



EAT SMART WITH **Bangor Integrated Nursery School**

THE LUNCH BUNCH

	Monday	Tuesday	Wednesday	Thursday	Friday
Week One	Margherita Pizza Broccoli, Coleslaw Chipped Potato Banana Yoghurt Pot	Fish Goujon Baton Carrots Mashed Potato Flour Tortilla Orange Sponge & Custard	Chicken Curry Steamed Rice Peas, Sweetcorn Naan Bread Jelly Ice Cream Fruit	Roast Gammon Stuffing Carrot, Parsnip, Savoy Cabbage Mashed & Roast Potatoes Choc Sponge & Custard	Hot Dog, Spaghetti Hoops, Chipped Potatoes Flakemeal Biscuit & Fruit
Week Two	Sausage Roll Baked Beans Chipped Potatoes Ice Cream, Pears, Chocolate Sauce	Mexican Chill Sweetcorn, Potato Wedges, Salad Apple Sponge & Custard	Chicken Curry Steamed Rice Peas, Sweetcorn Naan Bread Strawberry Mousse & Fruit	Roast Beef, Stuffing, Cauliflower/Broccoli, Mashed and Roast Potatoes Blueberry Muffin	Beef Burger, Sweetcorn, Salad, Chipped Potatoes Flakemeal Biscuit & Fruit
Week Three	Fish Fingers, Baked Beans, Mashed Potatoes, Artic Roll, Peaches & Pears	Meatballs with tomato and Basil Sauce, Pasta Garden Peas, Salad Fresh Fruit Pot	Chicken Curry Steamed Rice Peas, Sweetcorn Naan Bread Jelly Ice Cream Fruit	Roast Turkey Stuffing Carrot, Parsnip, Cauliflower Cheese Mashed & Roast Potatoes Muffin	Pork Sausages Baked Beans Chipped Potatoes Fresh Fruit Selection
Week Four	Ham and Cheese Pizza Dip Mini Corn on the Cob Coleslaw Chipped Potatoes Melon, Mandarin and Pineapple Pot	Beef Bolognaise with Pasta Baton Carrots Garlic Bread Salad Jelly & Fruit	Chicken Curry Steamed Rice Peas, Sweetcorn Naan Bread Jelly Ice Cream Fruit	Roast Beef Stuffing Carrots Cauliflower Cheese Mashed & Roast Potatoes Ice-Cream, Pears, Chocolate Sauce	Chicken Goujons Garden Peas/Baked Beans Chipped Potatoes Ginger Biscuit & Fruit