



# 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

ea catering  
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

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

ea catering

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

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

ea catering  
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

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

MENU SUBJECT TO PRODUCT AVAILABILITY