

# EAT SMART WITH THE LUNCH BUNCH



## WEEKS SERVED

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p>7 October 4 November 2 December 30 December 27 January</p>	<p>Oven-Baked Fish Fingers</p> <p>Baked Beans / Marrowfat Peas Pasta Spirals / Oven-baked Wedges</p> <p>Vanilla Ice-Cream, with Pears &amp; Butterscotch Sauce</p>	<p>Homemade BBQ Chicken Pizza</p> <p>Coleslaw / Baton Carrots Chipped Potato / Baked Potato</p> <p>Homemade Banana Cake</p>	<p>"Lunch Bunch" Chicken Curry &amp; Naan Bread</p> <p>Sweetcorn / Roast Courgette Boiled Rice / Mashed Potato</p> <p>Chocolate &amp; Raspberry Spongecake with Custard</p>	<p>Roast Pork, Stuffing &amp; Gravy</p> <p>Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato</p> <p>Home-baked Popcorn Cookie &amp; Orange Wedges</p>	<p>Beef Burger &amp; Bap</p> <p>Mini Corn-on-the-Cob / Garden Peas Chipped Potato / Baked Potato</p> <p>Frozen Strawberry Mousse</p>
<p>14 October 11 November 9 December 6 January 3 February</p>	<p>Fish Finger "Seadog" served in a finger roll</p> <p>Marrowfat Peas / Baked Beans Chipped Potato / Baby Potato</p> <p>Apple &amp; Pear Crumble with Custard</p>	<p>Savoury Beef Mince &amp; Crusty Bread</p> <p>Sweetcorn / Baton Carrots Oven-baked Cubed Potato / Mashed Potato</p> <p>Arctic Roll &amp; Winter Berry Sauce</p>	<p>Peppered Chicken</p> <p>Mini Corn-on-the-Cob / Garden Peas Mashed Potato / Boiled Rice</p> <p>Home-baked Jam &amp; Coconut Sponge &amp; Custard</p>	<p>Roast Gammon, Stuffing &amp; Gravy</p> <p>Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato</p> <p>Chocolate Rice Krispie Square</p>	<p>Crispy Baked Chicken Burger &amp; Bap</p> <p>Spaghetti Hoops / Asian Slaw Chipped Potato / Baked Potato</p> <p>Raspberry Jelly &amp; Peach Slices</p>
<p>21 October 18 November 16 December 13 January 10 February</p>	<p>Homemade Ham &amp; Cheese Pizza</p> <p>Spaghetti Hoops / Mini Corn-on-the-Cob Roast Potato Wedges / Mashed Potatoes</p> <p>Vanilla Ice-Cream with Pear Slices &amp; Hot Chocolate Sauce</p>	<p>Beef Bolognaise</p> <p>Cauliflower Cheese / Steamed Broccoli Mashed Potato / Pasta</p> <p>Apple Sponge with Custard</p>	<p>"Lunch Bunch" Chicken Curry &amp; Naan Bread</p> <p>Garden Peas / Roast Butternut Squash Chipped Potato / Boiled Rice</p> <p>Frozen Smoothie</p>	<p>Roast Beef, Yorkshire Pudding &amp; Gravy -Or- Salmon Fish Fingers &amp; Lemon Mayonnaise Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato</p> <p>Chocolate Cracknel &amp; Custard</p>	<p>Hotdog &amp; Tomato Ketchup</p> <p>Coleslaw / Baked Beans Chipped Potato / Pasta Salad</p> <p>Homemade Oatmeal Biscuit &amp; Fresh Fruit Pot</p>
<p>28 October 25 November 23 December 20 January</p>	<p>Oven-Baked Fish Goujons</p> <p>Steamed Garden Peas / Spaghetti Hoops Chipped Potato / Baked Potato</p> <p>Chocolate &amp; Raspberry Brownie</p>	<p>Cottage Pie</p> <p>Baton Carrots / Steamed Broccoli Garlic &amp; Herb Potato Wedges / Pasta Spirals</p> <p>Ice-cream, Jelly &amp; Two Fruit</p>	<p>"Lunch Bunch" Chicken Curry &amp; Naan Bread</p> <p>Sweetcorn / Roasted Butternut Squash Boiled Rice / Mashed Potato</p> <p>Chocolate &amp; Pear Sponge with Custard</p>	<p>Turkey &amp; Ham, Stuffing, Gravy</p> <p>Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato</p> <p>Homemade Flapjack &amp; Orange Wedges</p>	<p>Oven-Baked Chicken Nuggets</p> <p>Baked Beans / Garden Peas Chipped Potato / Baked Potato</p> <p>Choice of Fruit Yoghurt Pot</p>

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