EAT SMART WITH THE LUNCH BUNCH

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 & Baked Potato Chocolate Mousse & Mandarin Oranges	Beef Bolognese Steamed Broccoli & Coleslaw Pasta Spirals & Baby Potatoes Apple Sponge & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread Baton Carrots & Garden Peas Steamed Rice & 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 & Mashed Potatoes Carrot Cake Slice	Hot Dog with Tomato Ketchup Mini Corn on the Cob & Baked Beans Chipped Potatoes & 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 & Mashed Potatoes Flakemeal Biscuit & Melon Wedge	Traditional Savoury Mince Broccoli & Roasted Butternut Squash Mashed Potatoes &Roasted Potato Wedges Chocolate & Pear Sponge Cake & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread Garden Peas & Sweetcorn Steamed Rice & 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 & Baked Potato Strawberry Yoghurt & Chopped Fruit
20th October, 17th November, 15th December, 19th January.	Oven-baked Fish Fingers Roasted Peppers & Sweetcorn Chipped Potatoes & Steamed Fluffy Rice Apple and Winter Berry Crumble & Custard	Beef Bolognese Steamed Broccoli & Coleslaw Oven-roasted Potato Wedges & Pasta Spirals Strawberry Jelly & Mandarin Oranges	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread Garden Peas & Baton Carrots Steamed Rice & Mashed Potatoes Homemade Chocolate Brownie & Custard	Roast Gammon with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes Popcorn Biscuit & Melon Wedge	Southern Fried Chicken Goujon & Salad Wrap with Taco Sauce Mini Corn on the Cob & Baked Beans Chipped Potatoes & 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 & Mashed Potatoes Strawberry Mousse & Two Fruits	Traditional Irish Stew with Wheaten Bread Broccoli & Baked Beans Mashed Potatoes & Baked Potato Steamed Chocolate Pudding & Custard	Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread Sweetcorn & Ratatouille Steamed Rice & Champ Homemade Cookie & Orange Wedge	Roast Turkey with Stuffing & Gravy Fresh Selection of Vegetables in Season Oven-baked Roast Potatoes & Mashed Potatoes Chocolate Cracknel & Fruit Tub	Homemade Margherita or Mini Meatball Pizza Sweetcorn, Coleslaw & Salad Chipped Potatoes & Baked Potato Frozen Yoghurt Pot & Melon Wedge

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY | **MENU SUBJECT TO PRODUCT AVAILABLIITY** | **IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL**