



**EAT SMART WITH**

# THE LUNCH BUNCH

**ea catering**  
**WEEK 1**

Week Commencing:  
Sep 18, Oct 16, Nov 13,  
Dec 11, Jan 15, Feb 12

## MONDAY

### MAIN COURSES

Spaghetti Bolognese

Or

Crispy Cod Fishcake  
with Tomato Ketchup

### SIDES

Baton Carrots &  
Baked Beans

Mashed Potato, Salad

### DESSERT

Homemade Ginger  
Biscuit & Custard

## TUESDAY

### MAIN COURSES

Classic Margherita Pizza

Or

Italian Chicken &  
Tomato Pasta Bake &  
Garlic Bread

### SIDES

Garden Peas & Coleslaw

Chipped Potato,  
Mashed Potato

### DESSERT

Strawberry Jelly, Ice  
Cream & Fruit

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

Or

Chicken Panini &  
Coleslaw

### SIDES

Steamed Broccoli &  
Sweetcorn

Oven Roasted Potato  
Wedges, Rice

### DESSERT

Banana Yoghurt Pot

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing &  
Rich Gravy

Or

Beef Olive

### SIDES

Baton Carrots & Savoy  
Cabbage

Mashed Potato

### DESSERT

Chocolate Sponge &  
Custard

## FRIDAY

### MAIN COURSES

Hot Dog

Or

Chicken Wrap &  
Sweet Chilli Salsa

### SIDES

Garden Peas & Spaghetti  
Hoops

Chipped Potato, Mashed  
Potato

### DESSERT

Fresh Fruit & Yoghurt

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



EAT SMART WITH

# THE LUNCH BUNCH

WEEK 2

Week Commencing:  
Aug 28, Sep 25, Oct 23,  
Nov 20, Dec 18, Jan 22

## MONDAY

### MAIN COURSES

Chicken Nuggets

Or

Homemade Lasagne

### SIDES

Steamed Broccoli &  
Garden Peas

Chipped Potato, Rice

### DESSERT

Ice Cream, Chocolate  
Sauce & Sliced Pears

## TUESDAY

### MAIN COURSES

Spaghetti Bolognaise

Or

BBQ Chicken Pizza

### SIDES

Sweetcorn & Baked  
Beans

Diced Potatoes, Mashed  
Potatoes, Salad

### DESSERT

Fruit & Rice Pudding

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

Or

Golden Crumbed Fish  
Fingers

### SIDES

Garden Peas

Rice, Salad, Mashed  
Potato

### DESSERT

Rice Krispie Square &  
Fruit

## THURSDAY

### MAIN COURSES

Roast Turkey, Stuffing &  
Rich Gravy

Or

Salmon Fishcake

### SIDES

Cauliflower & Baton  
Carrots

Mashed Potato

### DESSERT

Fruit Muffin

## FRIDAY

### MAIN COURSES

Steak Burger &  
Tomato Ketchup

Or

Chicken Crumble

### SIDES

Sweetcorn & Salad

Or

Chipped Potato, Rice

### DESSERT

Flakemeal Biscuit &  
Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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# THE LUNCH BUNCH



Week Commencing:  
 Sep 04, Oct 02, Oct 30,  
 Nov 27, Jan 01, Jan 29

## MONDAY

### MAIN COURSES

Golden Crumbed Fish  
 Fingers

Or

Mighty Mac 'n' Cheese  
 with Garlic Bread Slice

### SIDES

Baked Beans &  
 Broccoli & Coleslaw

Mashed Potatoes

### DESSERT

Artic Roll with  
 Peaches

## TUESDAY

### MAIN COURSES

Beef Meatballs with  
 Italian Tomato & Basil  
 Sauce

Or

Margherita Pizza

### SIDES

Garden Peas & Salad

Oven Baked Potato  
 Wedges, Pasta

### DESSERT

Shortbread, Custard  
 & Fruit

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
 Curry & Naan Bread

Or

Bacon Slice

### SIDES

Mini Corn on the Cob

Steamed Rice, Chipped  
 Potatoes

### DESSERT

Strawberry Jelly &  
 Fruit

## THURSDAY

### MAIN COURSES

Roast Chicken, Stuffing &  
 Rich Gravy

Or

Mexican Chilli with  
 Nachos

### SIDES

Baton Carrots & Tossed  
 Salad

Mashed Potato

### DESSERT

Jam & Coconut  
 Sponge & Custard

## FRIDAY

### MAIN COURSES

Tasty Port Sausages  
 with Tomato Ketchup  
 or Gravy

Or

Chicken Panini &  
 Coleslaw

### SIDES

Sweetcorn & Spaghetti  
 Hoops

Chipped Potatoes,  
 Mashed Potato, Salad

### DESSERT

Melon Wedge

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MILK, WATER, BREAD AND  
 FRESH FRUIT AVAILABLE DAILY



# THE LUNCH BUNCH

Week Commencing  
Sep 11, Oct 09, Nov 06  
Dec 04, Jan 08, Feb 0.

## MONDAY

### MAIN COURSES

Beef Bolognese with  
Garlic Bread

Or

Stuffed Bacon  
Roll/Bacon Slice

### SIDES

Garden Peas & Savoy  
Cabbage

Oven Baked Potato  
Wedges, Spaghetti

### DESSERT

Chocolate Cake &  
Custard

## TUESDAY

### MAIN COURSES

Golden Crumbed Fish  
Fingers

Or

Tex-Mex Enchilada

### SIDES

Mini Corn on the Cob &  
Spaghetti Hoops &  
Coleslaw

Chipped Potatoes, Pasta

### DESSERT

Jelly & Mandarin  
Oranges

## WEDNESDAY

### MAIN COURSES

Lunch Bunch Chicken  
Curry & Naan Bread

Or

Steak Burger & Gravy

### SIDES

Green Beans &  
Sweetcorn

Mashed Potato, Rice

### DESSERT

Cornflake Biscuit &  
Custard

## THURSDAY

### MAIN COURSES

Roast of the Day, Stuffing  
& Rich Gravy

Or

Stuffed Chicken

### SIDES

Cauliflower Cheese &  
Baton Carrots

Mashed Potato

### DESSERT

Ice Cream Slider &  
Fruit

## FRIDAY

### MAIN COURSES

Oven Baked Chicken  
Nuggets

Or

Admiral's Ocean Pie

### SIDES

Garden Peas & Baked  
Beans

Chipped Potatoes, Jacket  
Potato, Salad

### DESSERT

Homemade Ginger  
Biscuit & Fruit

MILK, WATER, BREAD AND  
FRESH FRUIT AVAILABLE DAILY

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