



# EAT SMART WITH THE LUNCH BUNCH

ea catering

**WEEK ONE**  
BALLYKEEL PRIMARY  
£2.60 PER DAY

Served week commencing:  
2<sup>nd</sup> SEPTEMBER 2024

## MONDAY

### MAIN COURSES

Beef Bolognaise  
Grated Cheese

Or

Chicken Goujon Wrap  
Choice of Dip

### SIDES

Sweetcorn & Peppers  
Fresh Broccoli

Penne Pasta  
Mashed Potato  
Garlic bread

### DESSERT

Chocolate & Orange Cookie  
Fresh Orange Wedge

## TUESDAY

### MAIN COURSES

Breaded Fish Fillet  
Lemon Mayo

Or

Homemade Margherita Pizza

### SIDES

Garden Peas  
Baked Beans

And

Chipped Potatoes  
Baked Potato  
Crusty Bread

### DESSERT

Raspberry Jelly  
Two Fruits

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Chinese-style Beef &  
Vegetables

### SIDES

Diced Carrots &  
Green Beans

And

Noodles  
Steamed Rice  
Naan Bread

### DESSERT

Lemon Sponge & Custard  
Sliced Apples

## THURSDAY

### MAIN COURSES

Roast Gammon  
Stuffing & Gravy

Or

Salmon & Creamy Tomato  
Pasta

### SIDES

Carrot & Parsnip  
Cauliflower Cheese

And

Mashed Potatoes  
Oven Roast Potato  
White Bread

### DESSERT

Pineapple Delight  
Fresh Watermelon Wedges

## FRIDAY

### MAIN COURSES

Hot Dog / Veggie Dog  
Tomato Ketchup

Or

Chicken & Summer Veg Pie

### SIDES

Spaghetti Hoops  
Mini Corn on the Cob

And

Chipped Potatoes  
Mashed Potatoes  
Wholemeal Bread

### DESSERT

Ice-Cream , Raspberry Sauce  
Mandarin Oranges



# EAT SMART WITH THE LUNCH BUNCH

ea catering  
WEEK TWO

BALLYKEEL PRIMARY  
£2.60 PER DAY

Served weeks commencing:  
9<sup>th</sup> SEPTEMBER 2024

## MONDAY

### MAIN COURSES

Golden Crumbed Fish Fingers

Or

Fresh Baked Ham & Cheese  
Panini

### SIDES

Baked Beans  
Garden Peas

And

Chipped Potatoes  
Baked Potato  
Wholemeal Bread

### DESSERT

Homemade Flakemeal Biscuit  
Fresh Fruit Selection

## TUESDAY

### MAIN COURSES

Beef Ragu Italia  
Grated Cheese

Or

Homemade Pepperoni Pizza  
Homemade Margherita Pizza

### SIDES

Sweetcorn & Peppers  
Coleslaw / Salad

And

Oven Roasted Potato Wedges  
Garlic Bread

### DESSERT

Mandarin Orange Sponge  
Custard & Sliced Apple

## WEDNESDAY

### MAIN COURSES

Chicken Curry & Naan Bread

Or

Baked Pork sausages and  
Gravy

### SIDES

Garden Peas  
Baton Carrots

And

Boiled Rice  
Mashed Potato  
Naan/White bread

### DESSERT

Artic Roll and peach slices

## THURSDAY

### MAIN COURSES

Roast Loin of Pork  
Stuffing and Gravy

Or

Quorn Dippers

### SIDES

Fresh Broccoli  
Fresh Diced Turnip

And

Mashed Potato  
Oven Roast Potato  
Wholemeal Bread

### DESSERT

Homemade Brownie /Orange  
slices

## FRIDAY

### MAIN COURSES

Chicken Goujons and Sweet  
chilli Dip

Or

Roast Mediterranean  
Vegetable Pasta Bake

### SIDES

Spaghetti Hoops  
Mini Corn on the cob

And

Chipped Potatoes  
Sliced Ciabatta

### DESSERT

Fruit Muffin with fresh  
Pineapple Chunks

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



# THE LUNCH BUNCH

WEEK THREE  
BALLYKEEL PRIMARY  
£2.60 PER DAY  
Served weeks commencing:  
16<sup>th</sup> SEPTEMBER 2024

