EAT SMART WITH THE LUNCH BUNCH

WEEK ONE

WEEK BEGINNING:
31 AUGUST, 28 SEPTEMBER, 26 OCTOBER, 23 NOVEMBER, 21 DECEMBER, 25 JANUARY, 22 FEBRUARY, 22 MARCH, 19 APRIL, 17 MAY, 14 JUNE

MONDAY

MAIN COURSE ONE

LUNCH BUNCH CATCH OF THE WEEK
Oven Baked Fish Fingers
Mushy Peas & Sweetcorn
Chips or Mashed Potatoes

MAIN COURSE TWO

MAC 'N' CHEESE
Macaroni Cheese
Sweetcorn
Chips or Mashed Potatoes

DESSERT

SHAKE IT OFF
Fruit Muffin with Milkshake

TUESDAY

MAIN COURSE ONE

A LITTLE TASTE OF ITALY
Homemade Beef Bolognese
Broccoli & Coleslaw
Pasta Spirals

MAIN COURSE TWO

HEARTY HEALTHY PIZZA
Margherita Pizza
Broccoli & Coleslaw
Oven Roasted Diced Potatoes

DESSERT

SUNNY FRUIT TREAT
Custard & Two Fruits

WEDNESDAY

MAIN COURSE ONE

LUNCH BUNCH CHICKEN CURRY
Chicken Curry &
Mini Naan Bread
Garden Peas & Baton Carrots
Boiled Rice

MAIN COURSE TWO

THE BAKED DIPPER
Oven Baked Quorn Dippers
Garden Peas & Baton Carrots
Mashed Potatoes

DESSERT

WHAT' S THE CRAIC?
Crackers & Dairylea Cheese

THURSDAY

MAIN COURSE ONE

LUNCH BUNCH ROAST OF THE WEEK
Roast Pork with Stuffing &
Rich Gravy
Seasonal Veg of the Day
Oven Baked Roast Potatoes
or Mashed Potatoes

MAIN COURSE TWO

WINNER WINNER CHICKEN DINNER
Roasted Chicken & Gravy
Seasonal Veg of the Day
Oven Baked Roast Potatoes
or Mashed Potatoes

DESSERT

CHOCO-PEAR DELIGHT
Chocolate & Pear Cake with
Custard

FRIDAY

MAIN COURSE ONE

THE GOLDEN NUGGET
Oven Baked
Chicken Nuggets
Baked Beans & Mini
Corn on the Cob
Chips or Baked Potato

MAIN COURSE TWO

RELAX AND CHILL-I
Mild Chilli Beef
Baked Beans & Mini Corn on
the Cob
Chips or Baked Potato

DESSERT

NICE 'N' FRESH
Fresh Fruit Salad
with Strawberry Yoghurt

MILK, WATER, BREAD & FRESH FRUIT AVAILABLE DAILY

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MENU SUBJECT TO PRODUCT AVAILABILITY

EAT SMART WITH THE LUNCH BUNCH

WEEK TWO

WEEK BEGINNING:
7 SEPTEMBER, 5 OCTOBER,
2 NOVEMBER, 30 NOVEMBER,
4 JANUARY, 1 FEBRUARY, 1 MARCH,
29 MARCH, 26 APRIL, 24 MAY, 21 JUNE

MONDAY

MAIN COURSE ONE

LUNCH BUNCH CATCH OF THE WEEK
Oven Baked Fish Goujons
Baked Beans & Garden Peas
Chips or Mashed Potatoes

MAIN COURSE TWO

PESTO PARADISE
Cheese & Pesto Panini with Salad in Season
Baked Beans
Chips or Mashed Potatoes

DESSERT

THE MOUSSE IS LOOSE
Strawberry Mousse & Fruit

TUESDAY

MAIN COURSE ONE

TACO BOAT ADVENTURE
Beef Chilli Taco Boat with Salsa & Cheddar Cheese
Broccoli & Coleslaw
Boiled Rice

