

# EAT SMART WEEK

# THE LUNCH BUNCH



**WEEK BEGINNING**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
16th February 16th March 13th April 11th May 8th June	Baked Fish Goujons with Lemon Mayo - Or - Classic Margherita Pizza  Steamed Broccoli & Baked Beans Chipped Potatoes & Baked Potato Selection of Fruit Yoghurt Pots	Homemade Beef Bolognese - Or - Penne Pasta and Tomato Bake with Herb Crust  Baton Carrots & Green Beans Fusilli Pasta & Fresh Seasonal Salad Mandarin Orange Sponge with Custard	Lunch Bunch Chicken Curry & Mini Naan Bread - Or - Cheese & Tomato Panini Melt with Coleslaw  Garden Peas & Fresh Seasonal Salad Steamed Rice & Oven Roast Wedges Peach & Raspberry Traybake Tiffle	Roast Pork with Stuffing and Rich Gravy - Or - Creamy Pepper Chicken  Steamed Broccoli & Cauliflower Mashed Potatoes & Oven Roast Potatoes Chocolate and Pear Sponge Cake	Hot Dog with Tomato Ketchup - Or - Baked Potato with Butter Beans in Tomato Sauce & Cheese Melt  Garden Peas & Mini Corn on the Cob Chipped Potatoes & Baked Potato Vanilla Ice Cream with Sliced Peas
23rd February 23rd March 20th April 18th May 15th June	Golden Baked Cod Bites - Or - Sweet Potato and Chicken Bake  Steamed Broccoli & Baked Beans Chipped Potatoes & Baked Potato Frozen Strawberry Yoghurt and Fruit Tub	Mild Beef Chili - Or - Classic Margherita Pizza  Sweetcorn, Fresh Seasonal Salad & Coleslaw Steamed Rice & Oven Roast Wedges Homemade Apple Sponge with Custard	Lunch Bunch Chicken Curry & Mini Naan Bread - Or - Oven Roasted Vegetable Sausages with Tomato & Bean Stew  Garden Peas & Diced Carrots Steamed Rice & Mashed Potatoes Fresh Fruit Salad with Strawberry Yoghurt	Roast Turkey with Stuffing and Rich Gravy - Or - Roast Quorn Filler with Rich Gravy  Roast Carrots & Spring Cabbage Mashed Potatoes & Oven Roast Potatoes Fruit Muffin and Milkshake	Cheeseburger with Tomato Ketchup - Or - Chicken Caesar Wrap  Mini Corn on the Cob & Crunchy Veggie Sticks Chipped Potatoes & Baby Potatoes Oatmeal Biscuit with Orange Wedges
2nd March 30th March 27th April 25th May 22nd June	Golden Crumbed Fish Fingers - Or - Mighty Mac 'n' Cheese  Garden Peas & Spaghetti Hoops Chipped Potatoes & Mashed Potatoes Banana-flavoured Mousse	Homemade Beef Bolognese - Or - Spring Frittata with Coleslaw  Steamed Broccoli & Fresh Seasonal Salad Fusilli Pasta & Herbed Baby Potatoes Summer Fruit Sponge Finger	Lunch Bunch Chicken Curry & Mini Naan Bread - Or - Chilli and Garlic Quorn Bites  Green Beans & Baton Carrots Steamed Rice & Oven Roast Wedges Blueberry and Lemon Sponge with Custard	Roast Gammon with Stuffing and Rich Gravy - Or - Savoury Mince  Cauliflower & Roast Butternut Squash Mashed Potatoes & Oven Roast Potatoes Jelly Whip with Mandarin Oranges	Baked Pork Sausages - Or - Cheese and Tomato Dill Roll with Fresh Seasonal Salad  Sweetcorn & Baked Beans Chipped Potatoes & Mashed Potatoes Frozen Vanilla Yoghurt with Melon Wedge
9th March 6th April 4th May 1st June 28th June	Homemade Beef Bolognese - Or - Chicken Stroganoff  Baton Carrots & Steamed Broccoli Fusilli Pasta & Oven Roast Wedges Melon, Mandarin and Pineapple Pot	Han and Cheese Pizza - Or - Mediterranean Roasted Vegetable Quesadilla with Hummus  Sweetcorn & Coleslaw Chipped Potatoes & Baby Potatoes Raspberry Jelly with Two Fruits	Lunch Bunch Chicken Curry & Mini Naan Bread - Or - Tex-Mex Beef and Veg Tortilla Boat Garden Peas & Roast Butternut Squash Steamed Rice & Potato Salad Pineapple Upside Down Cake with Custard	Roast Beef with Yorkshire Pudding, Stuffing and Rich Gravy - Or - Baked Salmon and Tomato Pasta Roast Carrot & Cauliflower Mashed Potatoes & Oven Roast Potatoes Chocolate-flavoured Mousse with Chopped Fruit	Oven Baked Chicken Goujons - Or - Tuna and Pasta Salad  Garden Peas & Baked Beans Chipped Potatoes, Baked Potato & Fresh Seasonal Salad Homemade Flakemeal Biscuit with Melon Wedge

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY

MENU SUBJECT TO PRODUCT AVAILABILITY

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