



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE
BALLYKEEL PRIMARY
Week commencing
7th October 2024
£2.60 per day

MONDAY

MAIN COURSES

Oven-Baked Fish Fingers

Or

Beef Bolognaise
& Garlic Bread

SIDES

Baked Beans /
Marrowfat Peas

And

Pasta Spirals /
Oven-baked Wedges

DESSERT

Vanilla Ice-Cream,
with Pears & Butterscotch Sauce

TUESDAY

MAIN COURSES

Homemade BBQ Chicken Pizza

Or

Traditional Irish Stew
& Wheaten Bread

SIDES

Coleslaw /
Baton Carrots

And

Chipped Potato /
Baked Potato

DESSERT

Homemade Banana Cake

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken
Curry & Naan Bread

Or

Baked Quorn Dippers
& BBQ Sauce

SIDES

Sweetcorn /
Roast Courgette

And

Boiled Rice /
Mashed Potato

DESSERT

Chocolate & Raspberry
Spongecake with Custard

THURSDAY

MAIN COURSES

Roast Pork,
Stuffing & Gravy

Or

Chicken Goujons
& Sweet Chilli Dip

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Home-baked Popcorn
Cookie & Orange Wedges

FRIDAY

MAIN COURSES

Beef Burger & Bap

Or

Rainbow Salad Wrap
Iceberg Lettuce, Tomato,
Cucumber, Pepper, Cheese

SIDES

Mini Corn-on-the-Cob /
Garden Peas

And

Chipped Potato /
Baked Potato

DESSERT

Frozen Strawberry Mousse

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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

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