MAIN COURSE TWO

TASTE OF THE MED
Mediterranean Chicken Pizza
Broccoli & Coleslaw
Oven Roasted Diced Potatoes

DESSERT

JELLY AND ICE CREAM
Raspberry Jelly with Vanilla Ice Cream & Two Fruits

WEDNESDAY

MAIN COURSE ONE

LUNCH BUNCH CHICKEN CURRY
Chicken Curry &
Mini Naan Bread
Baton Carrots & Green Beans
Boiled Rice

MAIN COURSE TWO

GOING FOR GOLD!
Golden Herb Baked Chicken
Baton Carrots & Green Beans
Mashed Potatoes

DESSERT

A BERRY LEMON SURPRISE
Lemon & Blueberry Sponge with Custard

THURSDAY

MAIN COURSE ONE

LUNCH BUNCH ROAST OF THE WEEK
Roast Turkey with Stuffing & Rich Gravy
Seasonal Veg of the Day
Oven Baked Roast Potatoes or Mashed Potatoes

MAIN COURSE TWO

QUORN CRUNCH & PEPPER PUNCH
Quorn Fillet & Pepper Sauce
Seasonal Veg of the Day
Oven Baked Roast Potatoes or Mashed Potatoes

DESSERT

OKEY DOKEY OATY TASTY
Oaty Biscuit with Milkshake

FRIDAY

MAIN COURSE ONE

BURGER BIG BITE DELIGHT
Cheeseburger with Salad
Mini Corn on the Cob & Spaghetti Hoops
Chips or Baked Potato

MAIN COURSE TWO

CAJUN WRAP 'N' ROLL
Cheesy Cajun Chicken & Veggie Wrap with Salad
Mini Corn on the Cob & Spaghetti Hoops
Chips or Baked Potato

DESSERT

NICE 'N' FRESH
Fresh Fruit Salad with Raspberry Yoghurt

MILK, WATER, BREAD & FRESH FRUIT AVAILABLE DAILY

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EAT SMART WITH THE LUNCH BUNCH

WEEK THREE

WEEK BEGINNING:
14 SEPTEMBER, 12 OCTOBER, 9 NOVEMBER, 7 DECEMBER, 11 JANUARY, 8 FEBRUARY, 8 MARCH, 5 APRIL, 3 MAY, 31 MAY, 28 JUNE

MONDAY

MAIN COURSE ONE

LUNCH BUNCH CATCH OF THE WEEK
Oven Baked Fish Fingers
Garden Peas & Diced Carrots
Chips or Mashed Potatoes

MAIN COURSE TWO

THE 'TUS-CAN' DO CHICKEN BAKE
Tuscan Chicken Pasta Bake
Garden Peas & Diced Carrots
Chips or Mashed Potatoes

DESSERT

PEACHY KEEN RICE DREAM
Rice Pudding with
Peach Slices

TUESDAY

MAIN COURSE ONE

A LITTLE TASTE OF ITALY
Homemade Beef Bolognese
Sweetcorn & Coleslaw
Pasta Spirals

MAIN COURSE TWO

HEARTY HEALTHY PIZZA
Margherita Pizza
Sweetcorn & Coleslaw
Oven Roasted Diced Potatoes

DESSERT

CHOCOLATE LAVA MOUNTAIN
Ice Cream & Pears with
Chocolate Sauce

WEDNESDAY

MAIN COURSE ONE

LUNCH BUNCH CHICKEN CURRY
Chicken Curry &
Mini Naan Bread
Broccoli & Baton Carrots
Boiled Rice

MAIN COURSE TWO

THE VEGTASTIC SIZZLERS
Roast Vegetable Sausages &
Gravy
Broccoli & Baton Carrots
Mashed Potatoes

DESSERT

SUNBEAMS & APPLE DREAMS
Apple Sponge Cake with
Custard

THURSDAY

MAIN COURSE ONE

LUNCH BUNCH ROAST OF THE WEEK
Roast Gammon with Stuffing &
Rich Gravy
Seasonal Veg of the Day
Oven Baked Roast Potatoes or
Mashed Potatoes

