

EAT SMART WITH THE LUNCH BUNCH



WEEKS SERVED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Week One

31 August, 28 September,
26 October, 23 November,
21 December, 25 January,
22 February, 22 March,
19 April, 17 May, 14 June

Oven Baked Fish Fingers
Mushy Peas & Sweetcorn
Chips or Mashed Potatoes
- Or -
Macaroni Cheese
Sweetcorn
Chips or Mashed Potatoes

Fruit Muffin with Milkshake

Homemade Beef Bolognese
Broccoli & Coleslaw
Pasta Spirals
- Or -
Margherita Pizza
Broccoli & Coleslaw
Oven Roasted Diced Potatoes

Custard & Two Fruits

Chicken Curry & Mini Naan Bread
Garden Peas & Baton Carrots
Boiled Rice
- Or -
Oven Baked Quorn Dippers
Garden Peas & Baton Carrots
Mashed Potatoes

Crackers & Dairylea Cheese

Roast Pork with Stuffing & Gravy
Seasonal Vegetables
Oven Roasted or Mashed Potatoes
- Or -
Roasted Chicken & Gravy
Seasonal Vegetables
Oven Roast or Mashed Potatoes

Chocolate & Pear Cake
with Custard

Oven Baked Chicken Nuggets
Baked Beans & Mini Corn on the Cob
Chips or Baked Potato
- Or -
Mild Chilli Beef
Baked Beans & Mini Corn on the Cob
Chips or Baked Potato

Fresh Fruit Salad
& Strawberry Yoghurt

Week Two

7 September, 5 October,
2 November, 30 November,
4 January, 1 February,
1 March, 29 March,
26 April, 24 May, 21 June

Oven Baked Fish Goujons
Baked Beans & Garden Peas
Chips or Mashed Potatoes
- Or -
Cheese & Pesto Panini with
Salad in Season
Baked Beans
Chips or Mashed Potatoes

Strawberry Mousse & Fruit

Beef Chilli Taco Boat
with Salsa & Cheddar Cheese
Broccoli & Coleslaw
Boiled Rice
- Or -
Mediterranean Chicken Pizza
Broccoli & Coleslaw
Oven Roasted Diced Potatoes

Raspberry Jelly with Vanilla Ice
Cream & Two Fruits

Chicken Curry & Mini Naan Bread
Baton Carrots & Green Beans
Boiled Rice
- Or -
Golden Herb Baked Chicken
Baton Carrots & Green Beans
Mashed Potatoes

Lemon & Blueberry Sponge
with Custard

Roast Turkey with Stuffing & Gravy
Seasonal Vegetables
Oven Roasted or Mashed Potatoes
- Or -
Quorn Fillet & Pepper Sauce
Seasonal Vegetables
Oven Roasted or Mashed Potatoes

Oaty Biscuit with Milkshake

Cheeseburger with Salad
Mini Corn on the Cob & Spaghetti Hoops
Chips or Baked Potato
- Or -
Cheesy Cajun Chicken & Veggie
Wrap with Salad
Mini Corn on the Cob & Spaghetti Hoops
Chips or Baked Potato

Fresh Fruit Salad
with Raspberry Yoghurt

Week Three

14 September, 12 October,
9 November, 7 December,
11 January, 8 February,
8 March, 5 April, 3 May,
31 May, 28 June

Oven Baked Fish Fingers
Garden Peas & Diced Carrots
Chips or Mashed Potatoes
- Or -
Tuscan Chicken Pasta Bake
Garden Peas & Diced Carrots
Chips or Mashed Potatoes

Rice Pudding with Peach Slices

Homemade Beef Bolognese
Sweetcorn & Coleslaw
Pasta Spirals
- Or -
Margherita Pizza
Sweetcorn & Coleslaw
Oven Roasted Diced Potatoes

Ice Cream, Pears & Chocolate
Sauce

Chicken Curry & Mini Naan Bread
Broccoli & Baton Carrots
Boiled Rice
- Or -
Roast Vegetable Sausages
& Gravy
Broccoli & Baton Carrots
Mashed Potatoes

Apple Sponge Cake & Custard

Roast Gammon, Stuffing & Gravy
Seasonal Vegetables
Oven Roasted or Mashed Potatoes
- Or -
Creamy Salmon Pasta
Seasonal Vegetables
Oven Roasted Potatoes

Chocolate & Raspberry Cookie
with Orange Wedges

Oven Baked Chicken Goujons
Baked Beans & Mini Corn on the Cob
Chips or Baked Potato
- Or -
Sweet Chilli Chicken Panini
& Salad
Baked Beans & Mini Corn on the Cob
Chips or Baked Potato

Layered Banana, Yoghurt,
Banana Mousse & Biscuit

Week Four

21 September, 19 October,
16 November, 14 December,
18 January, 15 February,
15 March, 12 April, 10 May,
7 June

Oven Baked Fish Goujons
Garden Peas & Sweetcorn
Chips
- Or -
Chicken Jambalaya Rice Stew
Garden Peas & Sweetcorn

Yoghurt Tub & Melon Wedge

Homemade Cottage Pie & Gravy
Baton Carrots
Oven Roasted Diced or Mashed Potatoes
- Or -
Homemade Margherita Pizza
Baton Carrots & Salad in Season
Oven Roasted Diced Potatoes

Brownie & Orange Wedges

Chicken Curry & Mini Naan Bread
Broccoli & Roasted Butternut Squash
Boiled Rice
- Or -
Roast Mediterranean Chicken
& Vegetables
Broccoli & Roasted Butternut Squash
Boiled Rice or Couscous

Pineapple Upside-down Cake
& Custard

Roast Beef & Yorkshire Pudding
with Stuffing & Gravy
Seasonal Vegetables
Oven Roasted or Mashed Potatoes
- Or -
Penne Pasta
Creamy Roasted Tomato & Basil Sauce
Seasonal Vegetables

Jelly Whip & Pear Slices

Baked Pork Sausages
Baked Beans & Coleslaw
Chips or Baked Potato
- Or -
Cheesy Bean Baked Potato
& Salad in Season
Baked Beans & Coleslaw

Peach Melba 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