



EAT SMART WITH THE LUNCH BUNCH

ea catering
WEEK ONE

Served weeks commencing:
2nd September

MONDAY

MAIN COURSES

Breaded Fish shapes &
Lemon Mayo

SIDES

Garden Peas / Baked Beans

And

Chipped / Baked Potato

DESSERT

Raspberry Jelly & Two Fruits

TUESDAY

MAIN COURSES

Beef Bolognese

SIDES

Sweetcorn / Broccoli

And

Pasta Spirals

DESSERT

Chocolate & Orange Cookie

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Diced Carrots & Green Beans

And

Rice

DESSERT

Fruit Sponge & Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

Or
Salmon

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Pineapple Delight

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

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

SIDES

Baked Beans & Garden Peas

And

Chipped/Baked Potato

DESSERT

Homemade Flakemeal Biscuit

TUESDAY

MAIN COURSES

Cheese Pizza

SIDES

Sweetcorn / Diced Carrots /
Coleslaw

And

Oven Roasted Potatoes
Gravy

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Garden Peas & Baton Carrots

And

Boiled Rice

DESSERT

Arctic Roll and Peaches

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Homemade Brownie &
Orange Wedges

FRIDAY

MAIN COURSES

Chicken Goujons & Sweet
Chilli Dip

SIDES

Spaghetti Hoops / Corn on
the Cob

And

Chipped / Baby New
Potatoes

DESSERT

Fruit Muffin with Pure
Apple / Orange Juice



EAT SMART WITH THE LUNCH BUNCH

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WEEK THREE

Served weeks commencing:
16 September

MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

SIDES

Sweetcorn & Peas

And

Chipped / Baked Potato /
Coleslaw

DESSERT

Ice-Cream with Pears &
Chocolate Sauce

TUESDAY

MAIN COURSES

Homemade Cottage Pie

SIDES

Mixed Vegetables

And

Oven Baked Potato Wedges

DESSERT

Summer Fruit Cheesecake

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Green Beans / Baton Carrots

And

Steamed Rice

DESSERT

Sticky Toffee Pudding &
Custard

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Golden Krispie Square

FRIDAY

MAIN COURSES

School "Chippy Day"
Chicken Goujons Or
Sausages

SIDES

Baked Beans / Mushy Peas

And

Chipped / Baby New
Potatoes

DESSERT

Frozen Fruit Yoghurt

MILK, WATER, BREAD &
FRESH FRUIT AVAILABLE DAILY

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EAT SMART WITH THE LUNCH BUNCH

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WEEK FOUR

Served weeks commencing:
23 September

MONDAY

MAIN COURSES

Baked Pork Sausages & Gravy

SIDES

Baked Beans / Garden Peas

And

Chipped / Baked Potato

DESSERT

Ice-Cream & Two Fruits

TUESDAY

MAIN COURSES

Breaded Fish & Lemon Mayo

SIDES

Peas / Baton Carrots

And

Mash Potatoes Gravy

DESSERT

Chocolate Cake & Custard

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Green Beans/ Diced Carrots

And

Rice

DESSERT

Frozen Smoothies & Apple

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing & Gravy

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast Potato

DESSERT

Fresh Fruit Salad & Yoghurt

FRIDAY

MAIN COURSES

Beef Burger in Bap with Onions

SIDES

Corn on the Cob / Salad

And

Chipped Potato

DESSERT

Shortbread & Melon Wedge