MAIN COURSE TWO

HOOK LINE AND PERFECT PASTA!
Creamy Salmon Pasta
Seasonal Veg of the Day
Oven Baked Roast Potatoes

DESSERT

SIMPLY THE ZEST
Chocolate & Raspberry Cookie
with Orange Wedges

FRIDAY

MAIN COURSE ONE

CHICKIN' LICKIN' GOOD
Oven Baked Chicken
Goujons
Baked Beans & Mini
Corn on the Cob
Chips or Baked Potato

MAIN COURSE TWO

CHILLI-CHILLI BANG-BANG
Sweet Chilli Chicken Panini
with Salad
Baked Beans & Mini
Corn on the Cob
Chips or Baked Potato

DESSERT

BANANA FOOL
Layered Banana with Yoghurt,
Banana Mousse & Biscuit

MILK, WATER, BREAD & FRESH FRUIT AVAILABLE DAILY

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EAT SMART WITH THE LUNCH BUNCH

WEEK FOUR

WEEK BEGINNING:
21 SEPTEMBER, 19 OCTOBER,
16 NOVEMBER, 14 DECEMBER,
18 JANUARY, 15 FEBRUARY,
15 MARCH, 12 APRIL, 10 MAY, 7 JUNE

MONDAY

MAIN COURSE ONE

LUNCH BUNCH CATCH OF THE WEEK
Oven Baked Fish Goujons
Garden Peas & Sweetcorn
Chips

MAIN COURSE TWO

'JAM-IN' 'SLAM-IN' CHICKEN
Chicken Jambalaya Rice Stew
Garden Peas & Sweetcorn

DESSERT

IT'S ONE IN A 'MELON'
Yoghurt Tub & Melon Wedge

TUESDAY

MAIN COURSE ONE

A TRUE 'MASH'-TERPIECE
Homemade Cottage Pie
& Gravy
Baton Carrots
Oven Roasted Diced Potatoes or
Mashed Potatoes

MAIN COURSE TWO

HEARTY HEALTHY PIZZA
Homemade Margherita Pizza
Baton Carrots
& Salad in Season
Oven Roasted Diced Potatoes

DESSERT

SUNSET BROWNIE
Brownie & Orange Wedges

WEDNESDAY

MAIN COURSE ONE

LUNCH BUNCH CHICKEN CURRY
Chicken Curry &
Mini Naan Bread
Broccoli & Roasted
Butternut Squash
Boiled Rice

MAIN COURSE TWO

'MED' ROAST WITH THE MOST
Roast Mediterranean
Chicken with Vegetables
Broccoli & Roasted
Butternut Squash
Boiled Rice or Couscous

DESSERT

'FINE-APPLE' FLIP
Pineapple Upside Down Cake
with Custard

THURSDAY

MAIN COURSE ONE

LUNCH BUNCH ROAST OF THE WEEK
Roast Beef & Yorkshire Pudding
with Stuffing & Rich Gravy
Seasonal Veg of the Day
Oven Baked Roast Potatoes or
Mashed Potatoes

MAIN COURSE TWO

THE PENNE-TASTIC PASTA PARTY
Penne with Creamy Roasted
Tomato & Basil Sauce
Seasonal Veg of the Day

DESSERT

A SLICE OF 'OH SO NICE'
Jellywhip & Pear Slices

FRIDAY

MAIN COURSE ONE

THE BEANY-BANGER BONANZA
Baked Pork Sausages
Baked Beans & Coleslaw
Chips or Baked Potato

MAIN COURSE TWO

THE UN-'BEAN'-LIEVABLE SPUD
Cheesy Bean Baked Potato &
Salad in Season
Baked Beans & Coleslaw

DESSERT

THE 'PEACH-PERFECT' POT
Peach Melba Pot

MILK, WATER, BREAD & FRESH FRUIT AVAILABLE DAILY

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