



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

WEEK COMMENCING:
SEP 11, OCT 9, NOV 6,
DEC 4, JAN 8, FEB 5

MONDAY

MAIN COURSES

Savoury Mince

SIDES

Mashed &
Baby Potatoes

and

Baton Carrots & peas

DESSERT

fruit
Yogurt Pot

TUESDAY

MAIN COURSES

Classic
Margherita Pizza

SIDES

Coleslaw

and

Chipped Potato/Baked
Potato/Salad

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Roast of the day,
Stuffing & rich gravy

SIDES

Carrot & parsnip

and

Mashed potato/oven roast
potato

DESSERT

Chocolate sponge &
Custard

THURSDAY

MAIN COURSES

Chicken curry & naan
bread

SIDES

Garden peas

and

Steamed rice

DESSERT

Strawberry Jelly,
Ice Cream

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

SIDES

Spaghetti Hoops/
Salad

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Fresh
Fruit Pot

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



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WEEK TWO

WEEK COMMENCING:
SEP 18, OCT 16, NOV 13,
DEC 11, JAN 15, FEB 12

MONDAY

MAIN COURSES

Sausage
Roll

SIDES

Baked Beans
and Garden Peas

and

Chipped Potato/
Salad

DESSERT

Ice Cream, Chocolate Sauce
& fruit

TUESDAY

MAIN COURSES

Mexican
Chilli

SIDES

Sweetcorn/Coleslaw

and

Steamed Rice/
Salad

DESSERT

Homemade Apple Sponge
& Custard

WEDNESDAY

MAIN COURSES

Roast of the Day, stuffing
& rich gravy

SIDES

Cauliflower & broccoli
and

Mashed potato/ oven roast
potato

DESSERT

Rice Pudding
& fruit

THURSDAY

MAIN COURSES

Chicken Curry
& Naan Bread

SIDES

peas

and

Steamed
rice

DESSERT

Blueberry
Muffin

FRIDAY

MAIN COURSES

Beef Burger with Tomato
Ketchup

SIDES

Sweetcorn/Salad

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Flakemeal Biscuit
& Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

WEEK COMMENCING:
AUG 28, SEP 25, OCT 23,
NOV 20, DEC 18, JAN 22

MONDAY

MAIN COURSES

Golden Crumbed Fish
Fingers

SIDES

Baked Beans/Coleslaw

and

Chipped/baked potatoes/
Salad

DESSERT

Artic Roll with
fruit

TUESDAY

MAIN COURSES

Pasta Bolognese

SIDES

Salad

and

Garlic bread

DESSERT

Fresh
Fruit Pot

WEDNESDAY

MAIN COURSES

Roast of the day, stuffing
& rich Gravy

SIDES

Carrot & parsnip/
cauliflower cheese

and

Mashed potato/oven roast
potato

DESSERT

Fairy cake

THURSDAY

MAIN COURSES

Chicken curry
& Naan bread

SIDES

peas

and

Steamed rice

DESSERT

Lemon drizzlecake
& custard

FRIDAY

MAIN COURSES

Tasty Pork Sausages with
Tomato Ketchup or Gravy

SIDES

Sweetcorn &
Baked Beans

and

Chipped Potato

DESSERT

Fruit & yogurt

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

WEEK COMMENCING:
SEP 04, OCT 2, OCT 30,
NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Beef Bolognese
with Garlic Bread

SIDES

Salad

and

Pasta

DESSERT

Fruit smoothie

TUESDAY

MAIN COURSES

pepperoni & Cheese Pizza
with Garlic Dip

SIDES

Mini Corn on the Cob/
Coleslaw

and

Chipped Potato/
Salad

DESSERT

Jelly &
Mandarin Oranges

WEDNESDAY

MAIN COURSES

Roast of the day stuffing &
rich Gravy

SIDES

Cauliflower cheese & baton
carrots

and

Mashed potato/ oven roast
potato

DESSERT

Ice cream &
chocolate sauce

THURSDAY

MAIN COURSES

Chicken curry
& Naan bread

SIDES

peas

and

Steamed rice

DESSERT

Yogurt & friut

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons

SIDES

Garden Peas/
Baked Beans

and

Chipped &
Jacket Potato

DESSERT

Homemade Ginger
Biscuit & Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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