

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 & Rice</p> <p>Garden Peas & Steamed Sweetcorn Chipped Potatoes or Baked Potato</p> <p>Chocolate Mousse & Mandarin Oranges</p>	<p>Beef Bolognese - Or - Homemade Healthy Margherita Pizza with Fresh Salad</p> <p>Steamed Broccoli & Coleslaw Pasta Spirals or Baby Potatoes</p> <p>Apple Sponge & Custard</p>	<p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Baked Chicken & Vegetable Wrap with Fresh Salad</p> <p>Baton Carrots & Garden Peas Steamed Rice or Mashed Potatoes</p> <p>Vanilla Ice Cream & Pear Chunks</p>	<p>Roast Beef & Yorkshire Pudding with Stuffing & Gravy - Or - Salmon with a Creamy Dill & Cheese Sauce</p> <p>Fresh Vegetables in Season Oven-baked Roast Potatoes or 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 & Baked Beans Chipped Potatoes or Baked Potato</p> <p>Yoghurt & 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 & Mushroom Pasta Diced Carrots & Garden Peas Crispy Herb Diced Potatoes or Mashed Potatoes</p> <p>Flakemeal Biscuit & Melon Wedge</p>	<p>Traditional Savoury Mince - Or - Homemade Healthy Margherita Pizza with Fresh Salad Broccoli & Roasted Butternut Squash Mashed Potatoes or Roasted Potato Wedges</p> <p>Chocolate & Pear Sponge Cake & Custard</p>	<p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Quorn Dippers</p> <p>Garden Peas & Sweetcorn Steamed Rice or Baby Potatoes</p> <p>Date Krispie & Orange Wedge</p>	<p>Roast Chicken with Stuffing & Gravy - Or - Vegetarian Cottage Pie</p> <p>Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes</p> <p>Vanilla Ice Cream Roll & Peaches</p>	<p>Beef Burger with Tomato Ketchup - Or - BBQ Pulled Pork and Cheese Panini</p> <p>Baked Beans, Coleslaw & Salad Chipped Potatoes or Baked Potato</p> <p>Strawberry Yoghurt & 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 & Sweetcorn Chipped Potatoes or Steamed Fluffy Rice Apple and Winter Berry Crumble & Custard</p>	<p>Beef Bolognese - Or - Homemade Healthy Margherita Pizza with Fresh Salad</p> <p>Steamed Broccoli & Coleslaw Oven-roasted Potato Wedges or Pasta Spirals Strawberry Jelly & Mandarin Oranges</p>	<p>Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Breast of Chicken with Gravy</p> <p>Garden Peas & Baton Carrots Steamed Rice or Mashed Potatoes</p> <p>Homemade Chocolate Brownie & Custard</p>	<p>Roast Gammon with Stuffing & Gravy - Or - Vegetarian Sausages with Onion Gravy Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes</p> <p>Popcorn Biscuit & Melon Wedge</p>	<p>Southern Fried Chicken Goujon & Salad Wrap with Taco Sauce - Or - Baked Potato with Beef Chillii, Cheddar and Coleslaw Mini Corn on the Cob & Baked Beans Chipped Potatoes or Baked Potato</p> <p>Frozen Fruit Smoothie & 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 & Carrot Sticks Chipped Potatoes or Mashed Potatoes</p> <p>Strawberry Mousse & Two Fruits</p>	<p>Traditional Irish Stew with Wheaten Bread - Or - Oven-baked Pork Sausages</p> <p>Broccoli & Baked Beans Mashed Potatoes or Baked Potato</p> <p>Steamed Chocolate Pudding & 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 & Ratatouille Steamed Rice or Champ</p> <p>Homemade Cookie & Orange Wedge</p>	<p>Roast Turkey with Stuffing & Gravy - Or - Quorn Fillet with Creamy Cajun Sauce</p> <p>Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes</p> <p>Chocolate Cracknel & Fruit Tub</p>	<p>Homemade Margherita or Mini Meatball Pizza - Or - Veggie Nuggets with Tomato Ketchup</p> <p>Sweetcorn, Coleslaw & Salad Chipped Potatoes or Baked Potato</p> <p>Frozen Yoghurt Pot & 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