

# 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CATCH OF THE WEEK</b> Oven Baked Fish Fingers Mushy Peas &amp; Sweetcorn Chips or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>MAC 'N' CHEESE</b> Macaroni Cheese Sweetcorn Chips or Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>SHAKE IT OFF</b> Fruit Muffin with Milkshake</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>A LITTLE TASTE OF ITALY</b> Homemade Beef Bolognese Broccoli &amp; Coleslaw Pasta Spirals</p> <p><i>MAIN COURSE TWO</i></p> <p><b>HEARTY HEALTHY PIZZA</b> Margherita Pizza Broccoli &amp; Coleslaw Oven Roasted Diced Potatoes</p> <p><i>DESSERT</i></p> <p><b>SUNNY FRUIT TREAT</b> Custard &amp; Two Fruits</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CHICKEN CURRY</b> Chicken Curry &amp; Mini Naan Bread Garden Peas &amp; Baton Carrots Boiled Rice</p> <p><i>MAIN COURSE TWO</i></p> <p><b>THE BAKED DIPPER</b> Oven Baked Quorn Dippers Garden Peas &amp; Baton Carrots Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>WHAT'S THE CRAIC?</b> Crackers &amp; Dairylea Cheese</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH ROAST OF THE WEEK</b> Roast Pork with Stuffing &amp; Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>WINNER WINNER CHICKEN DINNER</b> Roasted Chicken &amp; Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>CHOCO-PEAR DELIGHT</b> Chocolate &amp; Pear Cake with Custard</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>THE GOLDEN NUGGET</b> Oven Baked Chicken Nuggets Baked Beans &amp; Mini Corn on the Cob Chips or Baked Potato</p> <p><i>MAIN COURSE TWO</i></p> <p><b>RELAX AND CHILL-I</b> Mild Chilli Beef Baked Beans &amp; Mini Corn on the Cob Chips or Baked Potato</p> <p><i>DESSERT</i></p> <p><b>NICE 'N' FRESH</b> Fresh Fruit Salad with Strawberry Yoghurt</p>

MILK, WATER, BREAD & FRESH FRUIT  
AVAILABLE DAILY

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# 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CATCH OF THE WEEK</b> Oven Baked Fish Goujons Baked Beans &amp; Garden Peas Chips or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>PESTO PARADISE</b> Cheese &amp; Pesto Panini with Salad in Season Baked Beans Chips or Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>THE MOUSSE IS LOOSE</b> Strawberry Mousse &amp; Fruit</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>TACO BOAT ADVENTURE</b> Beef Chilli Taco Boat with Salsa &amp; Cheddar Cheese Broccoli &amp; Coleslaw Boiled Rice</p> <p><i>MAIN COURSE TWO</i></p> <p><b>TASTE OF THE MED</b> Mediterranean Chicken Pizza Broccoli &amp; Coleslaw Oven Roasted Diced Potatoes</p> <p><i>DESSERT</i></p> <p><b>JELLY AND ICE CREAM</b> Raspberry Jelly with Vanilla Ice Cream &amp; Two Fruits</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CHICKEN CURRY</b> Chicken Curry &amp; Mini Naan Bread Baton Carrots &amp; Green Beans Boiled Rice</p> <p><i>MAIN COURSE TWO</i></p> <p><b>GOING FOR GOLD!</b> Golden Herb Baked Chicken Baton Carrots &amp; Green Beans Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>A BERRY LEMON SURPRISE</b> Lemon &amp; Blueberry Sponge with Custard</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH ROAST OF THE WEEK</b> Roast Turkey with Stuffing &amp; Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>QUORN CRUNCH &amp; PEPPER PUNCH</b> Quorn Fillet &amp; Pepper Sauce Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>OKEY DOKEY OATY TASTY</b> Oaty Biscuit with Milkshake</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>BURGER BIG BITE DELIGHT</b> Cheeseburger with Salad Mini Corn on the Cob &amp; Spaghetti Hoops Chips or Baked Potato</p> <p><i>MAIN COURSE TWO</i></p> <p><b>CAJUN WRAP 'N' ROLL</b> Cheesy Cajun Chicken &amp; Veggie Wrap with Salad Mini Corn on the Cob &amp; Spaghetti Hoops Chips or Baked Potato</p> <p><i>DESSERT</i></p> <p><b>NICE 'N' FRESH</b> Fresh Fruit Salad with Raspberry Yoghurt</p>

