

EAT SMART WITH THE LUNCH BUNCH



WEEK BEGINNING	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6th October, 3rd November, 1st December, 5th January, 2nd February Week one	Oven-baked Fish Fingers Garden Peas & Steamed Sweetcorn Chipped Potatoes or Baked Potato Yoghurt & Chopped Fruit	Pasta Bolognese Steamed Broccoli Coleslaw Baby Potatoes Apple Sponge & Custard	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 Fresh Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes Carrot Cake Slice & Custard	Hot Dog with Tomato Ketchup Sweetcorn / Baked Beans Chipped Potatoes or Baked Potato Chocolate Mousse & Mandarin Oranges
13th October, 10th November, 8th December, 12th January, 9th February. Week Two	Oven-baked Fish Goujons with Lemon Dip 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	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	Chicken 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. Week Three	Oven-baked Fish Fingers Roasted Peppers & Sweetcorn Chipped Potatoes or Steamed Fluffy Rice Apple and Winter Berry Crumble & Custard	Pasta Bolognese Steamed Broccoli & Coleslaw Potato Wedges Strawberry Jelly & Mandarin Oranges	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 Milkshake & Melon Wedge	Southern Fried Chicken Goujon & Salad Sweetcorn or Baked Beans Chipped Potatoes or Baked Potato Frozen Fruit Smoothie & Fruit Tub
27th October, 24th November, 22nd December, 26th January. Week Four	Cod Fish Bites with Mayo Dip Garden Peas, Coleslaw & Carrot Sticks Chipped Potatoes or Mashed Potatoes Frozen Yoghurt & Melon Wedge	Traditional Irish Stew with Wheaten Bread Broccoli & Baked Beans Mashed Potatoes or Baked Potato Steamed Chocolate Pudding & Custard	Chicken Curry with Freshly Baked Mini Naan Bread Sweetcorn & Ratatouille Steamed Rice Homemade Cookie Milkshake & Orange Wedge	Roast Turkey with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes or Mashed Potatoes Chocolate Cracknel Custard & Fruit Tub	Homemade Margherita Mini Meatball Pizza Sweetcorn, Coleslaw & Salad Chipped Potatoes or Baked Potato Strawberry Mousse & Two Fruits

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