EAT SMART WITH THE LUNCH BUNCH

WEEK ONE

WEEK BEGINNING:
31 AUGUST, 28 SEPTEMBER, 26 OCTOBER, 23 NOVEMBER, 21 DECEMBER, 25 JANUARY, 22 FEBRUARY, 22 MARCH, 19 APRIL, 17 MAY, 14 JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE **LUNCH BUNCH CATCH OF THE WEEK** Oven Baked Fish Fingers Mushy Peas & Sweetcorn Chips or Mashed Potatoes *MAIN COURSE TWO* **MAC 'N' CHEESE** Macaroni Cheese Sweetcorn Chips or Mashed Potatoes *DESSERT* **SHAKE IT OFF** Fruit Muffin with Milkshake	*MAIN COURSE ONE* **A LITTLE TASTE OF ITALY** Homemade Beef Bolognese Broccoli & Coleslaw Pasta Spirals *MAIN COURSE TWO* **HEARTY HEALTHY PIZZA** Margherita Pizza Broccoli & Coleslaw Oven Roasted Diced Potatoes *DESSERT* **SUNNY FRUIT TREAT** Custard & Two Fruits	*MAIN COURSE ONE* **LUNCH BUNCH CHICKEN CURRY** Chicken Curry & Mini Naan Bread Garden Peas & Baton Carrots Boiled Rice *MAIN COURSE TWO* **THE BAKED DIPPER** Oven Baked Quorn Dippers Garden Peas & Baton Carrots Mashed Potatoes *DESSERT* **WHAT' S THE CRAIC?** Crackers & Dairylea Cheese	*MAIN COURSE ONE* **LUNCH BUNCH ROAST OF THE WEEK** Roast Pork with Stuffing & Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes *MAIN COURSE TWO* **WINNER WINNER CHICKEN DINNER** Roasted Chicken & Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes *DESSERT* **CHOCO-PEAR DELIGHT** Chocolate & Pear Cake with Custard	*MAIN COURSE ONE* **THE GOLDEN NUGGET** Oven Baked Chicken Nuggets Baked Beans & Mini Corn on the Cob Chips or Baked Potato *MAIN COURSE TWO* **RELAX AND CHILL-I** Mild Chilli Beef Baked Beans & Mini Corn on the Cob Chips or Baked Potato *DESSERT* **NICE 'N' FRESH** Fresh Fruit Salad with Strawberry Yoghurt

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

EAT SMART WITH THE LUNCH BUNCH

WEEK TWO

WEEK BEGINNING:
7 SEPTEMBER, 5 OCTOBER,
2 NOVEMBER, 30 NOVEMBER,
4 JANUARY, 1 FEBRUARY, 1 MARCH,
29 MARCH, 26 APRIL, 24 MAY, 21 JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE **LUNCH BUNCH CATCH OF THE WEEK** Oven Baked Fish Goujons Baked Beans & Garden Peas Chips or Mashed Potatoes	*MAIN COURSE ONE* **TACO BOAT ADVENTURE** Beef Chilli Taco Boat with Salsa & Cheddar Cheese Broccoli & Coleslaw Boiled Rice	*MAIN COURSE ONE* **LUNCH BUNCH CHICKEN CURRY** Chicken Curry & Mini Naan Bread Baton Carrots & Green Beans Boiled Rice	*MAIN COURSE ONE* **LUNCH BUNCH ROAST OF THE WEEK** Roast Turkey with Stuffing & Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes	*MAIN COURSE ONE* **BURGER BIG BITE DELIGHT** Cheeseburger with Salad Mini Corn on the Cob & Spaghetti Hoops Chips or Baked Potato
MAIN COURSE TWO **PESTO PARADISE** Cheese & Pesto Panini with Salad in Season Baked Beans Chips or Mashed Potatoes	*MAIN COURSE TWO* **TASTE OF THE MED** Mediterranean Chicken Pizza Broccoli & Coleslaw Oven Roasted Diced Potatoes	*MAIN COURSE TWO* **GOING FOR GOLD!** Golden Herb Baked Chicken Baton Carrots & Green Beans Mashed Potatoes	*MAIN COURSE TWO* **QUORN CRUNCH & PEPPER PUNCH** Quorn Fillet & Pepper Sauce Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes	*MAIN COURSE TWO* **CAJUN WRAP 'N' ROLL** Cheesy Cajun Chicken & Veggie Wrap with Salad Mini Corn on the Cob & Spaghetti Hoops Chips or Baked Potato
DESSERT **THE MOUSSE IS LOOSE** Strawberry Mousse & Fruit	*DESSERT* **JELLY AND ICE CREAM** Raspberry Jelly with Vanilla Ice Cream & Two Fruits	*DESSERT* **A BERRY LEMON SURPRISE** Lemon & Blueberry Sponge with Custard	*DESSERT* **OKEY DOKEY OATY TASTY** Oaty Biscuit with Milkshake	*DESSERT* **NICE 'N' FRESH** Fresh Fruit Salad with Raspberry Yoghurt

