

# EAT SMART WITH THE LUNCH BUNCH



## WEEKS SERVED

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<b>7 October</b> <b>4 November</b> <b>2 December</b> <b>30 December</b> <b>27 January</b>	Oven-Baked Fish Fingers - Or - Beef Bolognaise & Garlic Bread  Baked Beans / Marrowfat Peas Pasta Spirals / Oven-baked Wedges  Vanilla Ice-Cream, with Pears & Butterscotch Sauce	Homemade BBQ Chicken Pizza - Or - Traditional Irish Stew & Wheaten Bread  Coleslaw / Baton Carrots Chipped Potato / Baked Potato  Homemade Banana Cake	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Baked Quorn Dippers & BBQ Sauce Sweetcorn / Roast Courgette Boiled Rice / Mashed Potato  Chocolate & Raspberry Spongecake with Custard	Roast Pork, Stuffing & Gravy - Or - Chicken Goujons & Sweet Chilli Dip  Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato  Home-baked Popcorn Cookie & Orange Wedges	Beef Burger & Bap - Or - Rainbow Salad Wrap Iceberg Lettuce, Tomato, Cucumber, Pepper, Cheese Mini Corn-on-the-Cob / Garden Peas Chipped Potato / Baked Potato  Frozen Strawberry Mousse
<b>14 October</b> <b>11 November</b> <b>9 December</b> <b>6 January</b> <b>3 February</b>	Fish Finger "Seadog" served in a finger roll - Or - Beef Lasagne & Coleslaw  Marrowfat Peas / Baked Beans Chipped Potato / Baby Potato  Apple & Pear Crumble with Custard	Savoury Beef Mince & Crusty Bread - Or - Homemade Margherita Pizza  Sweetcorn / Baton Carrots Oven-baked Cubed Potato / Mashed Potato  Arctic Roll & Winter Berry Sauce	Peppered Chicken - Or - Oven-Baked Pork Sausages  Mini Corn-on-the-Cob / Garden Peas Mashed Potato / Boiled Rice  Home-baked Jam & Coconut Sponge & Custard	Roast Gammon, Stuffing & Gravy - Or - Creamy Mac 'n' Cheese with Garlic Bread  Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato  Chocolate Rice Krispie Square	Crispy Baked Chicken Burger & Bap - Or - Tuna Mayo Deli Roll  Spaghetti Hoops / Asian Slaw Chipped Potato / Baked Potato  Raspberry Jelly & Peach Slices
<b>21 October</b> <b>18 November</b> <b>16 December</b> <b>13 January</b> <b>10 February</b>	Homemade Ham & Cheese Pizza - Or - Home-Baked Chicken Crumble  Spaghetti Hoops / Mini Corn-on-the-Cob Roast Potato Wedges / Mashed Potatoes  Vanilla Ice-Cream with Pear Slices & Hot Chocolate Sauce	Beef Bolognaise - Or - Roast Chicken and Gravy  Cauliflower Cheese / Steamed Broccoli Mashed Potato / Pasta  Apple Sponge with Custard	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Oven-Baked Breaded Whiting  Garden Peas / Roast Butternut Squash Chipped Potato / Boiled Rice  Frozen Smoothie	Roast Beef, Yorkshire Pudding & Gravy - Or - Salmon Fish Fingers & Lemon Mayonnaise Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato  Chocolate Cracknel & Custard	Hotdog & Tomato Ketchup - Or - Beef Burrito  Coleslaw / Baked Beans Chipped Potato / Pasta Salad  Homemade Oatmeal Biscuit & Fresh Fruit Pot
<b>28 October</b> <b>25 November</b> <b>23 December</b> <b>20 January</b>	Oven-Baked Fish Goujons - Or - Homemade Margherita Pizza  Steamed Garden Peas / Spaghetti Hoops Chipped Potato / Baked Potato  Chocolate & Raspberry Brownie	Cottage Pie - Or - Oven-Baked Chicken Goujons & Choice of Dip Baton Carrots / Steamed Broccoli Garlic & Herb Potato Wedges / Pasta Spirals  Ice-cream, Jelly & Two Fruit	"Lunch Bunch" Chicken Curry & Naan Bread - Or - Oven-Baked Cod Fishcake  Sweetcorn / Roasted Butternut Squash Boiled Rice / Mashed Potato  Chocolate & Pear Sponge with Custard	Turkey & Ham, Stuffing, Gravy - Or - Sweet Potato Fritter with Flatbread & Sweet Chilli Mayo  Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato  Homemade Flapjack & Orange Wedges	Oven-Baked Chicken Nuggets - Or - Homemade Beef Lasagne with Crunchy Coleslaw  Baked Beans / Garden Peas Chipped Potato / Baked Potato  Choice of Fruit Yoghurt Pot

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