

# EAT SMART WEEK

# THE LUNCH BUNCH



## WEEK BEGINNING

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

<p>16th February 16th March 13th April 11th May 8th June</p>	<p>Baked Fish Goujons with Lemon Mayo - Or - Classic Margherita Pizza</p> <p>Steamed Broccoli &amp; Baked Beans Chipped Potatoes &amp; Baked Potato</p> <p>Selection of Fruit Yoghurt Pots</p>	<p>Homemade Beef Bolognese - Or - Penne Pasta and Tomato Bake with Herb Crust</p> <p>Baton Carrots &amp; Green Beans Fusilli Pasta &amp; Fresh Seasonal Salad</p> <p>Mandarin Orange Sponge with Custard</p>	<p>Lunch Bunch Chicken Curry &amp; Mini Naan Bread - Or - Cheese &amp; Tomato Panini Melt with Coleslaw</p> <p>Garden Peas &amp; Fresh Seasonal Salad Steamed Rice &amp; Oven Roast Wedges</p> <p>Peach &amp; Raspberry Traybake Trifle</p>	<p>Roast Pork with Stuffing and Rich Gravy - Or - Creamy Pepper Chicken</p> <p>Steamed Broccoli &amp; Cauliflower Mashed Potatoes &amp; Oven Roast Potatoes</p> <p>Chocolate and Pear Sponge Cake</p>	<p>Hot Dog with Tomato Ketchup - Or - Baked Potato with Butter Beans in Tomato Sauce &amp; Cheese Melt</p> <p>Garden Peas &amp; Mini Corn on the Cob Chipped Potatoes &amp; Baked Potato</p> <p>Vanilla Ice Cream with Sliced Pears</p>
<p>23rd February 23rd March 20th April 18th May 15th June</p>	<p>Golden Baked Cod Bites - Or - Sweet Potato and Chicken Bake</p> <p>Steamed Broccoli &amp; Baked Beans Chipped Potatoes &amp; Baked Potato</p> <p>Frozen Strawberry Yoghurt and Fruit Tub</p>	<p>Mild Beef Chilli - Or - Classic Margherita Pizza</p> <p>Sweetcorn, Fresh Seasonal Salad &amp; Coleslaw Steamed Rice &amp; Oven Roast Wedges</p> <p>Homemade Apple Sponge with Custard</p>	<p>Lunch Bunch Chicken Curry &amp; Mini Naan Bread - Or - Oven Roasted Vegetable Sausages with Tomato &amp; Bean Stew</p> <p>Garden Peas &amp; Diced Carrots Steamed Rice &amp; Mashed Potatoes</p> <p>Fresh Fruit Salad with Strawberry Yoghurt</p>	<p>Roast Turkey with Stuffing and Rich Gravy - Or - Roast Quorn Fillet with Rich Gravy</p> <p>Roast Carrots &amp; Spring Cabbage Mashed Potatoes &amp; Oven Roast Potatoes</p> <p>Fruit Muffin and Milkshake</p>	<p>Cheeseburger with Tomato Ketchup - Or - Chicken Caesar Wrap</p> <p>Mini Corn on the Cob &amp; Crunchy Veggie Sticks Chipped Potatoes &amp; Baby Potatoes</p> <p>Oatmeal Biscuit with Orange Wedges</p>
<p>2nd March 30th March 27th April 25th May 22nd June</p>	<p>Golden Crumbed Fish Fingers - Or - Mighty Mac 'n' Cheese</p> <p>Garden Peas &amp; Spaghetti Hoops Chipped Potatoes &amp; Mashed Potatoes</p> <p>Banana-flavoured Mousse</p>	<p>Homemade Beef Bolognese - Or - Spring Frittata with Coleslaw</p> <p>Steamed Broccoli &amp; Fresh Seasonal Salad Fusilli Pasta &amp; Herbed Baby Potatoes Summer Fruit Sponge Finger</p>	<p>Lunch Bunch Chicken Curry &amp; Mini Naan Bread - Or - Chilli and Garlic Quorn Bites</p> <p>Green Beans &amp; Baton Carrots Steamed Rice &amp; Oven Roast Wedges</p> <p>Blueberry and Lemon Sponge with Custard</p>	<p>Roast Gammon with Stuffing and Rich Gravy - Or - Savoury Mince</p> <p>Cauliflower &amp; Roast Butternut Squash Mashed Potatoes &amp; Oven Roast Potatoes</p> <p>Jelly Whip with Mandarin Oranges</p>	<p>Baked Pork Sausages - Or - Cheese and Tomato Deli Roll with Fresh Seasonal Salad</p> <p>Sweetcorn &amp; Baked Beans Chipped Potatoes &amp; Mashed Potatoes</p> <p>Frozen Vanilla Yoghurt with Melon Wedge</p>
<p>9th March 6th April 4th May 1st June 29th June</p>	<p>Homemade Beef Bolognese - Or - Chicken Stroganoff</p> <p>Baton Carrots &amp; Steamed Broccoli Fusilli Pasta &amp; Oven Roast Wedges</p> <p>Melon, Mandarin and Pineapple Pot</p>	<p>Ham and Cheese Pizza - Or - Mediterranean Roasted Vegetable Quesadilla with Hummus</p> <p>Sweetcorn &amp; Coleslaw Chipped Potatoes &amp; Baby Potatoes</p> <p>Raspberry Jelly with Two Fruits</p>	<p>Lunch Bunch Chicken Curry &amp; Mini Naan Bread - Or - Tex-Mex Beef and Veg Tortilla Boat Garden Peas &amp; Roast Butternut Squash Steamed Rice &amp; Potato Salad</p> <p>Pineapple Upside Down Cake with Custard</p>	<p>Roast Beef with Yorkshire Pudding, Stuffing and Rich Gravy - Or - Baked Salmon and Tomato Pasta Roast Carrot &amp; Cauliflower Mashed Potatoes &amp; Oven Roast Potatoes</p> <p>Chocolate-flavoured Mousse with Chopped Fruit</p>	<p>Oven Baked Chicken Goujons - Or - Tuna and Pasta Salad</p> <p>Garden Peas &amp; Baked Beans Chipped Potatoes, Baked Potato &amp; Fresh Seasonal Salad</p> <p>Homemade Flakemeal Biscuit with Melon Wedge</p>

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