

# EAT SMART WITH THE LUNCH BUNCH



	<b>Week 1 W\C 2 Oct 2023</b>	<b>Week 2 W\C 9 Oct 2023</b>	<b>Week 3 W\C 16 Oct 2023</b>	<b>Week 4 W\C 23 Oct 2023</b>
<b>MON</b>	Golden Crumbed Fish Fingers <b>OR</b> Mighty Mac'n'Cheese with Garlic Bread Slice  Baked Beans & Broccoli & Coleslaw Mashed Potatoes  Artic Roll & Peaches	Beef Bolognaise with Garlic Bread <b>OR</b> Stuffed Bacon Roll\Bacon Slice  Garden Peas & Savoy Cabbage Oven Baked Wedges, Spaghetti  Chocolate Cake & Custard	Spaghetti Bolognaise <b>OR</b> Crispy Cod Fishcake with Tomato Ketchup  Baton Carrots & Baked Beans Mashed Potato, Salad  Homemade Ginger Biscuit & Custard	Chicken Nuggets <b>OR</b> Homemade Lasagne  Steamed Broccoli & Garden Peas Chips, Pasta  Ice Cream, Chocolate Sauce & Sliced Pears
<b>TUES</b>	Beef Meatballs with Italian Tomato & Basil Sauce <b>OR</b> Margherita Pizza  Garden Peas & Salad Oven Baked Wedges, Pasta  Shortbread, Custard & Fruit	Golden Crumbed Fish Fingers <b>OR</b> Tex-Mex Enchilada  Mini Corn on the Cob & Spaghetti Hoops & Coleslaw Chips, Pasta  Jelly & Mandarin Oranges	Classic Margherita Pizza <b>OR</b> Italian Chicken & Tomato Pasta Bake & Garlic Bread  Garden Peas & Coleslaw Chips, Mashed Potato  Strawberry Jelly, Ice Cream & Fruit	Spaghetti Bolognaise <b>OR</b> BBQ Chicken Pizza  Sweetcorn & Baked Beans Diced Potatoes, Mashed Potatoes, Salad  Fruit & Rice Pudding
<b>WED</b>	Lunch Bunch Chicken Curry & Naan Bread <b>OR</b> Bacon Slice  Mini Corn on the Cob Steamed Rice, Chips  Strawberry Jelly & Fruit	Lunch Bunch Chicken Curry & Naan Bread <b>OR</b> Steak Burger & Gravy  Green Beans & Sweetcorn Mashed Potato, Rice  Cornflake Biscuit & Custard	Lunch Bunch Chicken Curry & Naan Bread <b>OR</b> Chicken Panini & Coleslaw  Steamed Broccoli & Sweetcorn Oven Baked Wedges, Rice  Banana Yoghurt Pot	Lunch Bunch Chicken Curry & Naan Bread <b>OR</b> Golden Crumbed Fish Fingers  Garden Peas Rice, Salad, Mashed Potato  Rice Krispie Square & Fruit
<b>THURS</b>	Roast Chicken, Stuffing & Rich Gravy <b>OR</b> Mexican Chilli with Nachos  Baton Carrots & Tossed Salad Mashed Potato  Jam & Coconut Sponge & Custard	Roast of the Day, Stuffing & Rich Gravy <b>OR</b> Stuffed Chicken  Cauliflower Cheese & Baton Carrots Mashed Potato  Ice Cream Slider & Fruit	Roast Chicken, Stuffing & Rich Gravy <b>OR</b> Beef Olive  Baton Carrots & Savoy Cabbage Mashed Potato  Chocolate Sponge & Custard	Roast Turkey, Stuffing & Rich Gravy <b>OR</b> Salmon Fishcake  Cauliflower & Baton Carrots Mashed Potato  Fruit Muffin
<b>FRI</b>	Tasty Pork Sausages with Tomato Ketchup or Gravy <b>OR</b> Chicken Panini & Coleslaw  Sweetcorn & Spaghetti Hoops Chips, Mashed Potato, Salad  Melon wedge	Oven Baked Chicken Nuggets <b>OR</b> Admiral's Ocean Pie  Garden Peas & Baked Beans Chips, Jacket Potato, Salad  Homemade Ginger Biscuit & Fruit	Hotdog <b>OR</b> Chicken Wrap & Sweet Chilli Salsa  Garden Peas & Spaghetti Hoops Chips, Mashed Potato  Fresh Fruit & Yoghurt	Steak Burger & Tomato Ketchup <b>OR</b> Chicken Crumble  Sweetcorn & Salad <b>OR</b> Chips, Pasta  Flakemeal Biscuit & Fruit

ALL MEALS TO BE BOOKED AND PAID IN ADVANCE ON SCHOOLMONEY

Menu Choices Subject to deliveries

Fresh Fish May Contain Bones

Milk, Water, Bread and Fresh Fruit available daily

If you require any additional information on allergens or special diets please contact the office.