



EAT SMART WITH

THE LUNCH BUNCH

ea catering
WEEK ONE

BRAIDSIDE INTEGRATED
Week commencing:
2nd September 2024

MONDAY

MAIN COURSES

Beef Bolognaise

SIDES

Sweetcorn
Green Beans

And

Pasta Spirals

DESSERT

Chocolate & Orange Cookie

TUESDAY

MAIN COURSES

Breaded Fish Goujons &
Lemon Mayo

SIDES

Garden Peas
Baked Beans

And

Chips
Baked Potato

DESSERT

Raspberry Jelly & Two Fruits

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Diced Carrots
Sweetcorn

And

Steamed Rice

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast Loin of Pork with
Stuffing & Gravy

Or

Salmon & Creamy Tomato
Pasta

SIDES

Broccoli Florets
Baton Carrots

And

Mashed Potato

DESSERT

Pineapple Delight

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

SIDES

Spaghetti Hoops
Garden Peas

And

Chips
Mashed Potatoes

DESSERT

Ice-Cream & 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



EAT SMART WITH

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WEEK TWO

BRAIDSIDE INTEGRATED
Week commencing:
9th September 2024

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

SIDES

Baked Beans
Garden Peas

And

Chips
Baked Potato

DESSERT

Homemade Flakemeal Biscuit

TUESDAY

MAIN COURSES

Beef Ragu Italia & Garlic
Bread

SIDES

Sweetcorn
Diced Carrots

And

Pasta Twists

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Garden Peas
Baton Carrots

And

Steamed Rice

DESSERT

Arctic Roll & Peaches

THURSDAY

MAIN COURSES

Roast Gammon with Stuffing
and Gravy

SIDES

Cauliflower Florets
Broccoli Florets
Baton Carrots

And

Mashed Potatoes

DESSERT

Homemade Brownie &
Orange Wedges

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet
Chilli Dip

SIDES

Spaghetti Hoops
Sweetcorn

And

Chips
Baby New Potatoes

DESSERT

Rainbow Cookie &
Pure Apple Juice

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

BRAIDSIDE INTEGRATED
Week commencing:
16th September 2024

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

SIDES

Sweetcorn & Red Peppers
Tossed Salad

And

Chips
Baked Potato

DESSERT

Ice-Cream with Pears &
Chocolate Sauce

TUESDAY

MAIN COURSES

Savoury Mince

SIDES

Garden Peas
Baton Carrots

And

Mashed Potatoes

DESSERT

Summer Fruit Cheesecake

WEDNESDAY

MAIN COURSES

Spaghetti Bolognese & Garlic
Bread

SIDES

Green Beans
Baton Carrots

And

Spaghetti

DESSERT

Jam & Coconut Sponge &
Custard

THURSDAY

MAIN COURSES

Roast Chicken with
Stuffing & Gravy

SIDES

Diced Carrots
Diced Parsnips

And

Mashed Potatoes

DESSERT

Golden Krispie Square

FRIDAY

MAIN COURSES

School "Chippy Day"
Chicken Goujon &
Sausage

SIDES

Baked Beans
Garden Peas

And

Chips
Baby New Potatoes

DESSERT

Frozen Fruit Yoghurt

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

BRAIDSIDE INTEGRATED

Week commencing:

23rd September 2024

MONDAY

MAIN COURSES

Oven Baked Pork Sausages & Gravy

SIDES

Baked Beans
Garden Peas

And

Chips
Baked Potato

DESSERT

Ice-Cream & Two Fruits

TUESDAY

MAIN COURSES

Pulled Pork Pizza

SIDES

Sweetcorn
Coleslaw

And

Roast Garlic & Paprika
Wedges

DESSERT

Jaffa Cake Slice

WEDNESDAY

MAIN COURSES

Breaded Fish Goujons & Lemon Mayo

SIDES

Garden Peas
Diced Carrots

And

Mashed Potatoes

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast Gammon with Stuffing & Gravy

SIDES

Diced Turnip
Baton carrots

And

Mashed Potatoes

DESSERT

Fresh Fruit Platter & Yoghurt

FRIDAY

MAIN COURSES

Beef Burger in Bap with Onions & Tomato Ketchup

SIDES

Pasta Salad
Sweetcorn

And

Chips
Baked Potato

DESSERT

Lemon Shortbread & Melon Wedge

MILK, WATER, BREAD & FRESH FRUIT AVAILABLE DAILY

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