

# EAT SMART WITH THE LUNCH BUNCH

WEEK ONE

WEEK BEGINNING:  
31 AUGUST, 28 SEPTEMBER, 26 OCTOBER,  
23 NOVEMBER, 21 DECEMBER,  
25 JANUARY, 22 FEBRUARY, 22 MARCH,  
19 APRIL, 17 MAY, 14 JUNE



| MONDAY                                                                                                                                                                                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                        | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH<br/>CATCH OF THE WEEK</b><br/>Oven Baked Fish Fingers<br/>Mushy Peas &amp; Sweetcorn<br/>Chips or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>MAC 'N' CHEESE</b><br/>Macaroni Cheese<br/>Sweetcorn<br/>Chips or Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>SHAKE IT OFF</b><br/>Fruit Muffin with Milkshake</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>A LITTLE TASTE OF ITALY</b><br/>Homemade Beef Bolognese<br/>Broccoli &amp; Coleslaw<br/>Pasta Spirals</p> <p><i>MAIN COURSE TWO</i></p> <p><b>HEARTY HEALTHY PIZZA</b><br/>Margherita Pizza<br/>Broccoli &amp; Coleslaw<br/>Oven Roasted Diced Potatoes</p> <p><i>DESSERT</i></p> <p><b>SUNNY FRUIT TREAT</b><br/>Custard &amp; Two Fruits</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CHICKEN CURRY</b><br/>Chicken Curry &amp;<br/>Mini Naan Bread<br/>Garden Peas &amp; Baton Carrots<br/>Boiled Rice</p> <p><i>MAIN COURSE TWO</i></p> <p><b>THE BAKED DIPPER</b><br/>Oven Baked Quorn Dippers<br/>Garden Peas &amp; Baton Carrots<br/>Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>WHAT'S THE CRAIC?</b><br/>Crackers &amp; Dairylea Cheese</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH<br/>ROAST OF THE WEEK</b><br/>Roast Pork with Stuffing &amp;<br/>Rich Gravy<br/>Seasonal Veg of the Day<br/>Oven Baked Roast Potatoes<br/>or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>WINNER WINNER<br/>CHICKEN DINNER</b><br/>Roasted Chicken &amp; Gravy<br/>Seasonal Veg of the Day<br/>Oven Baked Roast Potatoes<br/>or Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>CHOCO-PEAR DELIGHT</b><br/>Chocolate &amp; Pear Cake with<br/>Custard</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>THE GOLDEN NUGGET</b><br/>Oven Baked<br/>Chicken Nuggets<br/>Baked Beans &amp; Mini<br/>Corn on the Cob<br/>Chips or Baked Potato</p> <p><i>MAIN COURSE TWO</i></p> <p><b>RELAX AND CHILL-I</b><br/>Mild Chilli Beef<br/>Baked Beans &amp; Mini Corn on<br/>the Cob<br/>Chips or Baked Potato</p> <p><i>DESSERT</i></p> <p><b>NICE 'N' FRESH</b><br/>Fresh Fruit Salad<br/>with Strawberry Yoghurt</p> |

MILK, WATER, BREAD & FRESH FRUIT  
AVAILABLE DAILY

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MENU SUBJECT TO  
PRODUCT AVAILABILITY

# EAT SMART WITH THE LUNCH BUNCH

## WEEK TWO

**WEEK BEGINNING:**  
7 SEPTEMBER, 5 OCTOBER,  
2 NOVEMBER, 30 NOVEMBER,  
4 JANUARY, 1 FEBRUARY, 1 MARCH,  
29 MARCH, 26 APRIL, 24 MAY, 21 JUNE



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                            | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                    | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                            | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH<br/>CATCH OF THE WEEK</b><br/>Oven Baked Fish Goujons<br/>Baked Beans &amp; Garden Peas<br/>Chips or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>PESTO PARADISE</b><br/>Cheese &amp; Pesto Panini with<br/>Salad in Season<br/>Baked Beans<br/>Chips or Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>THE MOUSSE IS LOOSE</b><br/>Strawberry Mousse &amp; Fruit</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>TACO BOAT ADVENTURE</b><br/>Beef Chilli Taco Boat with Salsa<br/>&amp; Cheddar Cheese<br/>Broccoli &amp; Coleslaw<br/>Boiled Rice</p> <p><i>MAIN COURSE TWO</i></p> <p><b>TASTE OF THE MED</b><br/>Mediterranean Chicken Pizza<br/>Broccoli &amp; Coleslaw<br/>Oven Roasted Diced Potatoes</p> <p><i>DESSERT</i></p> <p><b>JELLY AND ICE CREAM</b><br/>Raspberry Jelly with Vanilla Ice<br/>Cream &amp; Two Fruits</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CHICKEN CURRY</b><br/>Chicken Curry &amp;<br/>Mini Naan Bread<br/>Baton Carrots &amp; Green Beans<br/>Boiled Rice</p> <p><i>MAIN COURSE TWO</i></p> <p><b>GOING FOR GOLD!</b><br/>Golden Herb Baked Chicken<br/>Baton Carrots &amp; Green Beans<br/>Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>A BERRY LEMON SURPRISE</b><br/>Lemon &amp; Blueberry Sponge<br/>with Custard</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH<br/>ROAST OF THE WEEK</b><br/>Roast Turkey with Stuffing &amp;<br/>Rich Gravy<br/>Seasonal Veg of the Day<br/>Oven Baked Roast Potatoes<br/>or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>QUORN CRUNCH<br/>&amp; PEPPER PUNCH</b><br/>Quorn Fillet &amp; Pepper Sauce<br/>Seasonal Veg of the Day<br/>Oven Baked Roast Potatoes<br/>or Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>OKEY DOKEY OATY TASTY</b><br/>Oaty Biscuit with Milkshake</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>BURGER BIG BITE DELIGHT</b><br/>Cheeseburger with Salad<br/>Mini Corn on the Cob<br/>&amp; Spaghetti Hoops<br/>Chips or Baked Potato</p> <p><i>MAIN COURSE TWO</i></p> <p><b>CAJUN WRAP 'N' ROLL</b><br/>Cheesy Cajun Chicken &amp;<br/>Veggie Wrap with Salad<br/>Mini Corn on the Cob<br/>&amp; Spaghetti Hoops<br/>Chips or Baked Potato</p> <p><i>DESSERT</i></p> <p><b>NICE 'N' FRESH</b><br/>Fresh Fruit Salad with<br/>Raspberry Yoghurt</p> |

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# EAT SMART WITH THE LUNCH BUNCH

## WEEK THREE

**WEEK BEGINNING:**  
14 SEPTEMBER, 12 OCTOBER,  
9 NOVEMBER, 7 DECEMBER,  
11 JANUARY, 8 FEBRUARY, 8 MARCH,  
5 APRIL, 3 MAY, 31 MAY, 28 JUNE



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                    | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                          | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH<br/>CATCH OF THE WEEK</b><br/>Oven Baked Fish Fingers<br/>Garden Peas &amp; Diced Carrots<br/>Chips or Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>THE 'TUS-CAN'<br/>DO CHICKEN BAKE</b><br/>Tuscan Chicken Pasta Bake<br/>Garden Peas &amp; Diced Carrots<br/>Chips or Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>PEACHY KEEN RICE DREAM</b><br/>Rice Pudding with<br/>Peach Slices</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>A LITTLE TASTE OF ITALY</b><br/>Homemade Beef Bolognese<br/>Sweetcorn &amp; Coleslaw<br/>Pasta Spirals</p> <p><i>MAIN COURSE TWO</i></p> <p><b>HEARTY HEALTHY PIZZA</b><br/>Margherita Pizza<br/>Sweetcorn &amp; Coleslaw<br/>Oven Roasted Diced Potatoes</p> <p><i>DESSERT</i></p> <p><b>CHOCOLATE LAVA MOUNTAIN</b><br/>Ice Cream &amp; Pears with<br/>Chocolate Sauce</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CHICKEN CURRY</b><br/>Chicken Curry &amp;<br/>Mini Naan Bread<br/>Broccoli &amp; Baton Carrots<br/>Boiled Rice</p> <p><i>MAIN COURSE TWO</i></p> <p><b>THE VEGTASTIC SIZZLERS</b><br/>Roast Vegetable Sausages &amp;<br/>Gravy<br/>Broccoli &amp; Baton Carrots<br/>Mashed Potatoes</p> <p><i>DESSERT</i></p> <p><b>SUNBEAMS &amp; APPLE DREAMS</b><br/>Apple Sponge Cake with<br/>Custard</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH<br/>ROAST OF THE WEEK</b><br/>Roast Gammon with Stuffing &amp;<br/>Rich Gravy<br/>Seasonal Veg of the Day<br/>Oven Baked Roast Potatoes or<br/>Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>HOOK LINE AND<br/>PERFECT PASTA!</b><br/>Creamy Salmon Pasta<br/>Seasonal Veg of the Day<br/>Oven Baked Roast Potatoes</p> <p><i>DESSERT</i></p> <p><b>SIMPLY THE ZEST</b><br/>Chocolate &amp; Raspberry Cookie<br/>with Orange Wedges</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>CHICKIN' LICKIN' GOOD</b><br/>Oven Baked Chicken<br/>Goujons<br/>Baked Beans &amp; Mini<br/>Corn on the Cob<br/>Chips or Baked Potato</p> <p><i>MAIN COURSE TWO</i></p> <p><b>CHILLI-CHILLI BANG-BANG</b><br/>Sweet Chilli Chicken Panini<br/>with Salad<br/>Baked Beans &amp; Mini<br/>Corn on the Cob<br/>Chips or Baked Potato</p> <p><i>DESSERT</i></p> <p><b>BANANA FOOL</b><br/>Layered Banana with Yoghurt,<br/>Banana Mousse &amp; Biscuit</p> |

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# EAT SMART WITH THE LUNCH BUNCH

## WEEK FOUR

WEEK BEGINNING:  
21 SEPTEMBER, 19 OCTOBER,  
16 NOVEMBER, 14 DECEMBER,  
18 JANUARY, 15 FEBRUARY,  
15 MARCH, 12 APRIL, 10 MAY, 7 JUNE



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                            | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                  |
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| <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH<br/>CATCH OF THE WEEK</b><br/>Oven Baked Fish Goujons<br/>Garden Peas &amp; Sweetcorn<br/>Chips</p> <p><i>MAIN COURSE TWO</i></p> <p><b>'JAM-IN' 'SLAM-IN' CHICKEN</b><br/>Chicken Jambalaya Rice Stew<br/>Garden Peas &amp; Sweetcorn</p> <p><i>DESSERT</i></p> <p><b>IT'S ONE IN A 'MELON'</b><br/>Yoghurt Tub &amp; Melon Wedge</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>A TRUE 'MASH'-TERPIECE</b><br/>Homemade Cottage Pie<br/>&amp; Gravy<br/>Baton Carrots<br/>Oven Roasted Diced Potatoes or<br/>Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>HEARTY HEALTHY PIZZA</b><br/>Homemade Margherita Pizza<br/>Baton Carrots<br/>&amp; Salad in Season<br/>Oven Roasted Diced Potatoes</p> <p><i>DESSERT</i></p> <p><b>SUNSET BROWNIE</b><br/>Brownie &amp; Orange Wedges</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH CHICKEN CURRY</b><br/>Chicken Curry &amp;<br/>Mini Naan Bread<br/>Broccoli &amp; Roasted<br/>Butternut Squash<br/>Boiled Rice</p> <p><i>MAIN COURSE TWO</i></p> <p><b>'MED' ROAST WITH THE MOST</b><br/>Roast Mediterranean<br/>Chicken with Vegetables<br/>Broccoli &amp; Roasted<br/>Butternut Squash<br/>Boiled Rice or Couscous</p> <p><i>DESSERT</i></p> <p><b>'FINE-APPLE' FLIP</b><br/>Pineapple Upside Down Cake<br/>with Custard</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>LUNCH BUNCH<br/>ROAST OF THE WEEK</b><br/>Roast Beef &amp; Yorkshire Pudding<br/>with Stuffing &amp; Rich Gravy<br/>Seasonal Veg of the Day<br/>Oven Baked Roast Potatoes or<br/>Mashed Potatoes</p> <p><i>MAIN COURSE TWO</i></p> <p><b>THE PENNE-TASTIC<br/>PASTA PARTY</b><br/>Penne with Creamy Roasted<br/>Tomato &amp; Basil Sauce<br/>Seasonal Veg of the Day</p> <p><i>DESSERT</i></p> <p><b>A SLICE OF 'OH SO NICE'</b><br/>Jellywhip &amp; Pear Slices</p> | <p><i>MAIN COURSE ONE</i></p> <p><b>THE BEANY-BANGER<br/>BONANZA</b><br/>Baked Pork Sausages<br/>Baked Beans &amp; Coleslaw<br/>Chips or Baked Potato</p> <p><i>MAIN COURSE TWO</i></p> <p><b>THE UN-'BEAN'-LIEVABLE SPUD</b><br/>Cheesy Bean Baked Potato &amp;<br/>Salad in Season<br/>Baked Beans &amp; Coleslaw</p> <p><i>DESSERT</i></p> <p><b>THE 'PEACH-PERFECT' POT</b><br/>Peach Melba Pot</p> |

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