

Ballyholme

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

MAIN COURSE ONE

Lunch Bunch

Catch of the Week

Oven Baked Fish Fingers
Mushy Peas & Sweetcorn
Chips or Mashed Potatoes

MAIN COURSE TWO

Mac 'N' Cheese

Macaroni Cheese Sweetcorn
Chips or Mashed Potatoes

DESSERT

Shake It Off

Fruit Muffin with Milkshake

TUESDAY

MAIN COURSE ONE

A little Taste of Italy

Homemade Beef Bolognese
Broccoli & Coleslaw
Pasta Spirals

MAIN COURSE TWO

Vegetarian

Vegetable Bolognese
Broccoli & Coleslaw
Oven Roasted Diced
Potatoes

DESSERT

Sunny Fruit Treat

Custard & Two Fruits

WEDNESDAY

MAIN COURSE ONE

Lunch Bunch Chicken Curry

Chicken Curry &
Mini Naan Bread
Garden Peas & Baton
Carrots Boiled Rice

MAIN COURSE TWO

The Baked Dipper

Oven Baked Quorn Dippers
Garden Peas & Baton
Carrots Mashed Potatoes

DESSERT

What's The Craic?

Crackers & Dairylea Cheese

THURSDAY

MAIN COURSE ONE

Lunch Bunch

Roast of the Week

Roast Pork with Stuffing &
Rich Gravy
Seasonal Veg of the Day
Oven Baked Roast Potatoes
or Mashed Potatoes

MAIN COURSE TWO

Winner Winner

Chicken Dinner

Roasted Chicken & Gravy
Seasonal Veg of the Day
Oven Baked Roast Potatoes
or Mashed Potatoes

DESSERT

Choco-Pear Delight

Chocolate & Pear Cake with
Custard

FRIDAY

MAIN COURSE ONE

The Golden Nugget

Oven Baked
Chicken Nuggets
Baked Beans & Mini
Corn on the Cob
Chips or Baked Potato

DESSERT

Nice 'N' Fresh

Fresh Fruit Salad
with Strawberry Yoghurt

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE
TO DELIVERY CHANGES

IF YOU REQUIRE ANY ADDITIONAL INFORMATION ON ALLERGENS OR
SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL

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

MAIN COURSE ONE

Lunch Bunch

Catch of the Week

Oven Baked Fish Goujons
Baked Beans & Garden Peas
Chips or Mashed Potatoes

MAIN COURSE TWO

Pesto Paradise

Cheese & Pesto Panini with
Salad in Season
Baked Beans
Chips or Mashed Potatoes

DESSERT

The Mousse is Loose

Strawberry Mousse & Fruit

TUESDAY

MAIN COURSE ONE

Taco Boat Adventure

Beef Chilli Taco Boat with
Salsa & Cheddar Cheese
Broccoli & Coleslaw
Boiled Rice

MAIN COURSE TWO

Taste of the Med

Vegetarian chilli Taco
Broccoli & Coleslaw
Oven Roasted Diced
Potatoes

DESSERT

Jelly and Ice Cream

Raspberry Jelly with Vanilla
Ice Cream & Two Fruits

WEDNESDAY

MAIN COURSE ONE

Lunch Bunch Chicken Curry

Chicken Curry &
Mini Naan Bread
Baton Carrots & Green
Beans Boiled Rice

MAIN COURSE TWO

Going for Gold!

Golden Herb Baked Chicken
Baton Carrots & Green
Beans Mashed Potatoes

DESSERT

A Berry Lemon surprise

Lemon & Blueberry Sponge
with Custard

THURSDAY

MAIN COURSE ONE

Lunch Bunch

Roast of the Week

Turkey with Stuffing & Rich
Gravy
Seasonal Veg of the Day
Roast Potatoes or Mashed
Potatoes

MAIN COURSE TWO

Quorn Crunch & Pepper Punch

Quorn Fillet & Pepper Sauce
Seasonal Veg of the Day
Oven Baked Roast Potatoes
or Mashed Potatoes

DESSERT

Okey Dokey Oaty Tasty

Oaty Biscuit with Milkshake

FRIDAY

MAIN COURSE ONE

Burger Big Bite Delight

Cheeseburger with Salad
Mini Corn on the Cob
& Spaghetti Hoops
Chips or Baked Potato

