FAT SMART WITH THE LUNCH BUNGH



WEEKS SER	VE	D
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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

7 October 4 November	Oven-Baked Fish Fingers	Homemade BBQ Chicken Pizza	"Lunch Bunch" Chicken Curry & Naan Bread	Roast Pork, Stuffing & Gravy	Beef Burger & Bap
2 December 30 December 27 January	Baked Beans / Marrowfat Peas Pasta Spirals / Oven-baked Wedges	Colesiaw / Baton Carrots Chipped Potato / Baked Potato	Sweetcom / Roast Courgette Boiled Rice / Mashed Potato	Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato	Mini Corn-on-the-Cob / Garden Peas Chipped Potato / Baked Potato
	Vanilla Ice-Cream, with Pears & Butterscotch Sauce	Hornemade Banana Cake	Chocolate & Raspberry Spongecake with Custard	Home-baked Popcom Cookie & Orange Wedges	Frozen Strawberry Mousse
14 October	Fish Finger "Seadog" served In a finger roll	Savoury Beef Mince & Crusty Bread	Peppered Chicken	Roast Gammon, Stuffing & Gravy	Crispy Baked Chicken Burger & Bap
9 December 6 January	Marrowfat Peas / Baked Beans Chipped Potato / Baby Potato	Sweetcom / Baton Carrots Oven-baked Cubed Potato / Mashed Potato	Mini Com-on-the-Cob / Garden Peas Mashed Potato / Boiled Rice	Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato	Spaghetti Hoops / Asian Slaw Chipped Potato / Baked Potato
3 February	Apple & Pear Crumble with Custard	Arctic Roll & Winter Berry Sauce	Home-baked Jam & Coconut Sponge & Custard	Chocolate Rice Krisple Square	Raspberry Jelly & Peach Slices
21 October 18 November	Homemade Ham & Cheese Pizza	Beef Bolognaise	"Lunch Bunch" Chicken Curry & Naan Bread	Roast Beef, Yorkshire Pudding & Gravy -Or- Salmon Fish Fingers	Hotdog & Tomato Ketchup
16 December 13 January 10 February	Spaghetti Hoops / Mini Corn-on-the-Cob Roast Potato Wedges / Mashed Potatoes	Cauliflower Cheese / Steamed Broccoli Mashed Potato / Pasta	Garden Peas / Roast Butternut Squash Chipped Potato / Bolled Rice	& Lernon Mayonnalse Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato	Coleslaw / Baked Beans Chipped Potato / Pasta Salad
10 rebidary	Vanilla Ice-Cream with Pear Slices & Hot Chocolate Sauce	Apple Sponge with Custard	Frozen Smoothie	Chocolate Cracknel & Custard	Homemade Oatmeal Biscuit & Fresh Fruit Pot
28 October	Oven-Baked Fish Goujons	Cottage Pie	"Lunch Bunch" Chicken Curry & Naan Bread	Turkey & Ham, Stuffing, Gravy	Oven-Baked Chicken Nuggets
25 November 23 December 20 January	Steamed Garden Peas / Spaghetti Hoops Chipped Potato / Baked Potato	Baton Carrots / Steamed Broccoll Garlic & Herb Potato Wedges / Pasta Spirals	Sweetcorn / Roasted Butternut Squash Bolled Rice / Mashed Potato	Fresh Seasonal Vegetables Mashed Potato / Oven Roast Potato	Baked Beans / Garden Peas Chipped Potato / Baked Potato
	Chocolate & Raspberry Brownie	Ice-cream, Jelly & Two Fruit	Chocolate & Pear Sponge with Custard	Homemade Flapjack & Orange Wedges	Choice of Fruit Yoghurt Pot