



# EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK FOUR

BALLYKEEL PRIMARY

£2.60 PER DAY

Served week commencing:  
27<sup>TH</sup> AUGUST 2024

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN COURSES

### MAIN COURSES

Baked Pork Sausages & Gravy

Or

Jerk Chicken & Caribbean Rice  
with Flatbread

### MAIN COURSES

Breaded Fish and Lemon Mayo

Or

Beef Lasagne and Garlic Bread  
/salad

### MAIN COURSES

Roast Chicken,  
Stuffing & Gravy

Or

Roast Butternut Squash  
Penne Pasta & Tomato &  
Pesto Sauce

### MAIN COURSES

Beef Burger /Bean burger  
In Bap with  
Cheese, Mayo / ketchup

Or

Salt & Chilli Chicken Wrap

SCHOOL  
CLOSED

### SIDES

Baked Beans  
Garden Peas

And

Chipped Potatoes  
Baked Potato  
Wholemeal Flour

### SIDES

coleslaw  
Garden Peas

And

Chipped Potatoes  
Baked Potato  
Crusty Bread

### SIDES

Savoy Cabbage  
Baton Carrots  
And

Mashed Potato  
Oven Roast Potato  
White Bread

### SIDES

Corn on the Cob  
Pasta salad

And

Chipped Potatoes  
Steamed Rice  
Wholemeal Flour

### DESSERT

### DESSERT

Ice-Cream, Chocolate Sauce  
Pears

### DESSERT

Summer Fruit Sponge and  
Honeydew melon

### DESSERT

Fresh Fruit Salad & Yoghurt

### DESSERT

Lemon Shortbread  
Melon Wedge

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