# EAT SMART WITH THE LUNCH BUNCH

**TUESDAY** 



#### WEEKS SERVED

### MONDAY

19 February 18 March 15 April 13 May 10 June 2 September 30 September	Golden Crumbed Fish Fingers Sweetcorn & Roasted Peppers Chipped / Baked Potato / Coleslaw Ice-Cream, Pears & Chocolate Sauce Baked Pork Sausages & Gravy	Beef meatballs with tomato& Basil sauce / Pasta spirals Crusty bread sweetcorn Vanilla sponge &custard Mandarin oranges Pepperoni pizza or cheese
26 February 25 March 22 April 20 May 17 June 9 September	Baked Beans / Garden Peas Chipped / Baked Potato Ice-Cream & Two Fruits	pizza Sweetcorn salad Potato wedge flakemeal biscuit
4 March 1 April 29 April 27 May 24 June 16 September	Beef Bolognaise Sweetcorn / Broccoli Pasta Spirals / Mashed Potato Chocolate & Orange Cookie	Breaded Fish & Lemon Mayo Mushy or Garden Peas / Baked Beans Chipped Potato / Baked Potato Raspberry Jelly & Two Fruits
11 March 8 April 6 May 3 June 26 August 23 September	Golden Crumbed Fish Fingers Baked Beans & Garden Peas Chipped / Baked Potato Homemade Flakemeal Biscuit	Beef bolognaise with pasta spirals Sweetcorn Crusty bread / Salad Mandarin Orange Sponge & Custard

#### WEDNESDAY

## THURSDAY

#### FRIDAY

d Fish Fingers	Beef meatballs with tomato& Basil sauce	Chicken curry with naan bread	Roast chicken,, Stuffing & Gravy School "Chippy Day" Chicken or Fish Goujons / Sausages	
asted Peppers Potato / Coleslaw	/ Pasta spirals Crusty bread	Steamed rice and garden pes	Fresh Vegetables in Season Mashed / Oven Roast potatoes	Beans / Mushy Peas Chipped / Baby New Potatoes
rs & Chocolate ce	sweetcorn	Shortbread biscuit Fresh fruit	Blueberry muffin	Frozen Fruit Yoghurt
	Vanilla sponge &custard Mandarin oranges	Flesh huit		
ısages & Gravy	Pepperoni pizza or cheese pizza	Chicken curry with naan bread Steamed rice	Roast gammon, Stuffing & Gravy	Beef Burger / Bean Burger in Bap with Onions
Garden Peas aked Potato	Sweetcorn salad	Garden Peas	Fresh Vegetables in Season Mashed / Oven Roast Potato	Corn on the Cob / Pasta Salad
Two Fruits	Potato wedge	Fruit Change & Custord		Chipped Potato / Steamed Rice
	flakemeal biscuit	Fruit Sponge & Custard	Fresh Fruit Salad & Yoghurt	Lemon Shortbread & Melon Wedge
ognaise	Breaded Fish & Lemon Mayo	Chicken Curry & Naan Bread	Roast chicken Stuffing & Gravy	Hot Dog / Veggie Dog with Tomato Ketchup
/ Broccoli ⁄lashed Potato	Mushy or Garden Peas / Baked Beans	Diced Carrots & Green Beans Noodles / Rice	Salmon & Creamy Tomato Pasta	Spaghetti Hoops / Corn on the
range Cookie	Chipped Potato / Baked Potato	Fruit Sponge & Custard	Fresh Vegetables in Season Mashed / Oven Roast Potato	Cob Chipped / Mashed Potatoes
	Raspberry Jelly & Two Fruits		Fruit muffin	Ice-Cream & Mandarin Oranges
ed Fish Fingers	Beef bolognaise with pasta spirals	Chicken Curry & Naan Bread	Roast gammon, Stuffing & Gravy	Chicken Goujons & Sweet Chilli Dip
a Garden Peas Aked Potato	Sweetcorn	Garden Peas / Baton Carrots Boiled Rice / Mashed Potato	Fresh Vegetables in Season	Spaghetti Hoops / Corn on the Cob
	Crusty bread		Mashed / Oven Roast Potato	Chipped / Baby New Potatoes
kemeal Biscuit	/ Salad Mandarin Orange Sponge &	Arctic Roll and Peaches	Homemade Brownie & Orange Wedges	Fruit Muffin & Apple / Orange Juice
	Custard		-	

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL DIETARY REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY MENU SUBJECT TO PRODUCT AVAILABLIITY