



EAT SMART WITH

THE LUNCH BUNCH

ea catering
WEEK ONE

Served weeks commencing:
7 October, 4 November
2 December, 30 December
27 January

MONDAY

MAIN COURSES

Oven-Baked Fish Fingers

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

SIDES

Coleslaw /
Baton Carrots

And

Chipped Potato /
Baked Potato

DESSERT

Homemade Banana Cake

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken Curry
& Naan Bread

SIDES

Sweetcorn /
Roast Courgette

And

Boiled Rice /
Mashed Potato

DESSERT

Chocolate & Raspberry
Spongecake with Custard

THURSDAY

MAIN COURSES

Roast Pork,
Stuffing & Gravy

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Home-baked Popcorn Cookie
& Orange Wedges

FRIDAY

MAIN COURSES

Beef Burger & Bap

SIDES

Mini Corn-on-the-Cob /
Garden Peas

And

Chipped Potato /
Baked Potato

DESSERT

Frozen Strawberry Mousse

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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WEEK TWO

Served weeks commencing:

14 October, 11 November

9 December, 6 January

3 February

MONDAY

MAIN COURSES

Fish Finger "Seadog"
served in a finger roll

SIDES

**Marrowfat Peas /
Baked Beans**

And

**Chipped Potato /
Baby Potato**

DESSERT

Apple & Pear Crumble
with Custard

TUESDAY

MAIN COURSES

**Savoury Beef Mince
& Crusty Bread**

SIDES

**Sweetcorn /
Baton Carrots**

And

**Oven-baked Cubed Potato /
Mashed Potato**

DESSERT

**Arctic Roll
& Winter Berry Sauce**

WEDNESDAY

MAIN COURSES

Peppered Chicken

SIDES

**Mini Corn-on-the-Cob /
Garden Peas**

And

**Mashed Potato /
Boiled Rice**

DESSERT

**Home-baked Jam & Coconut
Sponge & Custard**

THURSDAY

MAIN COURSES

**Roast Gammmon,
Stuffing & Gravy**

SIDES

Fresh Seasonal Vegetables

And

**Mashed Potato /
Oven Roast Potato**

DESSERT

**Chocolate Rice Krispie
Square**

FRIDAY

MAIN COURSES

**Crispy Baked Chicken
Burger & Bap**

SIDES

**Spaghetti Hoops /
Asian Slaw**

And

**Chipped Potato /
Baked Potato**

DESSERT

**Raspberry Jelly
& Peach Slices**

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK THREE

Served weeks commencing:

21 October, 18 November

16 December, 13 January

10 February

MONDAY

MAIN COURSES

**Homemade Ham & Cheese
Pizza**

SIDES

**Spaghetti Hoops /
Mini Corn-on-the-Cob**

And

**Roast Potato Wedges /
Mashed Potatoes**

DESSERT

**Vanilla Ice-Cream
with Pear Slices & Hot
Chocolate Sauce**

TUESDAY

MAIN COURSES

Beef Bolognese

SIDES

**Cauliflower Cheese /
Steamed Broccoli**

And

**Mashed Potato /
Pasta**

DESSERT

Apple Sponge with Custard

WEDNESDAY

MAIN COURSES

**"Lunch Bunch" Chicken Curry
& Naan Bread**

SIDES

**Garden Peas / Roast
Butternut Squash**

And

Chipped Potato / Boiled Rice

DESSERT

Frozen Smoothie

THURSDAY

MAIN COURSES

**Roast Beef,
Yorkshire Pudding & Gravy**

Or

**Salmon Fish Fingers
& Lemon Mayonnaise**

SIDES

Fresh Seasonal Vegetables

And

**Mashed Potato /
Oven Roast Potato**

DESSERT

Chocolate Cracknel & Custard

FRIDAY

MAIN COURSES

**Hotdog
& Tomato Ketchup**

SIDES

**Coleslaw /
Baked Beans**

And

**Chipped Potato /
Pasta Salad**

DESSERT

**Homemade Oatmeal
Biscuit & Fresh Fruit Pot**

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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WEEK FOUR

Served weeks commencing:
28 October, 25 November
23 December, 20 January

MONDAY

MAIN COURSES

Oven-Baked Fish Goujons

SIDES

Steamed Garden Peas /
Spaghetti Hoops

And

Chipped Potato /
Baked Potato

DESSERT

Chocolate & Raspberry
Brownie

TUESDAY

MAIN COURSES

Cottage Pie

SIDES

Baton Carrots /
Steamed Broccoli

And

Garlic & Herb Potato
Wedges / Pasta Spirals

DESSERT

Ice-cream, Jelly & Two Fruit

WEDNESDAY

MAIN COURSES

"Lunch Bunch" Chicken Curry
& Naan Bread

SIDES

Sweetcorn /
Roasted Butternut Squash

And

Boiled Rice /
Mashed Potato

DESSERT

Chocolate & Pear Sponge
with Custard

THURSDAY

MAIN COURSES

Turkey & Ham,
Stuffing, Gravy

SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /
Oven Roast Potato

DESSERT

Homemade Flapjack
& Orange Wedges

FRIDAY

MAIN COURSES

Oven-Baked Chicken
Nuggets

SIDES

Baked Beans /
Garden Peas

And

Chipped Potato /
Baked Potato

DESSERT

Choice of Fruit Yoghurt Pot

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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