## **EAT SMART WITH**

# THE LUNCH BUNCH





WEEK
<b>BEGINNING</b>

### **MONDAY**

Coleslaw Ice-Cream, Pears & Chocolate

Sauce

#### **TUESDAY**

#### **WEDNESDAY**

#### **THURSDAY**

#### **FRIDAY**

BEGINNING					
4 <sup>th</sup> March	Baked Pork Sausages & Gravy Or - Jerk Chicken & Caribbean Rice with Flatbread  Baked Beans / Garden Peas Chipped / Baked Potato  Ice-Cream & Two Fruits	Chicken Curry & Naan Bread - Or - BBQ Pulled Pork Pizza Wrap Sweetcorn / Baton Carrots Boiled Rice / Oven Roasted Garlic & Paprika Wedges Jaffa Cake Pots	Breaded Fish & Lemon Mayo - Or - Beef Lasagne, Garlic Bread & Coleslaw  Garden Peas / Diced Carrots Mashed / Baby Potato  Fruit Sponge & Custard	Roast of the Day, Stuffing & Gravy Or - Roast Butternut Squash, Penne Pasta and Tomato & Pesto Sauce Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Fresh Fruit Salad & Yoghurt	Beef Burger / Bean Burger in Bap with Onions - Or - Salt & Chilli Chicken Corn on the Cob / Pasta Salad Chipped Potato / Steamed Rice Lemon Shortbread & Melon Wedge
11 <sup>th</sup> March	Beef Bolognaise	Breaded Fish & Lemon Mayo - Or - Homemade Margherita Pizza  Mushy or Garden Peas / Baked Beans Chipped Potato / Baked Potato  Raspberry Jelly & Two Fruits	Chicken Curry & Naan Bread - Or - Chinese-style Beef & Vegetables  Diced Carrots & Green Beans Noodles / Rice  Fruit Sponge & Custard	Roast of the Day, Stuffing & Gravy - Or - Salmon & Creamy Tomato Pasta Fresh Vegetables in Season Mashed Potato / Oven Roast Potato Pineapple Delight	Hot Dog / Veggie Dog with Tomato Ketchup - Or - Chicken & Summer Veg Pie Spaghetti Hoops / Corn on the Cob Chipped / Mashed Potatoes Ice-Cream & Mandarin Oranges
18 <sup>th</sup> March	Golden Crumbed Fish Fingers - Or - Freshly Baked Ham & Cheese Panini  Baked Beans & Garden Peas Chipped / Baked Potato  Homemade Flakemeal Biscuit	Beef Ragu Italia - Or - Homemade Margherita Pizza Sweetcorn / Diced Carrots / Coleslaw Oven Roasted Potato / Wedges / Rice / Salad Mandarin Orange Sponge & Custard	Chicken Curry & Naan Bread - Or - Baked Pork Sausages & Gravy Garden Peas / Baton Carrots Boiled Rice / Mashed Potato Arctic Roll and Peaches	Roast of the Day, Stuffing & Gravy - Or - Quorn Dippers  Fresh Vegetables in Season Mashed / Oven Roast Potato  Homemade Brownie & Orange Wedges	Chicken Goujons & Sweet Chilli Dip Or - Or - Roast Mediterranean Vegetable Pasta Bake Spaghetti Hoops / Corn on the Cob Chipped / Baby New Potatoes Fruit Muffin & Apple / Orange Juice
25 <sup>th</sup> March	Golden Crumbed Fish Fingers - Or - Creamy Chicken & Broccoli Pasta with Garlic Bread Sweetcorn & Roasted Peppers Chipped / Baked Potato / Coleslaw	Mini Pizza, cocktail sausages, chips	SCHOOL CLOSES 12 NOON	Happy	Easter

Ice cream wafer