



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK 1

Week commencing
AUG 28, SEPT 25, OCT 23,
NOV 20, DEC 18, JAN 22

MONDAY

MAIN COURSES

Pasta Bolognese with
Garlic Bread

Or

Fish Goujon in Soft
Shell Taco & Zingy
Tomato Salsa
Garlic Bread

SIDES

Baked Beans/Tossed
Salad

Mashed Potatoes

DESSERT

Yoghurt / Fresh Fruit

TUESDAY

MAIN COURSES

Classic Margherita
Pizza

Or

Italian Chicken &
Tomato Pasta

SIDES

Steamed
Broccoli/Coleslaw

Chipped Potatoes/
Mashed Potatoes

DESSERT

Strawberry Mousse &
Fruit

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Crispy Cod Fishcake/
Garlic & Lemon Mayo

SIDES

Garden Peas/Sweetcorn

Steamed Rice/
Oven Baked Wedges/
Mashed Potatoes

DESSERT

Chocolate Sponge &
Custard

THURSDAY

MAIN COURSES

Roast Pork, Stuffing &
Gravy

Or

Chicken Panini/Dressed
Salad

SIDES

Carrots & Parsnip/Savoy
Cabbage

Mashed Potatoes/
Oven Roast Potato

DESSERT

Strawberry Jelly, Ice
Cream & Fruit

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

Or

Creamy Chicken &
Vegetable Bake

SIDES

Coleslaw/Tossed Salad

Chipped Potatoes/
Mashed Potatoes

DESSERT

Fresh Fruit Pot &
Homemade Biscuit

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



EAT SMART WITH **THE LUNCH BUNCH**

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WEEK 2

WEEK COMMENCING:
SEP 04, OCT 02, OCT 30,
NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Sausage Roll

Or

Sweet and Sour
Chicken & Rice

SIDES

Spaghetti Hoops &
Garden Peas

Chipped Potatoes/
Mashed Potatoes

DESSERT

Ice Cream, Chocolate
Sauce and Sliced
Pears

TUESDAY

MAIN COURSES

Pasta Bolognese with
Garlic Bread

Or

Oven Baked Salmon

SIDES

Sweetcorn/Tossed Salad

Mashed Potatoes

DESSERT

Iced Sponge &
Custard

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Cheese or BBQ Chicken
Pizza

SIDES

Garden Peas

Rice/Mashed Potatoes

DESSERT

Fresh Fruit Salad and
Yoghurt

THURSDAY

MAIN COURSES

Roast Turkey or Chicken,
Stuffing & Gravy

Or

Salad filled Pitta with
Barbeque Pulled Pork

SIDES

Broccoli and Carrots

Mashed Potatoes/
Oven Roasted Potato

DESSERT

Fruit Muffin &
Milkshake

FRIDAY

MAIN COURSES

Beef Burger in a Bap
with Tomato Ketchup

Or

Peppered Chicken &
Rice

SIDES

Sweetcorn/Tossed Salad

Chipped Potatoes/
Mashed Potatoes

DESSERT

Flakemeal Biscuit &
Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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WEEK 3

WEEK COMMENCING:
SEP 11, OCT 9, NOV 6,
DEC 4, JAN 8, FEB 5

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

Or

Mighty Mac 'n' Cheese with Garlic Bread Slice

SIDES

Baked Beans/Coleslaw

Chipped Potatoes/
Mashed Potatoes

DESSERT

Artic Roll with fruit

TUESDAY

MAIN COURSES

Pepperoni/Margherita Pizza

Or

Spicy Italian Beef Strips served in a Pitta Pocket with Sweet Chilli Dressing

SIDES

Garden Peas/Dressed Salad

Homemade Garlic Diced Potatoes/
Mashed Potatoes

DESSERT

Fresh Fruit &
Shortbread

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken Curry & Naan Bread

Or

Steak Burger in a Bap with Cheese & Ketchup

SIDES

Dressed Tossed Salad

Rice/Mashed Potatoes

DESSERT

Lemon Drizzle Cake &
Custard

THURSDAY

MAIN COURSES

Roast Gammon, Stuffing and Gravy

Or

Savoury Mince Pasta with grated Italian Cheese

SIDES

Carrot & Broccoli

Mashed Potatoes/
Oven Roast Potato

DESSERT

Decorated Fairy Cake

FRIDAY

MAIN COURSES

Tasty Pork Sausages with Tomato Ketchup

Or

Salt N Chilli Chicken Wrap with Garlic Mayo

SIDES

Mini Corn on the Cob/Spaghetti Hoops

Chipped Potatoes/
Mashed Potatoes

DESSERT

Frozen Mousse
Fruit

MILK, WATER, BREAD AND
FRESH FRUIT AVAILABLE DAILY

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WEEK 4

WEEK COMMENCING:
SEP 18, OCT 16, NOV 13,
DEC 11, JAN 15, FEB 12

MONDAY

MAIN COURSES

Spaghetti Bolognese
& Garlic Bread

Or

Cod Fishcake with
Ketchup

SIDES

Garden Peas

Oven Baked Potato
Wedges/
Mashed Potatoes

DESSERT

Yoghurt / Fresh Fruit

TUESDAY

MAIN COURSES

Ham & Cheese Pizza or
Pepperoni with Garlic
Dip

Or

Tex Mex Beef & Veg
Enchilada

SIDES

Mini Corn on the Cob/
Coleslaw

Chipped Potatoes/
Mashed Potatoes

DESSERT

Jelly & Mandarin
Oranges

WEDNESDAY

MAIN COURSES

Lunch Bunch Chicken
Curry & Naan Bread

Or

Oven Baked Sausages

SIDES

Sweetcorn/Baked Beans

Rice/Mashed Potatoes

DESSERT

Cracknel & Custard

THURSDAY

MAIN COURSES

Roast Beef, Stuffing &
Gravy

Or

Stuffed Chicken and
Gravy

SIDES

Broccoli/Carrots

Mashed Potatoes/
Oven Roast Potato

DESSERT

Ice Cream, Pears &
Chocolate Sauce

FRIDAY

MAIN COURSES

Oven Baked Chicken
Goujons/Garlic Dip

Or

Sweet Chilli Chicken
Panini

SIDES

Tossed Salad/Spaghetti
Hoops

Chipped Potatoes/
Mashed Potatoes

DESSERT

Homemade Ginger
Biscuit and Fruit

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FRESH FRUIT AVAILABLE DAILY

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