

EAT SMART WEEK

with the Lunch Bunch



September 29 - October 3

MONDAY

Main Course

Roasted Garlic & Pesto
Chicken Pasta

Main Course

Rainbow Rice with
Steamed Chicken & Soy
Sauce

Side Dishes

Green Beans & Diced
Carrots
Penne Pasta or Baby
Potatoes with Herbs

Taster Pot

Crunchy Veggie Batons &
Hummus

Dessert

Iced Lemon Sponge
Finger

TUESDAY

Main Course

Baked Breaded Whiting &
Tartare Mayo

Main Course

Beef Bolognese

Side Dishes

Garden Peas & Sweetcorn
Chipped Potatoes or
Baked Jacket Potato

Taster Pot

Super Duper
Cous-Cous Salad

Dessert

Forest Fruits Flavoured
Jelly with Mandarin
Oranges

WEDNESDAY

Main Course

Chicken Curry with
Freshly Baked Mini Naan
Bread

Main Course

Baked Jacket Potato with
Giant Butter Beans in
Tomato Sauce & Cheese

Side Dishes

Baked Jacket Potato with
Giant Butter Beans in
Tomato Sauce & Cheese

Taster Pot

Boiled Egg

Dessert

Cheesecake with
Strawberry Sauce

THURSDAY

Main Course

Cook's Roast Gammon
with Stuffing & Gravy

Main Course

Homemade Tomato &
Mozzarella Pizza

Side Dishes

Fresh Selection of
Vegetables in Season
Oven Baked Roast
Potatoes & Mashed
Potatoes

Taster Pot

Cream Cheese &
Crackers

Dessert

Belgian Waffle with Fruit
Salad & Chocolate Sauce

FRIDAY

Main Course

Oven Baked Chicken
Goujons with choice of Dip

Main Course

Freshly Baked Frittata with
Garden Salad & Balsamic
Dressing

Side Dishes

Baked Beans & Coleslaw
Chipped Potatoes or
Baked Jacket Potato

Taster Pot

Homemade Lentil Soup &
Fresh Bread

Dessert

Artic Roll with Summer
Berry Sauce