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### MAIN COURSE

Golden Crumbed Fish Fingers

Or  
Creamy chicken & Broccoli  
Pasta Bake

### SIDES

Sweetcorn & Peppers  
Coleslaw

### AND

Chipped Potatoes  
Baked Potato  
Crusty Bread

### DESSERT

Ice cream, Pears & Chocolate  
Sauce

### MAIN COURSE

Homemade Pizza

Or  
Savoury Mince

### SIDES

Garden Peas  
Side Salad

### AND

Potato Wedges  
Mashed Potato  
Garlic Bread

### DESSERT

Strawberry Jelly & Fruit

### MAIN COURSE

Chicken Curry & Naan Bread

Or  
Beef Meatballs in  
Tomato & Basil Sauce

### SIDES

Baton Carrots  
Green Beans

### AND

Steamed Rice  
Pasta  
Naan Bread

### DESSERT

Sticky Toffee Pudding & Custard

### MAIN COURSE

Roast Gammon, Stuffing & Gravy

Or  
Chicken & Pepper Fajitas

### SIDES

Carrot, Parsnip & Cauliflower

### AND

Mashed Potato  
Roast Potato  
Wheaten Bread

### DESSERT

Golden Krispie Square  
& Pineapple Chunks

### MAIN COURSE

School Chippy Day  
Chicken Goujon & Sausage

Or  
Baked Potato with Cheese

### SIDES

Baked Beans  
Garden Peas

### AND

Chipped Potato  
White Bread

### DESSERT

Frozen Fruit  
Fresh Fruit Selection



# EAT SMART WITH THE LUNCH BUNCH

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WEEK FOUR

BALLYKEEL PRIMARY

£2.60 PER DAY

Served week commencing:  
23<sup>rd</sup> SEPTEMBER 2024

## MONDAY

### MAIN COURSES

Baked Pork Sausages & Gravy

Or

Jerk Chicken & Caribbean Rice  
with Flatbread

### SIDES

Baked Beans  
Garden Peas

And

Chipped Potatoes  
Baked Potato  
Wholemeal Flour

### DESSERT

Ice-Cream, Strawberry Sauce  
Two Fruits

## TUESDAY

### MAIN COURSES

Chicken Curry and Naan Bread

or

BBQ Pulled Pork Pizza Wrap

### SIDES

Sweetcorn  
Diced carrots

And

Boiled Rice  
Oven Roasted Garlic  
And Paprika Wedges  
Naan Bread

### DESSERT

Jaffa Cake Pots  
Mandarin oranges

## WEDNESDAY

### MAIN COURSES

Breaded Fish and Lemon Mayo

Or

Beef Lasagne and Garlic Bread  
/salad

### SIDES

coleslaw  
Garden Peas

And

Chipped Potatoes  
Baked Potato  
Crusty Bread

### DESSERT

Summer Fruit Sponge and  
honeydew melon

## THURSDAY

### MAIN COURSES

Roast Chicken,  
Stuffing & Gravy

Or

Roast Butternut Squash  
Penne Pasta & Tomato &  
Pesto Sauce

### SIDES

Savoy Cabbage  
Baton Carrots  
And

Mashed Potato  
Oven Roast Potato  
White Bread

### DESSERT

Fresh Fruit Salad & Yoghurt

## FRIDAY

### MAIN COURSES

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

Or

Salt & Chilli Chicken Wrap

### SIDES

Corn on the Cob  
Pasta salad

And

Chipped Potatoes  
Steamed Rice  
Wholemeal Flour

### DESSERT

Lemon Shortbread  
Melon Wedge

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

MENU MAY CHANGE DUE  
TO DELIVERY CHANGES

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SPECIAL DIETS PLEASE CONTACT YOUR SCHOOL