

EAT SMART WITH

THE LUNCH BUNCH



WEEKS SERVED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

MENU SUBJECT TO
PRODUCT AVAILABILITY