Potato<br><br>Homebaked Oaty Biscuit with Fresh Fruit   |
| 3 March<br>31 March<br>28 April<br>26 May<br>23 June     | Oven Baked Cod Goujons with Mayo Dip<br>- Or -<br>Veggie Dog with Crispy Onions & Ketchup<br><br>Garden Peas & Potato Salad<br>Chipped Potatoes or Baked Jacket Potato<br><br>Ice-Cream Slider & Orange Wedges   | Homemade Spaghetti Bolognese<br>- Or -<br>Chicken Tikka Mayo Wrap with Salad & Coleslaw<br><br>Baton Carrots & Broccoli<br>Spaghetti & Parsley Baby Potatoes<br><br>Homemade Jam & Coconut Sponge & Custard                        | Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread<br>- Or -<br>Home Baked Margherita or BBQ Chicken Pizza<br><br>Mini Corn on the Cob & Butternut Squash<br>Steamed Rice or Oven Roasted Cubed Potatoes<br><br>Summer Fruit Salad & Yoghurt | Oven Baked Chicken Nuggets with Choice of Dip<br>- Or -<br>Ham & Mushroom Carbonara & Garlic Bread Slice<br><br>Sweetcorn & Baked Beans<br>Chipped Potatoes or Baked Jacket Potato<br><br>Homemade Shortbread & Watermelon Wedge                     | Oven Baked Chicken Nuggets with Choice of Dip<br>- Or -<br>Hot Dog with Ketchup<br><br>BBQ Chicken Wrap with Salad in Season<br><br>Mini Corn on the Cob & Baked Beans<br>Skinny "French Fries" or Baked Jacket Potato<br><br>Chocolate Cookie & Milkshake |
| 10 March<br>7 April<br>5 May<br>2 June<br>30 June        | Baked Cod Bites with mayo Dip<br>- Or -<br>Sweet Chilli Chicken Panini & Salad in Season<br><br>Mushy Peas & Coleslaw<br>Chipped Potatoes or Baked Jacket Potato<br><br>Chocolate Krispie Square & Orange Wedges | Home-Baked Margherita or Tex-Mex Spicy Beef Pizza<br>- Or -<br>Penne Pasta & Roasted Mediterranean Vegetables<br><br>Baton Carrots & Broccoli<br>Oven Baked Paprika Wedges & Baby Potato Salad<br><br>Cola Jelly & Chopped Fruit   | Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread<br>- Or -<br>BBQ Pulled Pork with Cheese in Brioche Bun<br><br>Sweetcorn & Roasted Butternut Squash<br>Steamed Fluffy Rice & Pasta Salad<br><br>Angel Cake & Custard                      | Cook's Roast Beef & Yorkshire Pudding with Stuffing & Gravy<br>- Or -<br>Quorn Dippers with Choice of Dip<br><br>Fresh Selection of Vegetables in Season<br>Oven Baked Roast Potatoes & Mashed Potatoes<br><br>Ice-Cream Sliced Peas & Caramel Sauce | Hot Dog with Ketchup<br>- Or -<br>BBQ Chicken Wrap with Salad in Season<br><br>Mini Corn on the Cob & Baked Beans<br>Skinny "French Fries" or Baked Jacket Potato<br><br>Chocolate Cookie & Milkshake  |

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