

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

MENU SUBJECT TO  
PRODUCT AVAILABILITY