

# EAT SMART WITH THE LUNCH BUNCH



| WEEK BEGINNING                                                             | MONDAY                                                                                                                                                                                                              | TUESDAY                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                                                                    | FRIDAY                                                                                                                                                                                                                                 |
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| 17 February<br>17 March<br>14 April<br>12 May<br>9 June<br>1 Sept, 29 Sept | 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<br>Mandarin Oranges           | Lunch Bunch Chicken Curry with<br>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><br>Cheesecake with Strawberry Sauce    | Cook's Gammon 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 &<br>Chocolate Sauce            | Oven Baked Chicken Goujons with choice of Dip<br>- Or -<br>Baked Potato with Cheesey 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<br>8 September    | Golden Crumbed Fish Fingers & Mayo<br>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<br>Brownie      | Homemade Beef Lasagne with Garlic<br>Bread Slice<br>- Or -<br>Home-Baked Margherita Pizza with Salad<br>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<br>Freshly Baked Mini Naan Bread<br>- Or -<br>Oven-Baked Pork Sausages with Gravy<br>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<br>Potatoes<br><br>Ice Cream with Two Fruits                                          | Cheeseburger with Burger Sauce in Bag<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<br>15 September       | Oven Baked Cod Goujons with Mayo Dip<br>- Or -<br>Veggie Dog with Crispy Onions &<br>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 &<br>Coleslaw<br><br>Baton Carrots & Broccoli<br>Spaghetti & Parsley Baby Potatoes<br><br>Homemade Jam & Coconut Sponge &<br>Custard                        | Lunch Bunch Chicken Curry with<br>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 | Cook's Roast Pork with Stuffing & Gravy<br>- Or -<br>Homemade Savoury Mince with Crusty<br>Bread<br><br>Fresh Selection of Vegetables in Season<br>Oven Baked Roast Potatoes & Mashed Potatoes<br><br>Strawberry Jelly & Sliced Pears                       | Oven Baked Chicken Nuggets with Choice<br>of Dip<br>- Or -<br>Ham & Mushroom Carbonara & Garlic<br>Bread Slice<br><br>Sweetcorn & Baked Beans<br>Chipped Potatoes or Baked Jacket Potato<br><br>Homemade Shortbread & Watermelon Wedge |
| 10 March<br>7 April<br>5 May<br>2 June<br>30 June<br>22 September          | 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<br>Wedges | Home-Baked Margherita or Tex-Mex<br>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<br>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<br>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<br>Potatoes<br><br>Ice-Cream Sliced Pears & 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<br>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