

# EAT SMART WITH

# THE LUNCH BUNCH



WEEKS SERVED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

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