



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 1

18 September
16 October
13 November
11 December

MONDAY

MAIN COURSES

Spaghetti Bolognese

Or

Crispy Cod Fishcake
with Tomato Ketchup

SIDES

Baton Carrots &
Baked Beans

Mashed Potato, Salad

DESSERT

Homemade Ginger
Biscuit & Custard

TUESDAY

MAIN COURSES

Classic Margherita Pizza

Or

Italian Chicken &
Tomato Pasta Bake &
Garlic Bread

SIDES

Garden Peas & Coleslaw

Chipped Potato, Pasta

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Chicken Panini &
Coleslaw

SIDES

Steamed Broccoli &
Sweetcorn

Oven Roasted Potato
Wedges, Rice

DESSERT

Banana Yoghurt Pot

THURSDAY

MAIN COURSES

Roast Chicken, Stuffing &
Rich Gravy

Or

Beef Olive

SIDES

Baton Carrots & Cabbage

Mashed Potato or roast
potato

DESSERT

Chocolate Sponge &
Custard

FRIDAY

MAIN COURSES

Hot Dog

Or

Chicken Wrap &
Sweet Chilli Sauce

SIDES

Garden Peas & Spaghetti
Hoops

Chipped Potato, Pasta

DESSERT

Fresh Fruit & Yoghurt

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