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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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CATCH OF THE WEEK</b> Oven Baked Fish Fingers Garden Peas &amp; Diced Carrots Chips or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>THE 'TUS-CAN' DO CHICKEN BAKE</b> Tuscan Chicken Pasta Bake Garden Peas &amp; Diced Carrots Chips or Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>PEACHY KEEN RICE DREAM</b> Rice Pudding with Peach Slices</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>A LITTLE TASTE OF ITALY</b> Homemade Beef Bolognese Sweetcorn &amp; Coleslaw Pasta Spirals</p> <p><i>MAIN COURSE TWO</i></p> <p><b>HEARTY HEALTHY PIZZA</b> Margherita Pizza Sweetcorn &amp; Coleslaw Oven Roasted Diced Potatoes</p> <p><i>DESSERT</i></p> <p><b>CHOCOLATE LAVA MOUNTAIN</b> Ice Cream &amp; Pears with Chocolate Sauce</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CHICKEN CURRY</b> Chicken Curry &amp; Mini Naan Bread Broccoli &amp; Baton Carrots Boiled Rice</p> <p><i>MAIN COURSE TWO</i></p> <p><b>THE VEGTASTIC SIZZLERS</b> Roast Vegetable Sausages &amp; Gravy Broccoli &amp; Baton Carrots Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>SUNBEAMS &amp; APPLE DREAMS</b> Apple Sponge Cake with Custard</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH ROAST OF THE WEEK</b> Roast Gammon with Stuffing &amp; Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>HOOK LINE AND PERFECT PASTA!</b> Creamy Salmon Pasta Seasonal Veg of the Day Oven Baked Roast Potatoes</p> <p><i>DESSERT</i></p> <p><b>SIMPLY THE ZEST</b> Chocolate &amp; Raspberry Cookie with Orange Wedges</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>CHICKIN' LICKIN' GOOD</b> Oven Baked Chicken Goujons Baked Beans &amp; Mini Corn on the Cob Chips or Baked Potato</p> <p><i>MAIN COURSE TWO</i></p> <p><b>CHILLI-CHILLI BANG-BANG</b> Sweet Chilli Chicken Panini with Salad Baked Beans &amp; Mini Corn on the Cob Chips or Baked Potato</p> <p><i>DESSERT</i></p> <p><b>BANANA FOOL</b> Layered Banana with Yoghurt, Banana Mousse &amp; Biscuit</p>

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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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CATCH OF THE WEEK</b> Oven Baked Fish Goujons Garden Peas &amp; Sweetcorn Chips</p> <p><i>MAIN COURSE TWO</i></p> <p><b>'JAM-IN' 'SLAM-IN' CHICKEN</b> Chicken Jambalaya Rice Stew Garden Peas &amp; Sweetcorn</p> <p><i>DESSERT</i></p> <p><b>IT'S ONE IN A 'MELON'</b> Yoghurt Tub &amp; Melon Wedge</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>A TRUE 'MASH'-TERPIECE</b> Homemade Cottage Pie &amp; Gravy Baton Carrots Oven Roasted Diced Potatoes or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>HEARTY HEALTHY PIZZA</b> Homemade Margherita Pizza Baton Carrots &amp; Salad in Season Oven Roasted Diced Potatoes</p> <p><i>DESSERT</i></p> <p><b>SUNSET BROWNIE</b> Brownie &amp; Orange Wedges</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CHICKEN CURRY</b> Chicken Curry &amp; Mini Naan Bread Broccoli &amp; Roasted Butternut Squash Boiled Rice</p> <p><i>MAIN COURSE TWO</i></p> <p><b>'MED' ROAST WITH THE MOST</b> Roast Mediterranean Chicken with Vegetables Broccoli &amp; Roasted Butternut Squash Boiled Rice or Couscous</p> <p><i>DESSERT</i></p> <p><b>'FINE-APPLE' FLIP</b> Pineapple Upside Down Cake with Custard</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH ROAST OF THE WEEK</b> Roast Beef &amp; Yorkshire Pudding with Stuffing &amp; Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>THE PENNE-TASTIC PASTA PARTY</b> Penne with Creamy Roasted Tomato &amp; Basil Sauce Seasonal Veg of the Day</p> <p><i>DESSERT</i></p> <p><b>A SLICE OF 'OH SO NICE'</b> Jellywhip &amp; Pear Slices</p>	<p><i>MAIN COURSE ONE</i></p> <p><b>THE BEANY-BANGER BONANZA</b> Baked Pork Sausages Baked Beans &amp; Coleslaw Chips or Baked Potato</p> <p><i>MAIN COURSE TWO</i></p> <p><b>THE UN-'BEAN'-LIEVABLE SPUD</b> Cheesy Bean Baked Potato &amp; Salad in Season Baked Beans &amp; Coleslaw</p> <p><i>DESSERT</i></p> <p><b>THE 'PEACH-PERFECT' POT</b> Peach Melba Pot</p>

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