

# EAT SMART WITH THE LUNCH BUNCH



WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 August 25 September 23 October 20 November 18 December 22 January	Chicken Nuggets Or Homemade Lasagne  Steamed Broccoli & Garden Peas Chipped Potato, Mashed Potato  Ice Cream, Chocolate Sauce & Sliced Pears	Spaghetti Bolognese Or BBQ Chicken Pizza  Sweetcorn & Baked Beans Diced Potatoes, Pasta, Salad  Fruit & Rice Pudding	Lunch Bunch Chicken Curry & Naan Bread Or Golden Crumbed Fish Fingers  Garden Peas, Rice, Salad, Mashed Potato  Rice Krispie Square & Fruit	Roast Turkey, Stuffing & Rich Gravy Or Salmon Fishcake  Cauliflower & Baton Carrots Mashed Potato or Oven Roast Potato  Fruit Muffin Slab	Steak Burger & Tomato Ketchup Or Chicken Crumble  Sweetcorn & Salad Or Chipped Potato, Pasta  Flakemeal Biscuit & Fruit
4 September 2 October 30 October 27 November 1 January 29 January	Golden Crumbed Fish Fingers Or Mighty Mac 'n' Cheese with Garlic Bread Slice  Baked Beans & Broccoli & Coleslaw Mashed Potatoes  Artic Roll with Peaches	Beef Meatballs with Italian Tomato & Basil Sauce Or Margherita Pizza  Garden Peas & Salad Oven Baked Potato Wedges, Pasta  Shortbread, Custard & Fruit	Lunch Bunch Chicken Curry & Naan Bread Or Bacon Slice  Mini Corn on the Cob Steamed Rice, Chipped Potatoes  Strawberry Jelly & Fruit	Roast Chicken, Stuffing & Rich Gravy Or Mexican Chilli with Nachos  Baton Carrots & Tossed Salad Mashed Potato & Roast Potato  Jam & Coconut Sponge & Custard	Tasty Pork Sausages with Tomato Ketchup or Gravy Or Chicken Panini & Coleslaw  Sweetcorn & Spaghetti Hoops Chipped Pot & Mashed Pot, Salad  Melon Wedge
11 September 9 October 6 November 4 December 8 January 5 February	Beef Bolognese with Garlic Bread Or Stuffed Bacon Roll/Bacon Slice  Garden Peas & Cabbage Oven Baked Potato Wedges, Spaghetti  Chocolate Cake & Custard	Golden Crumbed Fish Fingers Or Tex-Mex Enchilada  Mini Corn on the Cob & Spaghetti Hoops or Coleslaw Chipped Potatoes, Pasta  Jelly & Mandarin Oranges	Lunch Bunch Chicken Curry & Naan Bread Or Steak Burger & Gravy  Garden Beans & Sweetcorn Mashed Potato, Rice  Cornflake Biscuit & Custard	Roast of the Day, Stuffing & Rich Gravy Or Stuffed Chicken  Cauliflower Cheese & Baton Carrots Mashed Potato  Ice Cream with Wafer & Fruit	Oven Baked Chicken Nuggets Or Admiral's Ocean Pie  Garden Peas & Baked Beans Chipped Potatoes & Baked Potato  Homemade Ginger Biscuit & Fruit
18 September 16 October 13 November 11 December 15 January 12 February	Spaghetti Bolognese Or Cod Fishcake with Tomato Ketchup  Baton Carrots & Baked Beans Mashed Potato, Salad  Homemade Ginger Biscuit & Custard	Classic Margherita Pizza Or Italian Chicken & Tomato Pasta Bake & Garlic Bread  Garden Peas & Coleslaw Chipped Potato, Mashed Potato  Strawberry Jelly, Ice Cream & Fruit	Lunch Bunch Chicken Curry & Naan Bread Or Chicken Panini & Coleslaw  Steamed Broccoli & Sweetcorn Oven Roasted Potato Wedges, Rice  Banana Yoghurt Pot	Roast Chicken, Stuffing & Rich Gravy Or Beef Olive  Baton Carrots & Savoy Cabbage Mashed Potato  Chocolate Sponge & Custard	Hot Dog Or Chicken Wrap & Sweet Chilli Salsa  Garden Peas & Spaghetti Hoops Chipped Potato, Mashed Potato  Fresh Fruit & Yoghurt

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE  
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR  
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL