



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

Served weeks commencing:

2 September, 30 September

MONDAY

MAIN COURSES

Beef Bolognaise

Or

Chicken Goujon Wrap with
choice of dip

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed
Potato

DESSERT

Chocolate & Orange Cookie

TUESDAY

MAIN COURSES

Homemade Margherita
Pizza

Or

Chinese-style Beef &
Vegetables with Noodles

SIDES

Green Beans/ Baked Beans

And

Chipped / Mashed Potato

DESSERT

Raspberry Jelly & Two Fruits

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Breaded Fish & Lemon Mayo

SIDES

Diced Carrots & Garden Peas

And

Rice / Mashed Potato

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

Or

Salmon & Creamy Tomato
Pasta

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Pineapple Delight

FRIDAY

MAIN COURSES

Hot Dog / Veggie Dog with
Tomato Ketchup

Or

Chicken & Summer Veg Pie

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped / 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 THE LUNCH BUNCH

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WEEK TWO

Served weeks commencing:

9 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

Or

Freshly Baked Ham & Cheese Panini

SIDES

Baked Beans & Garden Peas

And

Chipped/Mashed Potato

DESSERT

Homemade Flakemeal Biscuit

TUESDAY

MAIN COURSES

Spaghetti Bolognaise

Or

Homemade Margherita Pizza

SIDES

Sweetcorn / Diced Carrots / Coleslaw

And

Oven Roasted Potato Wedges / Mashed Potato

DESSERT

Mandarin Orange Sponge & Custard

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Baked Pork Sausages & Gravy

SIDES

Garden Peas & Baton Carrots

And

Boiled Rice / Mashed Potato

DESSERT

Arctic Roll and Peaches

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

Or

Quorn Dippers

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Homemade Brownie & Orange Wedges

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet Chilli Dip

Or

Roast Mediterranean Vegetable Pasta Bake

SIDES

Spaghetti Hoops / Corn on the Cob

And

Chipped / Mash / Baby New Potatoes

DESSERT

Fruit Muffin with Pure Apple / Orange Juice



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WEEK THREE

Served weeks commencing:

16 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

Or

Creamy Chicken & Broccoli
Pasta with Garlic Bread

SIDES

Sweetcorn / Baked Beans

And

Chipped / Mashed Potato/
Coleslaw

DESSERT

Ice-Cream with Pears &
Chocolate Sauce

TUESDAY

MAIN COURSES

Homemade Cottage Pie

Or

Homemade Margherita Pizza

SIDES

Carrots / Parsnips

And

Oven Baked Potato
Wedges/Mashed Potato

DESSERT

Summer Fruit /
Marshmallow Cheesecake

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Beef / Meatball & Gravy

SIDES

Garden Peas / Baton Carrots

And

Steamed Rice / Mashed Potato

DESSERT

Sticky Date Pudding & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

Or

Chicken & Pepper Fajita

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Golden Krispie Square

FRIDAY

MAIN COURSES

School "Chippy Day"
Chicken Nuggets
Or

Baked Potato with Tuna &
Sweetcorn / Salad

SIDES

Corn on the Cob / Coleslaw

And

Chipped / Mashed Potato

DESSERT

Frozen Fruit Mousse



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WEEK FOUR

Served weeks commencing:

18 August - 22 August
25 August - 29 August

22 August - 23 September

MONDAY

MAIN COURSES

Baked Pork Sausages & Gravy

Or

Jerk Chicken & Caribbean Rice with Flatbread

SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

DESSERT

Ice-Cream & Two Fruits

TUESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Cheese / Pepperoni Pizza

SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Oven Roasted Garlic & Paprika Wedges

DESSERT

Jaffa Cake Pots

WEDNESDAY

MAIN COURSES

Breaded Fish & Lemon Mayo

Or

Beef Lasagne / Garlic Bread / Coleslaw

SIDES

Garden Peas / Diced Carrots

And

Mashed / Baby Potato

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

Or

Roast Butternut Squash, Penne Pasta and Tomato & Pesto Sauce

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Fresh Fruit Salad & Yoghurt

FRIDAY

MAIN COURSES

Beef Burger / Bean Burger in Bap with Onions

Or

Salt & Chilli Chicken Chunks

SIDES

Corn on the Cob / Pasta Salad

And

Chipped Potato / Mashed Potato

DESSERT

Lemon Shortbread & Melon Wedge

MILK, WATER, BREAD & FRESH FRUIT AVAILABLE DAILY

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