



EAT SMART WITH

THE LUNCH BUNCH

ea catering WEEK ONE

Served weeks commencing:
19 February, 18 March,
15 April, 13 May, 10 June,
2 September, 30 September

MONDAY

MAIN COURSES

Breaded Fish & Lemon
Mayo

Or

Homemade Margherita
Pizza

SIDES

Mushy or Garden Peas /
Baked Beans

And

Chipped / Baked Potato

DESSERT

Raspberry Jelly & Two Fruits

TUESDAY

MAIN COURSES

Beef Bolognaise

Or

Chicken Goujon Wrap with
choice of dip

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals / Mashed
Potato

DESSERT

Chocolate & Orange Cookie

WEDNESDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

Or

Salmon & Creamy Tomato
Pasta

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast
Potatoes

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Chinese Style Beef &
Vegetables

SIDES

Diced carrots and green beans

And

Noodles / Rice

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



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WEEK TWO

Served weeks commencing:
26 February, 25 March,
22 April, 20 May, 17 June
9 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

Or

Freshly Baked Ham & Cheese Panini

SIDES

Baked Beans & Garden Peas

And

Chipped/Baked Potato

DESSERT

Homemade Flakemeal Biscuit

TUESDAY

MAIN COURSES

Beef Ragù Italia

Or

Homemade Margherita Pizza

SIDES

Sweetcorn / Diced Carrots / Coleslaw

And

Oven Roasted Potato Wedges / Rice / Salad

DESSERT

Mandarin Orange Sponge & Custard

WEDNESDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

Or

Quorn Dippers

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potatoes

DESSERT

Arctic Roll and Peaches

THURSDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Baked Pork Sausages & Gravy

SIDES

Garden Peas & Baton carrots

And

Boiled Rice / Mashed 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 / Baby New Potatoes

DESSERT

Fruit Muffin with Pure Apple / Orange Juice



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WEEK THREE

Served weeks commencing:
 4 March, 1 April, 29 April,
 27 May, 24 June
 16 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

Or

Creamy Chicken & Broccoli
 Pasta with Garlic Bread

SIDES

Sweetcorn & Roasted Peppers

And

Chipped / Baked Potato /
 Coleslaw

DESSERT

Ice-Cream with Pears &
 Chocolate Sauce

TUESDAY

MAIN COURSES

Homemade Cottage Pie

Or

Homemade Margherita Pizza

SIDES

Spring Greens / Roasted
 Butternut Squash

And

Oven Baked Potato
 Wedges/Baked Potato

DESSERT

Summer Fruit Cheesecake

WEDNESDAY

MAIN COURSES

Roast of the Day, Stuffing &
 Gravy

Or

Chicken & Pepper Fajita

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potatoes

DESSERT

Sticky Date Pudding & Custard

THURSDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Beef Meatballs with a
 Tomato & Basil Sauce

SIDES

Green Beans & Baton Carrots

And

Steamed Rice / Pasta Spirals

DESSERT

Golden Krispie Square

FRIDAY

MAIN COURSES

School "Chippy Day" Fish or
 Chicken Goujons / Sausages

Or

Baked Potato with Tuna &
 Sweetcorn / Salad

SIDES

Baked Beans / Mushy Peas

And

Chipped / Baby New
 Potatoes

DESSERT

Frozen Fruit Yoghurt



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WEEK FOUR

Served weeks commencing:
11 March, 8 April,
6 May, 3 June
26 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

BBQ Pulled Pork Pizza Wrap

SIDES

Sweetcorn / Baton Carrots

And

Boiled Rice / Oven Roasted Garlic & Paprika Wedges

DESSERT

Jaffa Cake Pots

WEDNESDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

Or

Roast Butternut Squash, Penne Pasta in a Tomato & Pesto Sauce

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Breaded Fish & Lemon Mayo

Or

Beef Lasagne, Garlic Bread & Coleslaw.

SIDES

Garden Peas/ Diced Carrots

And

Mashed / Baby Potatoes

DESSERT

Fresh Fruit Salad & Yoghurt

FRIDAY

MAIN COURSES

Beef Burger / Bean Burger in Bap with Onions

Or

Salt & Chilli Chicken

SIDES

Corn on the Cob / Pasta Salad

And

Chipped Potato / Steamed Rice

DESSERT

Lemon Shortbread & Melon Wedge