



# EAT SMART WITH THE LUNCH BUNCH

**WEEK 1**  
 Week Commencing:  
 Sept 16, Oct 16, Nov 13,  
 Dec 11, Jan 15, Feb 12.

**WEEK 2**  
 Week Commencing:  
 Aug 29, Sept 25, Oct 23,  
 Nov 20, Dec 18, Jan 22.

## MONDAY

### MAIN COURSES

Spaghetti Bolognese  
 Or  
 Crispy Cod Fishcake with Tomato Ketchup

### SIDES

Baton Carrots & Baked Beans  
 Mashed Potato, Salad

### DESSERT

Homemade Ginger Biscuit & Custard

## TUESDAY

### MAIN COURSES

Classic Margherita Pizza  
 Or  
 Italian Chicken & Tomato Pasta Bake & Garlic Bread

### SIDES

Garden Peas & Coleslaw  
 Chipped Potato, Mashed Potato

### DESSERT

Strawberry Jelly, Ice Cream & Fruit

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken Curry & Naan Bread  
 Or  
 Chicken Panini & Coleslaw

### SIDES

Steamed Broccoli & Sweetcorn  
 Oven Roasted Potato Wedgies, Rice

### DESSERT

Banana Yoghurt Pot

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing & Rich Gravy  
 Or  
 Beef Olive

### SIDES

Baton Carrots & Savoy Cabbage  
 Mashed Potato

### DESSERT

Chocolate Sponge & Custard

## FRIDAY

### MAIN COURSES

Hot Dog  
 Or  
 Chicken Wrap & Sweet Chilli Sauce

### SIDES

Garden Peas & Spaghetti Hoops  
 Chipped Potato, Mashed Potato

### DESSERT

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



# EAT SMART WITH THE LUNCH BUNCH

**WEEK 3**  
 Week Commencing:  
 Sept 04, Oct 02, Oct 30,  
 Nov 27, Jan 01, Jan 29.

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers  
 Or  
 Mighty Mac 'n' Cheese with Garlic Bread Slice

### SIDES

Baked Beans & Broccoli & Coleslaw  
 Mashed Potatoes

### DESSERT

Artic Roll with Peaches

## TUESDAY

### MAIN COURSES

Beef Meatballs with Italian Tomato & Basil Sauce  
 Or  
 Margherita Pizza

### SIDES

Garden Peas & Salad  
 Oven Baked Potato Wedgies, Pasta

### DESSERT

Shortbread, Custard & Fruit

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken Curry & Naan Bread  
 Or  
 Bacon Slice

### SIDES

Mini Corn on the Cob  
 Steamed Rice, Chipped Potatoes

### DESSERT

Strawberry Jelly & Fruit

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing & Rich Gravy  
 Or  
 Mexican Chili with Nachos

### SIDES

Baton Carrots & Tossed Salad  
 Mashed Potato

### DESSERT

Jam & Coconut Sponge & Custard

## FRIDAY

### MAIN COURSES

Tasty Port Sausages with Tomato Ketchup or Gravy  
 Or  
 Chicken Panini & Coleslaw

### SIDES

Sweetcorn & Spaghetti Hoops  
 Chipped Potatoes, Mashed Potato, Salad

### DESSERT

Melon Wedge

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH THE LUNCH BUNCH

**WEEK 4**  
 Week Commencing:  
 Sept 13, Oct 09, Nov 06,  
 Dec 04, Jan 08, Feb 05.

## MONDAY

### MAIN COURSES

Beef Bolognese with Garlic Bread  
 Or  
 Stuffed Bacon Roll/Bacon Slice

### SIDES

Garden Peas & Savoy Cabbage  
 Oven Baked Potato Wedgies, Spaghetti

### DESSERT

Chocolate Cake & Custard

## TUESDAY

### MAIN COURSES

Golden Crumbed Fish Fingers  
 Or  
 Teas-Mex Enchilada

### SIDES

Mini Corn on the Cob & Spaghetti Hoops & Coleslaw  
 Chipped Potatoes, Pasta

### DESSERT

Jelly & Mandarin Oranges

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken Curry & Naan Bread  
 Or  
 Steak Burger & Gravy

### SIDES

Green Beans & Sweetcorn  
 Mashed Potato, Rice

### DESSERT

Cornflake Biscuit & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing & Rich Gravy  
 Or  
 Stuffed Chicken

### SIDES

Cauliflower Cheese & Baton Carrots  
 Mashed Potato

### DESSERT

Ice Cream Slider & Fruit

## FRIDAY

### MAIN COURSES

Oven Baked Chicken Nuggets  
 Or  
 Admiral's Ocean Pie

### SIDES

Garden Peas & Baked Beans  
 Chipped Potatoes, Jacket Potato, Salad

### DESSERT

Homemade Ginger Biscuit & Fruit

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