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WEEK THREE

WEEK BEGINNING:
14 SEPTEMBER, 12 OCTOBER,
9 NOVEMBER, 7 DECEMBER,
11 JANUARY, 8 FEBRUARY, 8 MARCH,
5 APRIL, 3 MAY, 31 MAY, 28 JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE **LUNCH BUNCH CATCH OF THE WEEK** Oven Baked Fish Fingers Garden Peas & Diced Carrots Chips or Mashed Potatoes *MAIN COURSE TWO* **THE 'TUS-CAN' DO CHICKEN BAKE** Tuscan Chicken Pasta Bake Garden Peas & Diced Carrots Chips or Mashed Potatoes *DESSERT* **PEACHY KEEN RICE DREAM** Rice Pudding with Peach Slices	*MAIN COURSE ONE* **A LITTLE TASTE OF ITALY** Homemade Beef Bolognese Sweetcorn & Coleslaw Pasta Spirals *MAIN COURSE TWO* **HEARTY HEALTHY PIZZA** Margherita Pizza Sweetcorn & Coleslaw Oven Roasted Diced Potatoes *DESSERT* **CHOCOLATE LAVA MOUNTAIN** Ice Cream & Pears with Chocolate Sauce	*MAIN COURSE ONE* **LUNCH BUNCH CHICKEN CURRY** Chicken Curry & Mini Naan Bread Broccoli & Baton Carrots Boiled Rice *MAIN COURSE TWO* **THE VEGTASTIC SIZZLERS** Roast Vegetable Sausages & Gravy Broccoli & Baton Carrots Mashed Potatoes *DESSERT* **SUNBEAMS & APPLE DREAMS** Apple Sponge Cake with Custard	*MAIN COURSE ONE* **LUNCH BUNCH ROAST OF THE WEEK** Roast Gammon with Stuffing & Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes *MAIN COURSE TWO* **HOOK LINE AND PERFECT PASTA!** Creamy Salmon Pasta Seasonal Veg of the Day Oven Baked Roast Potatoes *DESSERT* **SIMPLY THE ZEST** Chocolate & Raspberry Cookie with Orange Wedges	*MAIN COURSE ONE* **CHICKIN' LICKIN' GOOD** Oven Baked Chicken Goujons Baked Beans & Mini Corn on the Cob Chips or Baked Potato *MAIN COURSE TWO* **CHILLI-CHILLI BANG-BANG** Sweet Chilli Chicken Panini with Salad Baked Beans & Mini Corn on the Cob Chips or Baked Potato *DESSERT* **BANANA FOOL** Layered Banana with Yoghurt, Banana Mousse & Biscuit

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WEEK FOUR

WEEK BEGINNING:
21 SEPTEMBER, 19 OCTOBER,
16 NOVEMBER, 14 DECEMBER,
18 JANUARY, 15 FEBRUARY,
15 MARCH, 12 APRIL, 10 MAY, 7 JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN COURSE ONE **LUNCH BUNCH CATCH OF THE WEEK** Oven Baked Fish Goujons Garden Peas & Sweetcorn Chips *MAIN COURSE TWO* **'JAM-IN' 'SLAM-IN' CHICKEN** Chicken Jambalaya Rice Stew Garden Peas & Sweetcorn *DESSERT* **IT'S ONE IN A 'MELON'** Yoghurt Tub & Melon Wedge	*MAIN COURSE ONE* **A TRUE 'MASH'-TERPIECE** Homemade Cottage Pie & Gravy Baton Carrots Oven Roasted Diced Potatoes or Mashed Potatoes *MAIN COURSE TWO* **HEARTY HEALTHY PIZZA** Homemade Margherita Pizza Baton Carrots & Salad in Season Oven Roasted Diced Potatoes *DESSERT* **SUNSET BROWNIE** Brownie & Orange Wedges	*MAIN COURSE ONE* **LUNCH BUNCH CHICKEN CURRY** Chicken Curry & Mini Naan Bread Broccoli & Roasted Butternut Squash Boiled Rice *MAIN COURSE TWO* **'MED' ROAST WITH THE MOST** Roast Mediterranean Chicken with Vegetables Broccoli & Roasted Butternut Squash Boiled Rice or Couscous *DESSERT* **'FINE-APPLE' FLIP** Pineapple Upside Down Cake with Custard	*MAIN COURSE ONE* **LUNCH BUNCH ROAST OF THE WEEK** Roast Beef & Yorkshire Pudding with Stuffing & Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes *MAIN COURSE TWO* **THE PENNE-TASTIC PASTA PARTY** Penne with Creamy Roasted Tomato & Basil Sauce Seasonal Veg of the Day *DESSERT* **A SLICE OF 'OH SO NICE'** Jellywhip & Pear Slices	*MAIN COURSE ONE* **THE BEANY-BANGER BONANZA** Baked Pork Sausages Baked Beans & Coleslaw Chips or Baked Potato *MAIN COURSE TWO* **THE UN-'BEAN'-LIEVABLE SPUD** Cheesy Bean Baked Potato & Salad in Season Baked Beans & Coleslaw *DESSERT* **THE 'PEACH-PERFECT' POT** Peach Melba Pot

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