



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

Served weeks commencing:
19 February, 18 March,
15 April, 13 May, 10 June,
2 September, 30 September

MONDAY

MAIN COURSES

Beef Bolognaise

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed
Potato

DESSERT

Chocolate & Orange Cookie

TUESDAY

MAIN COURSES

Roast Beef, Stuffing & Gravy

OR

Salmon & Creamy Tomato
Pasta

SIDES

Cabbage and Baton Carrots

And

Mashed / Oven Roast Potato

DESSERT

Pineapple Delight

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Diced Carrots & Green Beans

And

Noodles / Rice

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Breaded Fish & Lemon Mayo

Sides

Mushy or Garden Peas

And

Chipped / Baked Potato

DESSERT

Raspberry Jelly & Two Fruits

FRIDAY

MAIN COURSES

Hot Dog / Veggie Dog with
Tomato Ketchup

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped / Mashed
Potatoes

DESSERT

Ice-Cream & Mandarin
Oranges

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

IF YOU NEED ANY INFORMATION ON ALLERGENS OR HAVE SPECIAL DIETARY
REQUIREMENTS, PLEASE NOTIFY YOUR SCHOOL ACCORDINGLY

MENU SUBJECT TO
PRODUCT AVAILABILITY



EAT SMART WITH THE LUNCH BUNCH

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WEEK TWO

Served weeks commencing:
26 February, 25 March,
22 April, 20 May, 17 June
9 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

SIDES

Baked Beans & Garden Peas

And

Chipped/Baked Potato

DESSERT

Homemade Flakemeal Biscuit

TUESDAY

MAIN COURSES

Roast Gammon, Stuffing &
Gravy

SIDES

Cabbage / Turnip

And

Mashed / Oven Roast
Potato

DESSERT

Homemade Brownie &
Orange Wedges

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Garden Peas & Baton Carrots

And

Boiled Rice / Mashed Potato

DESSERT

Arctic Roll and Peaches

THURSDAY

MAIN COURSES

Pasta Bolognese

SIDES

Sweetcorn / Diced Carrots /
Coleslaw

And

Wedges / Salad

DESSERT

Mandarin Orange Sponge &
Custard

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet
Chilli Dip

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped / Baby New
Potatoes

DESSERT

Fruit Muffin with Pure
Apple / Orange Juice

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

Served weeks commencing:
4 March, 1 April, 29 April,
27 May, 24 June
16 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

SIDES

Sweetcorn & Roasted Peppers

And

Chipped / Baked Potato / Coleslaw

DESSERT

Ice-Cream with Pears & Chocolate Sauce

TUESDAY

MAIN COURSES

Roast Chicken, Stuffing & Gravy

SIDES

Carrot & Parsnip / Broccoli

And

Mashed / Oven Baked Potato

DESSERT

Golden Krispie Square

WEDNESDAY

MAIN COURSES

Beef Meatballs with Tomato & Basil Sauce

SIDES

Green Beans / Baton Carrots

And

Steamed Rice / Pasta Spirals

DESSERT

Sticky Date Pudding & Custard

THURSDAY

MAIN COURSES

Homemade Cottage Pie

SIDES

Cabbage / Roasted Butternut Squash

And

Oven Baked Potato Wedges / Baked Potato

DESSERT

Summer Fruit Cheesecake

FRIDAY

MAIN COURSES

School "Chippy Day"
Chicken Goujon & Sausage

SIDES

Baked Beans / Mushy Peas

And

Chipped / Baby New Potatoes

DESSERT

Frozen Fruit Yoghurt

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

Served weeks commencing:
11 March, 8 April,
6 May, 3 June
26 August, 23 September

MONDAY

MAIN COURSES

Baked Pork Sausages &
Gravy

SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

DESSERT

Ice-Cream & Two Fruits

TUESDAY

MAIN COURSES

Roast Turkey, Stuffing &
Gravy

SIDES

Broccoli / Turnip

And

Mashed / Oven Roasted
Potato

DESSERT

Fresh Fruit Salas & Yogurt

WEDNESDAY

MAIN COURSES

Breaded Fish& Lemon Mayo

SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

BBQ Pulled Pork Pizza Wrap

SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Oven Roasted
Garlic & Paprika Wedges

DESSERT

Jaffa Cake Slice

FRIDAY

MAIN COURSES

Beef Burger / Bean Burger
in Bap with Onions

SIDES

Corn on the Cob / Pasta
Salad

And

Chipped Potato / Steamed
Rice

DESSERT

Lemon Shortbread &
Melon Wedge

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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