

# EAT SMART WITH THE LUNCH BUNCH

New menu starting after Hallowe'en



WEEK  
BEGINNING

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6th October, 3rd November, 1st December, 5th January, 2nd February	Oven-baked Fish Fingers  Garden Peas & Steamed Sweetcorn Chipped Potatoes or Baked Potato  Chocolate Mousse & Mandarin Oranges	Beef Bolognese  Steamed Broccoli & Coleslaw Pasta Spirals or Baby Potatoes  Apple Sponge & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread  Baton Carrots & Garden Peas Steamed Rice or Mashed Potatoes  Vanilla Ice Cream & Pear Chunks	Roast Beef & Yorkshire Pudding with Stuffing & Gravy - Or - Salmon with a Creamy Dill & Cheese Sauce  Fresh Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes Carrot Cake Slice	Hot Dog with Tomato Ketchup  Mini Corn on the Cob & Baked Beans Chipped Potatoes or Baked Potato  Yoghurt & Chopped Fruit
13th October, 10th November, 8th December, 12th January, 9th February.	Oven-baked Fish Goujons with Lemon Mayo  Diced Carrots & Garden Peas Crispy Herb Diced Potatoes or Mashed Potatoes  Flakemeal Biscuit & Melon Wedge	Traditional Savoury Mince  Broccoli & Roasted Butternut Squash Mashed Potatoes or Roasted Potato Wedges  Chocolate & Pear Sponge Cake & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread  Garden Peas & Sweetcorn Steamed Rice or Baby Potatoes  Date Krispie & Orange Wedge	Roast Chicken with Stuffing & Gravy  Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes  Vanilla Ice Cream Roll & Peaches	Beef Burger with Tomato Ketchup  Baked Beans, Coleslaw & Salad Chipped Potatoes or Baked Potato  Strawberry Yoghurt & Chopped Fruit
20th October, 17th November, 15th December, 19th January.	Oven-baked Fish Fingers  Roasted Peppers & Sweetcorn Chipped Potatoes or Steamed Fluffy Rice  Apple and Winter Berry Crumble & Custard	Beef Bolognese  Steamed Broccoli & Coleslaw Oven-roasted Potato Wedges or Pasta Spirals  Strawberry Jelly & Mandarin Oranges	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread  Garden Peas & Baton Carrots Steamed Rice or Mashed Potatoes  Homemade Chocolate Brownie & Custard	Roast Gammon with Stuffing & Gravy  Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes  Popcorn Biscuit & Melon Wedge	Southern Fried Chicken Goujon & Salad Wrap with Taco Sauce  Mini Corn on the Cob & Baked Beans Chipped Potatoes or Baked Potato  Frozen Fruit Smoothie & Fruit Tub
27th October, 24th November, 22nd December, 26th January.	Cod Fish Bites with Mayo Dip  Garden Peas, Coleslaw & Carrot Sticks Chipped Potatoes or Mashed Potatoes  Strawberry Mousse & Two Fruits	Traditional Irish Stew with Wheaten Bread  Broccoli & Baked Beans Mashed Potatoes or Baked Potato  Steamed Chocolate Pudding & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread  Sweetcorn & Ratatouille Steamed Rice or Champ  Homemade Cookie & Orange Wedge	Roast Turkey with Stuffing & Gravy  Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes  Chocolate Cracknel & Fruit Tub	Homemade Margherita or Mini Meatball Pizza  Sweetcorn, Coleslaw & Salad Chipped Potatoes or Baked Potato  Frozen Yoghurt Pot & 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