



# 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

And

Pasta Spirals / Garlic Bread

### DESSERT

Chocolate & Orange Cookie

## TUESDAY

### MAIN COURSES

Breaded Fish & Lemon  
Mayo

### SIDES

Garden Peas / Baked Beans

And

Chipped / Baked Potato

### DESSERT

Raspberry Jelly & Two Fruits

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

### SIDES

Green Beans

And

Noodles / Rice

### DESSERT

Fruit Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast Beef, 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 with Tomato  
Ketchup

### SIDES

Spaghetti Hoops / Corn on  
the Cob

And

Chipped / Baked 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

Beef Bolognaise with Pasta Twirls

### SIDES

Sweetcorn

And

Crusty Bread

### DESSERT

Mandarin Orange Sponge & Custard

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

### SIDES

Garden Peas & Baton Carrots

And

Boiled Rice

### DESSERT

Arctic Roll and Peaches

## THURSDAY

### MAIN COURSES

Roast Gammon, Stuffing & Gravy

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Homemade Brownie & Orange Wedges

## 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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# 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

Golden Crumbed Fish Fingers

### SIDES

Sweetcorn & Roasted Peppers

And

Chipped / Baked Potato

### DESSERT

Ice-Cream with Pears & Chocolate Sauce

## TUESDAY

### MAIN COURSES

Homemade Savoury Mince With Mashed Potatoes

### SIDES

Spring Greens / Roasted Butternut Squash

### DESSERT

Summer Fruit Cheesecake

## WEDNESDAY

### MAIN COURSES

Beef Meatballs with Tomato & Basil Sauce

### SIDES

Green Beans / Baton Carrots

And

Pasta Spirals

### DESSERT

Sticky Date Pudding & Custard

## THURSDAY

### MAIN COURSES

Roast Pork, Stuffing & Gravy

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Golden Krispie Square

## FRIDAY

### MAIN COURSES

School "Chippy Day" Chicken Goujons

### 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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# 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

Baked Pork Sausages

### SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

### DESSERT

Ice-Cream & Two Fruits

## TUESDAY

### MAIN COURSES

BBQ Pulled Pork Pizza Wrap

### SIDES

Sweetcorn / Baton Carrots

And

Oven Roasted Garlic &  
Paprika Wedges

### DESSERT

Jaffa Cake Pots

## WEDNESDAY

### MAIN COURSES

Breaded Fish & Lemon  
Mayo/Gravy

### SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

### DESSERT

Fruit Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing &  
Gravy

### SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

### DESSERT

Fresh Fruit Salad & Yoghurt

## FRIDAY

### MAIN COURSES

Beef Burger in Bap with  
Onions

### SIDES

Corn on the Cob / Pasta  
Salad

And

Chipped Potato / Baked  
Potato

### DESSERT

Lemon Shortbread &  
Melon Wedge

MILK, WATER, BREAD &  
FRESH FRUIT AVAILABLE DAILY

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