



EAT SMART WITH

THE LUNCH BUNCH

ea catering
WEEK THREE

WEEK COMMENCING:
AUG 28, SEP 25, OCT 23,
NOV 20, DEC 18, JAN 22



MONDAY

MAIN COURSES

Golden Crumbed Fish Fingers

SIDES

Baked Beans
and

Chipped or Mashed Potatoes/ Salad

DESSERT

Artic Roll with Peaches & Pears

TUESDAY

MAIN COURSES

Beef Meatballs with Italian Tomato & Basil Sauce

Or

Pepperoni/Margherita Pizza

SIDES

Garden Peas/Salad

and

Penne Pasta/ Oven Baked Potato Wedges

DESSERT

Fresh Fruit Pot

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

Or

Salt'n'Chilli Chicken Bites

SIDES

Mini Corn on the Cob

and

Steamed Rice/Salad/Oven Baked Potato Wedges

DESSERT

Lemon Drizzle Cake and Custard

THURSDAY

MAIN COURSES

Roast Chicken, Stuffing & Rich Gravy

SIDES

Carrot & Parsnip/ Cauliflower Cheese

and

Mashed Potato/Oven Roast Potato

DESSERT

Fairy Cake

FRIDAY

MAIN COURSES

Tasty Pork Sausages with Tomato Ketchup or Gravy

SIDES

Sweetcorn & Baked Beans

and

Chipped Potato/Mashed Potato

DESSERT

Fresh Fruit Selection

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



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WEEK FOUR

WEEK COMMENCING:
SEP 04, OCT 2, OCT 30,
NOV 27, JAN 01, JAN 29

MONDAY

MAIN COURSES

Beef Bolognese with Garlic Bread

Or

Sweet Chilli Chicken Panini & Coleslaw

SIDES

Baton Carrots/Salad/Oven Baked Potato Wedges

and

Pasta Shells

DESSERT

Jelly & Fruit

TUESDAY

MAIN COURSES

Ham & Cheese Pizza with Garlic Dip

SIDES

Mini Corn on the Cob/
Baked Beans/Coleslaw

and

Chipped Potato/ Jacket Potato

DESSERT

Melon, Mandarin & Pineapple Pot

WEDNESDAY

MAIN COURSES

Chicken Curry & Naan Bread

SIDES

Green Beans & Sweetcorn

and

Steamed Rice/Salad

DESSERT

Date Fudge & Custard

THURSDAY

MAIN COURSES

Roast Beef, Stuffing & Rich Gravy

SIDES

Cauliflower Cheese & Baton Carrots

and

Mashed Potato/Oven Roast Potato

DESSERT

Ice-Cream, Pears

FRIDAY

MAIN COURSES

Oven Baked Chicken Goujons

or

Admiral's Ocean Pie

SIDES

Garden Peas/
Baked Beans

and

Chipped & Jacket Potato/Salad

DESSERT

Homemade Ginger Biscuit & Fruit

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WEEK ONE

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

MONDAY

MAIN COURSES

Classic Margherita Pizza

or

Italian Chicken & Tomato
Pasta Bake with Garlic
Bread

SIDES

Steamed Broccoli/ Coleslaw

and

Chipped Potato/Baked
Potato/Salad

DESSERT

Banana
Yogurt Pot

TUESDAY

MAIN COURSES

Savoury Mince Pie

Or

Fish Goujon in Soft Shell
Taco with Tomato Salsa

SIDES

Baton Carrots

and

Mashed/Baby Potatoes/
Salad

DESSERT

Mandarin Orange Sponge &
Custard

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

SIDES

Garden Peas
& Sweetcorn

and

Steamed Rice/Oven Baked
Potato Wedges

DESSERT

Strawberry Jelly, Ice Cream
& Fruit

THURSDAY

MAIN COURSES

Roast Chicken, Stuffing &
Rich Gravy

SIDES

Carrot & Parsnip/Savoy
Cabbage

and

Mashed Potato/Oven Roast
Potato

DESSERT

Chocolate Sponge

FRIDAY

MAIN COURSES

Hot Dog with Tomato
Ketchup

SIDES

Garden Peas/Spaghetti
Hoops/Salad

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Flakemeal Biscuit &
Fruit Selection

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FRESH FRUIT AVAILABLE DAILY

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WEEK TWO

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

MONDAY

MAIN COURSES

Mexican
Chilli

Or

BBQ Chicken Pizza

SIDES

Sweetcorn/Coleslaw

and

Steamed Rice/Oven Roast
Potato Wedges
Salad

DESSERT

Apple Sponge & Custard

TUESDAY

MAIN COURSES

Sausage
Roll

SIDES

Baked Beans
and Garden Peas

and

Chipped Potato/Jacket
Potato
Salad

DESSERT

Ice Cream, Chocolate Sauce
& Sliced Peas

WEDNESDAY

MAIN COURSES

Chicken Curry
& Naan Bread

SIDES

Garden Peas
& Sweetcorn

and

Steamed Rice

DESSERT

Strawberry Mousse
& fruit

THURSDAY

MAIN COURSES

Roast Gammon, Stuffing &
Rich Gravy

or

Poached
Salmon

SIDES

Cauliflower/Broccoli

and

Mashed Potato/Oven Roast
Potato

DESSERT

Blueberry
Muffin

FRIDAY

MAIN COURSES

Beef Burger with Tomato
Ketchup

SIDES

Sweetcorn/Salad

and

Chipped Potatoes/
Baked Potatoes

DESSERT

Flakemeal Biscuit
& Fruit

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FRESH FRUIT AVAILABLE DAILY

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