



EAT SMART WITH

THE LUNCH BUNCH

ea catering
WEEK 1

MONDAY

MAIN COURSES

Beef Bolognaise
- Or -
Chicken Goujon
Wrap
with choice of dip

SIDES

Sweetcorn /
Broccoli
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
Chipped Potato /
Baked Potato

DESSERT

Raspberry Jelly &
Two Fruits

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan
Bread
- Or -
Chinese-style Beef &
Vegetables

SIDES

Diced Carrots &
Green Beans
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
Mashed Potato /
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
Chipped / Mashed
Potatoes

DESSERT

Ice-Cream &
Mandarin Oranges

Week commencing
FEB 19TH, MAR 18TH,
15TH APR, 13TH MAY,
JUNE 10TH, 2ND SEPT,
SEPT 30TH

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