# EAT SMART WITH THE LUNCH BUNCH

Week Beginning: 17th February, 17th March, 14th April, 12th May, 9th June



## Monday

#### Mains

Homemade Beef Bolognese

#### Side Dishes

Green Beans & Diced Carrots Penne Pasta or Baby Potatoes with Herbs

#### Dessert

Iced Lemon Sponge Finger

## **Tuesday**

#### Mains

Baked Breaded Whiting & Tartare Mayo

#### Side Dishes

Garden Peas & Sweetcorn Chipped Potatoes or Baked Jacket Potato

### Dessert

Forest Fruits Flavored Jelly with Mandarin Oranges

## Wednesday

#### Mains

Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread

#### Side Dishes

Vegetables in Curry Steamed Fluffy Rice

#### Dessert

Shortbread / strawberry cheese cake

# **Thursday**

#### Mains

Cook's Roast Gammon with Stuffing & Gravy

#### Side Dishes

Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes

#### Dessert

Belgian Waffle with Fruit Salad & Chocolate Sauce

# Friday

#### Mains

Oven Baked Chicken Goujons with choice of Dip

#### Side Dishes

Baked Beans & Coleslaw Chipped Potatoes or Baked Jacket Potato

#### Dessert

Artic Roll & Summer Berry Sauce

# FAT SMART WITH THE LUNCH BUNCH

Week Beginning: 24th February, 24th March, 21th April, 19th May, 16th June



## Monday

#### Mains

Golden Crumbed Fish Fingers & Mayo Dip

#### Side Dishes

Garden Peas & Baked Beans Mashed Potato

#### Dessert

Homebaked Chocolate & Raspberry Brownie

## **Tuesday**

#### Mains

Home-Baked Margherita Pizza with Salad in season Or Lasagna

#### Side Dishes

Coleslaw & Chipped Potato

#### Dessert

Assorted Yoghurt Pots & Fresh Fruit Salad

## Wednesday

#### Mains

Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread

#### Side Dishes

Vegetables in curry Steamed Fluffy Rice

### Dessert

Apple Sponge or Apple Crumble & Custard

# **Thursday**

#### Mains

Cook's Roast Turkey with Stuffing & Gravy

#### Side Dishes

Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes

#### Dessert

Ice Cream with Two Fruits

## Friday

#### Mains

Cheeseburger with Burger Sauce in Bap

#### Side Dishes

Mini Corn on the Cob & Coleslaw Chipped Potatoes or Baked Jacket Potato

#### Dessert

Homebaked Oaty Biscuit with Fresh Fruit

# EAT SMART WITH THE LUNCH BUNGH

Week Beginning: 3 March, 31 March, 28 April, 26 May, 23 June



## Monday

#### Mains

Oven Baked Cod Goujons with Mayo Dip

#### Side Dishes

Garden Peas & Salad Chipped Potatoes or Baked Jacket Potato

#### Dessert

Ice-Cream tub & Orange Wedges

## Tuesday

#### Mains

Homemade Spaghetti Bolognese

#### Side Dishes

**Baton Carrots** 

Parsley Baby Potatoes

#### Dessert

Homemade Jam & Coconut Sponge & Custard

## Wednesday

#### Mains

Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread

Vegetables in curry

Steamed Rice

#### Dessert

Summer Fruit Salad & Yoghurt

# Thursday

#### Mains

Cook's Roast Gamon with Stuffing & Gravy

#### Side Dishes

Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes

#### Dessert

Strawberry Jelly & Sliced Pears

## Friday

#### Mains

Oven Baked Chicken Nuggets with Choice of Dip

#### Side Dishes

Sweetcorn & Baked Beans-Chipped Potatoes or Baked Jacket Potato

#### Dessert

Homemade Shortbread & Watermelon Wedge

# EAT SMART WITH THE LUNCH BUNCH

Week Beginning: 10 March, 7 April, 5 May, 2 June, 30 June



## Monday

#### Mains

Baked Cod Bites with Mayo Dip

#### Side Dishes

Salad & Coleslaw Chipped Potatoes or Baked Jacket Potato

#### Dessert

Chocolate Krispie Square & Orange Wedges

## **Tuesday**

#### Mains

Homebaked Margherita Pizza

#### Side Dishes

Oven Baked Paprika Wedges & Baby Potato Salad

#### Dessert

Cola Jelly & Chopped Fruit

## Wednesday

#### Mains

Lunch Bunch Chicken Curry with Freshly Baked Mini Naan Bread

#### Side Dishes

Vegetables in Curry Steamed Fluffy Rice

### Dessert

Angel Cake & Custard

# Thursday

#### Mains

Cook's Roast Beef & Yorkshire Pudding with Stuffing & Gravy

#### Side Dishes

Fresh Selection of Vegetables in Season Oven Baked Roast Potatoes & Mashed Potatoes

#### Dessert

Ice-Cream, with Sliced Pears & Caramel Sauce

# Friday

#### Mains

Hot Dog with Ketchup

#### Side Dishes

Mini Corn on the Cob & Baked Beans Skinny "French Fries" or Baked Jacket Potato

#### Dessert

Chocolate Cookie & Milk-shake