



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK 1

## MONDAY

### MAIN COURSES

Savoury mince

### SIDES

Carrots & peas  
Mashed potatoess

### DESSERT

Ginger cake & custard

## TUESDAY

### MAIN COURSES

Chicken curry & rice

### SIDES

Broccoli & sweetcorn  
Mashed potatoes

### DESSERT

Rhubarb crumble &  
custard

## WEDNESDAY

### MAIN COURSES

Brown beef stew

### SIDES

Carrots & turnip  
Mashed potatoes

### DESSERT

Strawberry jelly & ice  
cream

## THURSDAY

### MAIN COURSES

Roast chicken  
Stuffing  
gravy

### SIDES

Cabbage & cauliflower  
Mashed &  
Oven roast potatoes

### DESSERT

Chocolate cake &  
custard

## FRIDAY

### MAIN COURSES

Sausages

### SIDES

Spaghetti hoops  
Peas  
Chipped or  
Mash potato

### DESSERT

Artic roll  
peaches

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

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**WEEK 2**

Week commencing:  
Aug 28, Sep 25, Oct 23,  
Nov 20, Dec 18, Jan 22

## MONDAY

### MAIN COURSES

Sweet and sour  
chicken

### SIDES

Steamed Broccoli &  
Garden Peas

Chipped Potato, Rice

### DESSERT

Ice Cream, Chocolate  
Sauce & Sliced Pears

## TUESDAY

### MAIN COURSES

Spaghetti Bolognese

### SIDES

Sweetcorn & Baked  
Beans

Diced Potatoes, Mashed  
Potatoes, Salad

### DESSERT

Fruit & Rice Pudding  
Or Custard

## WEDNESDAY

### MAIN COURSES

Golden Crumbed Fish  
Fingers

### SIDES

Garden Peas

Rice, Salad, Mashed  
Potato

### DESSERT

Rice Krispie Square &  
Custard

## THURSDAY

### MAIN COURSES

Roast Turkey, Stuffing &  
Rich Gravy

### SIDES

Cauliflower & Baton  
Carrots

Mashed Potato

### DESSERT

Fruit Muffin  
custard

## FRIDAY

### MAIN COURSES

Steak Burger &  
Tomato Ketchup

### SIDES

Sweetcorn & Salad

Or

Chipped Potato, Rice

### DESSERT

Flakemeal Biscuit &  
Fruit



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WEEK 3

Week Commencing:  
Sep 04, Oct 02, Oct 30,  
Nov 27, Jan 01, Jan 29

## MONDAY

### MAIN COURSES

Golden Crumbed  
whiting

### SIDES

Baked Beans &  
Broccoli & Coleslaw

Mashed Potatoes

### DESSERT

Artic Roll with  
Peaches

## TUESDAY

### MAIN COURSES

Beef Meatballs with  
Italian Tomato & Basil  
Sauce

### SIDES

Garden Peas & Salad

Oven Baked Potato  
Wedges, Pasta

### DESSERT

Shortbread, Custard  
& Fruit

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

### SIDES

Mini Corn on the Cob

Steamed Rice, Chipped  
Potatoes

### DESSERT

Strawberry Jelly &  
Fruit

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing &  
Rich Gravy

### SIDES

Baton Carrots & Tossed  
Salad

Mashed Potato

### DESSERT

Jam & Coconut  
Sponge & Custard

## FRIDAY

### MAIN COURSES

Tasty Pork Sausages  
with Tomato Ketchup  
or Gravy

### SIDES

Sweetcorn & Spaghetti  
Hoops

Chipped Potatoes,  
Mashed Potato, Salad

### DESSERT

Ice cream & pears

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FRESH FRUIT AVAILABLE DAILY

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WEEK 4

Week Commencing:  
Sep 11, Oct 09, Nov 06,  
Dec 04, Jan 08, Feb 05

## MONDAY

### MAIN COURSES

Beef Bolognese with  
Garlic Bread

### SIDES

Garden Peas & Savoy  
Cabbage

Oven Baked Potato  
Wedges, Spaghetti

### DESSERT

Chocolate Cake &  
Custard

## TUESDAY

### MAIN COURSES

Golden Crumbed Fish  
Fingers

### SIDES

Mini Corn on the Cob &  
Spaghetti Hoops &  
Coleslaw

Chipped Potatoes, Pasta

### DESSERT

Jelly & Mandarin  
Oranges

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

### SIDES

Green Beans &  
Sweetcorn

Mashed Potato, Rice

### DESSERT

Cornflake Biscuit &  
Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing  
& Rich Gravy

### SIDES

Cauliflower Cheese &  
Baton Carrots

Mashed Potato

### DESSERT

Ice Cream Slider &  
Fruit

## FRIDAY

### MAIN COURSES

Oven Baked Chicken  
Nuggets

### SIDES

Garden Peas & Baked  
Beans

Chipped Potatoes, Jacket  
Potato, Salad

### DESSERT

Homemade  
shortbread Biscuit &  
Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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