

# EAT SMART WEEK

# THE LUNCH BUNCH



WEEK  
BEGINNING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

|  |  |  |   |   |   |
|--|--|--|---|---|---|
| 16th February<br>16th March<br>13th April<br>11th May<br>8th June  | Baked Fish Goujons with Lemon Mayo<br><br>Steamed Broccoli & Baked Beans<br>Chipped Potatoes & Baked Potato<br><br>Selection of Fruit Yoghurt Pots | Homemade Beef Bolognese<br><br>Baton Carrots & Green Beans<br>Fusilli Pasta & Fresh Seasonal Salad<br><br>Mandarin Orange Sponge with Custard    | Lunch Bunch Chicken Curry & Mini Naan Bread<br><br>Garden Peas & Fresh Seasonal Salad<br>Steamed Rice & Oven Roast Wedges<br><br>Peach & Raspberry Traybake Trifle    | Roast Pork with Stuffing and Rich Gravy<br><br>Steamed Broccoli & Cauliflower<br>Mashed Potatoes & Oven Roast Potatoes<br><br>Chocolate and Pear Sponge Cake  | Hot Dog with Tomato Ketchup<br><br>Garden Peas & Mini Corn on the Cob<br>Chipped Potatoes & Baked Potato<br><br>Vanilla Ice Cream with Sliced Pears                     |
| 23rd February<br>23rd March<br>20th April<br>18th May<br>15th June | Golden Baked Cod Bites<br><br>Steamed Broccoli & Baked Beans<br>Chipped Potatoes & Baked Potato<br><br>Frozen Strawberry Yoghurt and Fruit Tub     | Mild Beef Chilli<br><br>Sweetcorn, Fresh Seasonal Salad & Coleslaw<br>Steamed Rice & Oven Roast Wedges<br><br>Homemade Apple Sponge with Custard | Lunch Bunch Chicken Curry & Mini Naan Bread<br><br>Garden Peas & Diced Carrots<br>Steamed Rice & Mashed Potatoes<br><br>Fresh Fruit Salad with Strawberry Yoghurt     | Roast Turkey with Stuffing and Rich Gravy<br><br>Roast Carrots & Spring Cabbage<br>Mashed Potatoes & Oven Roast Potatoes<br><br>Fruit Muffin and Milkshake  | Cheeseburger with Tomato Ketchup<br><br>Mini Corn on the Cob & Crunchy Veggie Sticks<br>Chipped Potatoes & Baby Potatoes<br><br>Oatmeal Biscuit with Orange Wedges      |
| 2nd March<br>30th March<br>27th April<br>25th May<br>22nd June     | Golden Crumbed Fish Fingers<br><br>Garden Peas & Spaghetti Hoops<br>Chipped Potatoes & Mashed Potatoes<br><br>Banana-flavoured Mousse              | Homemade Beef Bolognese<br><br>Steamed Broccoli & Fresh Seasonal Salad<br>Fusilli Pasta & Herbed Baby Potatoes<br><br>Summer Fruit Sponge Finger | Lunch Bunch Chicken Curry & Mini Naan Bread<br><br>Green Beans & Baton Carrots<br>Steamed Rice & Oven Roast Wedges<br><br>Blueberry and Lemon Sponge with Custard     | Roast Gammon with Stuffing and Rich Gravy<br><br>Cauliflower & Roast Butternut Squash<br>Mashed Potatoes & Oven Roast Potatoes<br><br>Jelly Whip with Mandarin Oranges  | Baked Pork Sausages<br><br>Sweetcorn & Baked Beans<br>Chipped Potatoes & Mashed Potatoes<br><br>Frozen Vanilla Yoghurt with Melon Wedge                                 |
| 9th March<br>6th April<br>4th May<br>1st June<br>29th June         | Homemade Beef Bolognese<br><br>Baton Carrots & Steamed Broccoli<br>Fusilli Pasta & Oven Roasted Wedges<br><br>Melon, Mandarin and Pineapple Pot    | Ham and Cheese Pizza<br><br>Sweetcorn & Coleslaw<br>Chipped Potatoes & Baby Potatoes<br><br>Raspberry Jelly with Two Fruits                      | Lunch Bunch Chicken Curry & Mini Naan Bread<br><br>Garden Peas & Roast Butternut Squash<br>Steamed Rice & Potato Salad<br><br>Pineapple Upside Down Cake with Custard | Roast Beef with Yorkshire Pudding, Stuffing and Rich Gravy<br>Or<br>Baked Salmon and Tomato Pasta<br>Roast Carrot & Cauliflower<br>Mashed Potatoes & Oven Roast Potatoes<br><br>Chocolate-flavoured Mousse with Chopped Fruit | Oven Baked Chicken Goujons<br><br>Garden Peas & Baked Beans<br>Chipped Potatoes, Baked Potato & Fresh Seasonal Salad<br><br>Homemade Flakemeal Biscuit with Melon Wedge |

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