DESSERT

Nice 'N' Fresh

Fresh Fruit Salad &
Raspberry Yoghurt

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

MAIN COURSE ONE

Lunch Bunch

Catch of the Week

Oven Baked Fish Goujons
Baked Beans & Garden Peas
Chips or Mashed Potatoes

MAIN COURSE TWO

The 'Tus-Can'

Do Chicken Bake

Tuscan Chicken Pasta Bake
Garden Peas & Diced
Carrots Chips or Mashed
Potatoes

DESSERT

Peachy Keen Rice Dream

Rice Pudding with
Peach Slices

TUESDAY

MAIN COURSE ONE

A little Taste of Italy

Homemade Beef Bolognese
Sweetcorn & Coleslaw
Pasta Spirals

MAIN COURSE TWO

Vegetarian

Vegetarian Bolognaise
Sweetcorn & Coleslaw
Oven Roasted Diced
Potatoes

DESSERT

Chocolate Lava Mountain

Ice Cream & Pears with
Chocolate Sauce

WEDNESDAY

MAIN COURSE ONE

Lunch Bunch Chicken Curry

Chicken Curry &
Mini Naan Bread
Broccoli & Baton Carrots
Boiled Rice

MAIN COURSE TWO

The Vegtastic Sizzlers

Roast Vegetable Sausages &
Gravy
Broccoli & Baton Carrots
Mashed Potatoes

DESSERT

Sunbeams & Apple Dreams

Apple Sponge Cake with
Custard

THURSDAY

MAIN COURSE ONE

Lunch Bunch

Roast of the Week

Roast Gammon with Stuffing
& Rich Gravy
Seasonal Veg of the Day
Oven Baked Roast Potatoes
or Mashed Potatoes

MAIN COURSE TWO

Hook Line and

Perfect Pasta!

Creamy Salmon Pasta
Seasonal Veg of the Day
Oven Baked Roast Potatoes

DESSERT

Simply the Zest

Chocolate & Raspberry
Cookie with Orange Wedges

FRIDAY

MAIN COURSE ONE

Chickin' Lickin' Good

Oven Baked Chicken
Goujons
Baked Beans & Mini
Corn on the Cob
Chips or Baked Potato

DESSERT

Banana Fool

Layered Banana with
Yoghurt, Mousse & Biscuit

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

MAIN COURSE ONE

Lunch Bunch

Catch of the Week

Oven Baked Fish Goujons
Garden Peas & Sweetcorn
Chips

MAIN COURSE TWO

'Jam-in' 'Slam-in' Chicken

Chicken Jambalaya Rice
Stew Garden Peas &
Sweetcorn

DESSERT

It's One in a 'Melon'

Yoghurt Tub & Melon Wedge

TUESDAY

MAIN COURSE ONE

A True 'Mash'-terpiece

Homemade Cottage Pie
& Gravy
Baton Carrots
Oven Roasted Diced
Potatoes or Mashed
Potatoes

MAIN COURSE TWO

Vegetarian pie

Baton Carrots
& Salad in Season
Oven Roasted Diced
Potatoes

DESSERT

SUNSet Brownie

Brownie & Orange Wedges

WEDNESDAY

MAIN COURSE ONE

Lunch Bunch Chicken Curry

Chicken Curry &
Mini Naan Bread
Broccoli & Roasted
Butternut Squash
Boiled Rice

MAIN COURSE TWO

'Med' Roast with the Most

Roast Mediterranean
Chicken with Vegetables
Broccoli & Roasted
Butternut Squash
Boiled Rice or Couscous

DESSERT

'Fine-Apple' Flip

Pineapple Upside Down
Cake with Custard

THURSDAY

MAIN COURSE ONE

Lunch Bunch

Roast of the Week

Roast Beef & Yorkshire
Pudding with Stuffing & Rich
Gravy Seasonal Veg
Oven Baked Roast Potatoes
or Mashed Potatoes

MAIN COURSE TWO

The Penne-Tastic Pasta Party

Cheesy Bean Baked Potato
& Salad in Season
Baked Beans & Coleslaw

DESSERT

A Slice of 'Oh So Nice'

Jellywhip & Pear Slices

FRIDAY

MAIN COURSE ONE

The Beany-Banger Bonanza

Baked Pork Sausages
Baked Beans & Coleslaw
Chips or Baked Potato

DESSERT

The 'Peach-Perfect' Pot

Peach Melba Pot