EAT SMART WEEK with the Lunch Bunch

September 29 - October 3

Monday	Tuesday	Wednesday	Thursday	Friday
Main Course Roasted Garlic & Pesto Chicken Pasta	**Main Course** Baked Breaded Whiting & Tartare Mayo	**Main Course** Chicken Curry with Freshly Baked Mini Naan Bread	**Main Course** Cook's Roast Gammon with Stuffing & Gravy	**Main Course** Oven Baked Chicken Goujons with choice of Dip
Main Course Homebaked Margherita Pizza & Coleslaw	**Main Course** Creamy Mac 'n' Cheese & Garlic Bread	**Main Course** Quorn Fillet with Creamy Pepper Sauce	**Main Course** Penne Pasta with Tomato & Basil Sauce	**Main Course** Baked Potato with Cheesy Beans & Salad
Main Course Rainbow Rice with Steamed Chicken & Soy Sauce	**Main Course** Beef Bolognese	**Main Course** Baked Jacket Potato with Giant Butter Beans in Tomato Sauce & Cheese	**Main Course** Homemade Tomato & Mozzarella Pizza	**Main Course** Freshly Baked Frittata with Garden Salad & Balsamic Dressing
Sides Green Beans & Diced Carrots Penne Pasta or Baby Potatoes with Herbs	**Sides** Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato	**Sides** Broccoli & Roasted Butternut Squash Steamed Fluffy Rice or Oven-Baked Herb Wedges	**Sides** Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes	**Sides** Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato
Taster Pot Crunchy Veggie Batons & Hummus	**Taster Pot** Super Duper Cous-Cous Salad	**Taster Pot** Boiled Egg	**Taster Pot** Cream Cheese & Crackers	**Taster Pot** Homemade Lentil Soup & Fresh Bread
Dessert Iced Lemon Sponge Finger	**Dessert** Forest Fruits Flavoured Jelly with Mandarin Oranges	**Dessert** Cheesecake with Strawberry Sauce	**Dessert** Belgian Waffle with Fruit Salad & Chocolate Sauce	**Dessert** Artic Roll with Summer Berry Sauce

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY | MENU MAY CHANGE DUE TO DELIVERY CHANGES | IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL