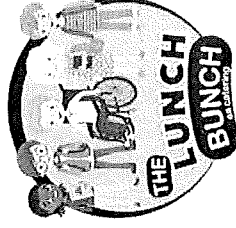


WEEK ONE

EAT SMART WITH

THE LUNCH BUNCH



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
<i>MAIN COURSE ONE</i> LUNCH BUNCH CATCH OF THE WEEK Oven Baked Fish Fingers Mushy Peas & Sweetcorn Chips or Mashed Potatoes <i>DESSERT</i> SHAKE IT OFF Fruit Muffin with Milkshake	<i>MAIN COURSE ONE</i> A LITTLE TASTE OF ITALY Homemade Beef Bolognese Broccoli & Coleslaw Pasta Spirals <i>DESSERT</i> SUNNY FRUIT TREAT Custard & Two Fruit	<i>MAIN COURSE ONE</i> LUNCH BUNCH CHICKEN CURRY Chicken Curry & Mini Naan Bread Garden Peas & Baton Carrots Boiled Rice <i>DESSERT</i> WHA'S THE CRAIC Crackers & Dairylea Cheese	<i>MAIN COURSE ONE</i> LUNCH BUNCH ROAST OF THE WEEK Roast Pork with Stuffing and Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes & Mashed Potatoes <i>DESSERT</i> CHOCO-PEAR DELIGHT Chocolate & Pear Cake & Custard	<i>MAIN COURSE ONE</i> THE GOLDEN NUGGET Oven Baked Chicken Nuggets Baked Beans & Mini Corn on the Cob Chips or Baked Potato <i>DESSERT</i> NICE 'N' FRESH Fresh Fruit Salad with Strawberry Yoghurt

MILK, WATER, BREAD & FRESH FRUIT
AVAILABLE DAILY

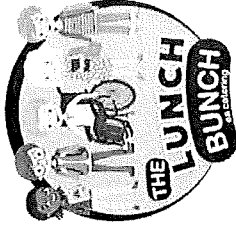
IF YOU NEED ANY INFORMATION ON ALLERGENS, OR HAVE SPECIAL DIETARY REQUIREMENTS,
PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MEALS SUBJECT TO PRODUCT
AVAILABILITY

WEEK TWO

EAT SMART WITH

THE LUNCH BUNCH



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
<i>MAIN COURSE ONE</i> LUNCH BUNCH CATCH OF THE WEEK Oven Baked Fish Goujons Baked Beans & Garden Peas Chips or Mashed Potatoes <i>DESSERT</i> THE MOUSSE IS LOOSE Strawberry Mousse & Fruit	<i>MAIN COURSE ONE</i> TACO BOAT ADVENTURE Beef Chilli Taco Boat with Salsa & Cheddar Cheese Broccoli & Coleslaw Rice <i>DESSERT</i> JELLY AND ICE CREAM Raspberry Jelly with Vanilla Ice Cream & Two Fruits	<i>MAIN COURSE ONE</i> LUNCH BUNCH CHICKEN CURRY Chicken Curry & Mini Naan Bread Baton Carrots & Green Beans Boiled Rice <i>DESSERT</i> A BERRY LEMON SURPRISE Lemon & Blueberry Sponge with Custard	<i>MAIN COURSE ONE</i> LUNCH BUNCH ROAST OF THE WEEK Roast Turkey with Stuffing & Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes & Mashed Potatoes <i>DESSERT</i> OKEY DOKEY OATY TASTY Oaty Biscuit & Milkshake	BURGER BIG BITE DELIGHT Cheeseburger with Salad Mini Corn on the Cob & Spaghetti Hoops Chips or Baked Potato <i>DESSERT</i> NICE 'N' FRESH Fresh Fruit Salad with Raspberry Yoghurt

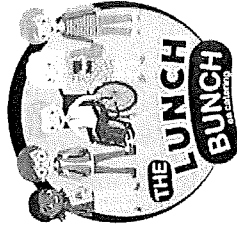
MILK, WATER, BREAD & FRESH FRUIT
AVAILABLE DAILY

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MENU SUBJECT TO PRODUCT
AVAILABILITY

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



EAT SMART WITH THE LUNCH BUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>MAIN COURSE ONE</i> LUNCH BUNCH CATCH OF THE WEEK Oven Baked Fish Fingers Garden Peas & Diced Carrots Chips or Mashed Potatoes <i>DESSERT</i> PEACHY KEEN RICE DREAM Rice Pudding with Peach Slices	<i>MAIN COURSE ONE</i> A LITTLE TASTE OF ITALY Homemade Beef Bolognese Sweetcorn & Coleslaw Pasta Spirals <i>DESSERT</i> CHOCOLATE LAVA MOUNTAIN Ice Cream & Pears with Chocolate Sauce	<i>MAIN COURSE ONE</i> LUNCH BUNCH CHICKEN CURRY Chicken Curry & Mini Naan Bread Broccoli & Baton Carrots Boiled Rice <i>DESSERT</i> SUNBEAMS & APPLE DREAMS Apple Sponge Cake with Custard	<i>MAIN COURSE ONE</i> LUNCH BUNCH ROAST OF THE WEEK Roast Gammon with Stuffing & Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes or Mashed Potatoes <i>DESSERT</i> SIMPLY THE ZEST Chocolate & Raspberry Cookie with Orange Wedges	<i>MAIN COURSE ONE</i> CHICKIN' LICKIN' GOOD Oven Baked Chicken Goujons Baked Beans & Mini Corn on the Cob Chips or Baked Potato <i>DESSERT</i> BANANA FOOL Layered Banana with Yoghurt, Banana Mousse & Biscuit

MILK, WATER, BREAD & FRESH FRUIT
AVAILABLE DAILY

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MENU SUBJECT TO PRODUCT
AVAILABILITY

WEEK FOUR

EAT SMART WITH

THE LUNCH BUNCH



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
<i>MAIN COURSE ONE</i> LUNCH BUNCH CATCH OF THE WEEK Oven Baked Fish Goujons Garden Peas & Sweetcorn Chips <i>DESSERT</i> IT'S ONE IN A 'MELON' Yoghurt Tub & Melon Wedge	<i>MAIN COURSE ONE</i> A TRUE 'MASH'-TERPIECE Homemade Cottage Pie & Gravy Baton Carrots Oven Roasted Diced Potatoes or Mashed Potatoes <i>DESSERT</i> SUNSET BROWNIE Brownie & Orange Wedges	<i>MAIN COURSE ONE</i> LUNCH BUNCH CHICKEN CURRY Chicken Curry & Mini Naan Bread Broccoli & Roasted Butternut Squash Boiled Rice <i>DESSERT</i> 'FINE-APPLE' FLIP Pineapple Upside Down Cake with Custard	<i>MAIN COURSE ONE</i> LUNCH BUNCH ROAST OF THE WEEK Roast Beef & Yorkshire Pudding with Stuffing & Rich Gravy Seasonal Veg of the Day Oven Baked Roast Potatoes & Mashed Potatoes <i>DESSERT</i> A SLICE OF 'OH SO NICE' Jellywhip & Pear Slices	<i>MAIN COURSE ONE</i> THE BEANY-BANGER BONANZA Baked Pork Sausages Beans & Coleslaw Chips or Baked Potato <i>DESSERT</i> THE 'PEACH-PERFECT' POT Peach Melba Pots

MILK, WATER, BREAD & FRESH FRUIT
AVAILABLE DAILY

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