



EAT SMART WITH THE LUNCH BUNCH

ea catering

WEEK ONE

BALLYKEEL PRIMARY

£2.60 PER DAY

Served week commencing:
30TH September 2024

MONDAY

MAIN COURSES

Beef Bolognaise
Grated Cheese

Or

Chicken Goujon Wrap
Choice of Dip

SIDES

Sweetcorn & Peppers
Fresh Broccoli

And

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

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