# EAT SMART WITH
# THE LUNCH BUNCH

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

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY | MENU SUBJECT TO PRODUCT AVAILABLIITY | IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL