



# ea catering WEEK ONE

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

# EAT SMART WITH THE LUNCH BUNCH

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers

Or

Freshly Baked Ham & Cheese  
Panini

### SIDES

Baked Beans & Garden Peas

And

Chipped/Baked Potato

### DESSERT

Homemade Flakemeal Biscuit

## TUESDAY

### MAIN COURSES

Beef Ragu Italia

Or

Homemade Margherita  
Pizza

### SIDES

Sweetcorn / Diced Carrots /  
Coleslaw

And

Oven Roasted Potato  
Wedges / Rice / Salad

### DESSERT

Mandarin Orange Sponge &  
Custard

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Baked Pork Sausages & Gravy

### SIDES

Garden Peas & Baton Carrots

And

Bolled Rice / Mashed Potato

### DESSERT

*Artistic Roll and Pencils*

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

Or

Quorn Dippers

### SIDES

Fresh Vegetables In Season

And

Mashed / Oven Roast Potato

### DESSERT

Homemade Brownie &  
Orange Wedges

## FRIDAY

### MAIN COURSES

Chicken Gouljons & Sweet  
Chilli Dip

Or

Roast Mediterranean  
Vegetable Pasta Bake

### SIDES

Spaghettil Hoops / Corn on  
the Cob

And

Chipped / Baby New  
Potatoes

### DESSERT

Fruit Muffin with Pure  
Apple / Orange Juice

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

MENU MAY CHANGE DUE  
TO DELIVERY CHANGES

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY



**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

Or

Creamy Chicken & Broccoli  
Pasta with Garlic Bread

### SIDES

Sweetcorn & Roasted  
Peppers

And

Chipped / Baked Potato /  
Coleslaw

### DESSERT

Ice-Cream with Pears &  
Chocolate Sauce

## TUESDAY

### MAIN COURSES

Homemade Cottage Pie

Or

Homemade Margherita Pizza

### SIDES

Spring Greens / Roasted  
Butternut Squash

And

Oven Baked Potato  
Wedges/Baked Potato

### DESSERT

Summer Fruit Cheesecake

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Beef Meatballs with Tomato &  
Basil Sauce

### SIDES

Green Beans / Baton Carrots

And

Steamed Rice / Pasta Spirals

### DESSERT

Sicky Date Pudding & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

Or

Chicken & Pepper Fajita

### SIDES

Fresh Vegetables In Season

And

Mashed / Oven Roast Potato

### DESSERT

Golden Krispie Square

## FRIDAY

### MAIN COURSES

School "Chippy Day" Fish or  
Chicken Goujons / Sausages

Or

Baked Potato with Tuna &  
Sweetcorn / Salad

### SIDES

Baked Beans / Mushy Peas

And

Chipped / Baby New  
Potatoes

### DESSERT

Frozen Fruit Yoghurt

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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TO DELIVERY CHANGES

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# EAT SMART WITH THE LUNCH BUNCH

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**WEEK THREE**

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

**MONDAY**

**MAIN COURSES**

Baked Pork Sausages & Gravy

Or

Jerk Chicken & Caribbean Rice with Flatbread

**SIDES**

Baked Beans / Garden Peas

And

Chipped / Baked Potato

**DESSERT**

Ice-Cream & Two Fruits

**TUESDAY**

**MAIN COURSES**

Chicken Curry & Naan Bread

Or

BBQ Pulled Pork Pizza Wrap

**SIDES**

Sweetcorn / Baton Carrots

And

Bolled Rice / Oven Roasted Garlic & Paprika Wedges

**DESSERT**

Jaffa Cake Pots

**WEDNESDAY**

**MAIN COURSES**

Breaded Fish & Lemon Mayo

Or

Beef Lasagne / Garlic Bread / Coleslaw

**SIDES**

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

**DESSERT**

Fruit Sponge & Custard

**THURSDAY**

**MAIN COURSES**

Roast of the Day, Stuffing & Gravy

Or

Roast Butternut Squash, Penne Pasta and Tomato & Pesto Sauce

**SIDES**

Fresh Vegetables In Season

And

Mashed / Oven Roast Potato

**DESSERT**

Fresh Fruit Salad & Yoghurt

**FRIDAY**

**MAIN COURSES**

Beef Burger / Bean Burger In Bap with Onions

Or

Salt & Chilli Chicken

**SIDES**

Corn on the Cob / Pasta Salad

And

Chipped Potato / Steamed Rice

**DESSERT**

Lemon Shortbread & Melon Wedge

MILK, WATER, BREAD AND FRESH FRUIT AVAILABLE DAILY

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# EAT SMART WITH THE LUNCH BUNCH

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**WEEK FOUR**

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

## MONDAY

### MAIN COURSES

Beef Bolognese

Or

Chicken Goujon Wrap with  
choice of dip

### SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed  
Potato

### DESSERT

Chocolate & Orange Cookie

## TUESDAY

### MAIN COURSES

Breaded Fish & Lemon  
Mayo

Or

Homemade Margherita  
Pizza

### SIDES

Mushy or Garden Peas /  
Baked Beans

And

Chipped / Baked Potato

### DESSERT

Raspberry Jelly & Two Fruits

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Chinese-style Beef &  
Vegetables

### SIDES

Diced Carrots & Green Beans

And

Noodles / Rice

### DESSERT

Fruit Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing &  
Gravy

Or

Salmon & Creamy Tomato  
Pasta

### SIDES

Fresh Vegetables In Season

And

Mashed / Oven Roast Potato

### DESSERT

Pineapple Delight

## FRIDAY

### MAIN COURSES

Hot Dog / Veggie Dog with  
Tomato Ketchup

Or

Chicken & Summer Veg Pie

### SIDES

Spaghetti Hoops / Corn on  
the Cob

And

Chipped / Mashed  
Potatoes

### DESSERT

Ice-Cream & Mandarin  
Oranges

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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TO DELIVERY CHANGES

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