

# 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

Broccoli & Roasted  
Butternut Squash  
Steamed Fluffy Rice or  
Oven-Baked Herb  
Wedges

### 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