

EAT SMART WITH THE LUNCH BUNCH

WEEK BEGINNING: 6TH OCTOBER,
3RD NOVEMBER, 1ST DECEMBER,
5TH JANUARY, 2ND FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Mains</i> Oven-baked Fish Fingers - Or - Spanish Chicken & Rice <i>Side Dishes</i> Garden Peas & Steamed Sweetcorn Chipped Potatoes or Baked Potato <i>Dessert</i> Chocolate Mousse & Mandarin Oranges	<i>Mains</i> Beef Bolognese - Or - Homemade Healthy Margherita Pizza with Fresh Salad <i>Side Dishes</i> Steamed Broccoli & Coleslaw Pasta Spirals or Baby Potatoes <i>Dessert</i> Apple Sponge & Custard	<i>Mains</i> Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Baked Chicken & Vegetable Wrap with Fresh Salad <i>Side Dishes</i> Baton Carrots & Garden Peas Steamed Rice or Mashed Potatoes <i>Dessert</i> Vanilla Ice Cream & Pear Chunks	<i>Mains</i> Roast Beef & Yorkshire Pudding with Stuffing & Gravy - Or - Salmon with a Creamy Dill & Cheese Sauce <i>Side Dishes</i> Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes <i>Dessert</i> Carrot Cake Slice	<i>Mains</i> Hot Dog with Tomato Ketchup - Or - Cheesy Bean Burrito with Fresh Salad <i>Side Dishes</i> Mini Corn on the Cob & Baked Beans Chipped Potatoes or Baked Potato <i>Dessert</i> Yoghurt & Chopped Fruit

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

EAT SMART WITH THE LUNCH BUNCH

WEEK BEGINNING: 13TH OCTOBER,
10TH NOVEMBER, 8TH DECEMBER,
12TH JANUARY, 9TH FEBRUARY.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Mains</i> Oven-baked Fish Goujons with Lemon Mayo - Or - Creamy Garlic Chicken & Mushroom Pasta <i>Side Dishes</i> Diced Carrots & Garden Peas Crispy Herb Diced Potatoes or Mashed Potatoes <i>Dessert</i> Flakemeal Biscuit & Melon Wedge	<i>Mains</i> Traditional Savoury Mince - Or - Homemade Healthy Margherita Pizza with Fresh Salad <i>Side Dishes</i> Broccoli & Roasted Butternut Squash Mashed Potatoes or Roasted Potato Wedges <i>Dessert</i> Chocolate & Pear Sponge Cake & Custard	<i>Mains</i> Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Quorn Dippers <i>Side Dishes</i> Garden Peas & Sweetcorn Steamed Rice or Baby Potatoes <i>Dessert</i> Date Krispie & Orange Wedge	<i>Mains</i> Roast Chicken with Stuffing & Gravy - Or - Vegetarian Cottage Pie <i>Side Dishes</i> Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes <i>Dessert</i> Vanilla Ice Cream Roll & Peaches	<i>Mains</i> Beef Burger with Tomato Ketchup - Or - BBQ Pulled Pork and Cheese Panini <i>Side Dishes</i> Baked Beans, Coleslaw & Salad Chipped Potatoes or Baked Potato <i>Dessert</i> Strawberry Yoghurt & Chopped Fruit

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WEEK BEGINNING: 20TH OCTOBER,
17TH NOVEMBER, 15TH DECEMBER,
19TH JANUARY.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Mains</i> Oven-baked Fish Fingers - Or - Kung Pao Chicken <i>Side Dishes</i> Roasted Peppers & Sweetcorn Chipped Potatoes or Steamed Fluffy Rice <i>Dessert</i> Apple and Winter Berry Crumble & Custard	<i>Mains</i> Beef Bolognese - Or - Homemade Healthy Margherita Pizza with Fresh Salad <i>Side Dishes</i> Steamed Broccoli & Coleslaw Oven-roasted Potato Wedges or Pasta Spirals <i>Dessert</i> Strawberry Jelly & Mandarin Oranges	<i>Mains</i> Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Breast of Chicken with Gravy <i>Side Dishes</i> Garden Peas & Baton Carrots Steamed Rice or Mashed Potatoes <i>Dessert</i> Homemade Chocolate Brownie & Custard	<i>Mains</i> Roast Gammon with Stuffing & Gravy - Or - Vegetarian Sausages with Onion Gravy <i>Side Dishes</i> Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes <i>Dessert</i> Popcorn Biscuit & Melon Wedge	<i>Mains</i> Southern Fried Chicken Goujon & Salad Wrap with Taco Sauce - Or - Baked Potato with Beef Chilli, Cheddar and Coleslaw <i>Side Dishes</i> Mini Corn on the Cob & Baked Beans Chipped Potatoes or Baked Potato <i>Dessert</i> Frozen Fruit Smoothie & Fruit Tub

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WEEK BEGINNING: 27TH OCTOBER,
24TH NOVEMBER, 22ND DECEMBER,
26TH JANUARY.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Mains</i> Cod Fish Bites with Mayo Dip - Or - Penne Pasta with Roasted Tomato and Red Pepper Sauce <i>Side Dishes</i> Garden Peas, Coleslaw & Carrot Sticks Chipped Potatoes or Mashed Potatoes <i>Dessert</i> Strawberry Mousse & Two Fruits	<i>Mains</i> Traditional Irish Stew with Wheaten Bread - Or - Oven-baked Pork Sausages <i>Side Dishes</i> Broccoli & Baked Beans Mashed Potatoes or Baked Potato <i>Dessert</i> Steamed Chocolate Pudding & Custard	<i>Mains</i> Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread - Or - Roast Chicken Wrapped in Bacon with BBQ Sauce <i>Side Dishes</i> Sweetcorn & Ratatouille Steamed Rice or Champ <i>Dessert</i> Homemade Cookie & Orange Wedge	<i>Mains</i> Roast Turkey with Stuffing & Gravy - Or - Quorn Fillet with Creamy Cajun Sauce <i>Side Dishes</i> Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes <i>Dessert</i> Chocolate Cracknel & Fruit Tub	<i>Mains</i> Homemade Margherita or Mini Meatball Pizza - Or - Veggie Nuggets with Tomato Ketchup <i>Side Dishes</i> Sweetcorn, Coleslaw & Salad Chipped Potatoes or Baked Potato <i>Dessert</i> Frozen Yoghurt Pot & Melon Wedge

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