



# 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

Or

Beef Bolognaise  
& Garlic Bread

### 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

Or

Traditional Irish Stew  
& Wheaten Bread

### SIDES

Coleslaw /  
Baton Carrots

And

Chipped Potato /  
Baked Potato

### DESSERT

Homemade Banana Cake

## WEDNESDAY

### MAIN COURSES

"Lunch Bunch" Chicken Curry  
& Naan Bread

Or

Baked Quorn Dippers  
& BBQ Sauce

### SIDES

Sweetcorn /  
Roast Courgette

And

Boiled Rice /  
Mashed Potato

### DESSERT

Chocolate & Raspberry  
Spongecake with Custard

## THURSDAY

### MAIN COURSES

Roast Pork,  
Stuffing & Gravy

Or

Chicken Goujons  
& Sweet Chilli Dip

### SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /  
Oven Roast Potato

### DESSERT

Home-baked Popcorn Cookie  
& Orange Wedges

## FRIDAY

### MAIN COURSES

Beef Burger & Bap

Or

Rainbow Salad Wrap  
Iceberg Lettuce, Tomato,  
Cucumber, Pepper, Cheese

### 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

Or

Beef Lasagne & Coleslaw

### SIDES

Marrowfat Peas /  
Baked Beans

And

Chipped Potato /  
Baby Potato

### DESSERT

Apple & Pear Crumble  
with Custard

## TUESDAY

### MAIN COURSES

Savoury Beef Mince  
& Crusty Bread

Or

Homemade Margherita Pizza

### SIDES

Sweetcorn /  
Baton Carrots

And

Oven-baked Cubed Potato /  
Mashed Potato

### DESSERT

Arctic Roll  
& Winter Berry Sauce

## WEDNESDAY

### MAIN COURSES

Peppered Chicken

Or

Oven-Baked Pork Sausages

### SIDES

Mini Corn-on-the-Cob /  
Garden Peas

And

Mashed Potato /  
Boiled Rice

### DESSERT

Home-baked Jain & Coconut  
Sponge & Custard

## THURSDAY

### MAIN COURSES

Roast Gammon,  
Stuffing & Gravy

Or

Creamy Mac 'n' Cheese  
with Garlic Bread

### SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /  
Oven Roast Potato

### DESSERT

Chocolate Rice Krispie  
Square

## FRIDAY

### MAIN COURSES

Crispy Baked Chicken  
Burger & Bap

Or

Tuna Mayo Deli Roll

### 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

Or

Home-Baked Chicken  
Crumble

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 Bolognaise

Or

Roast Chicken and Gravy

SIDES

Cauliflower Cheese /  
Steamed Broccoli

And

Mashed Potato /  
Pasta

DESSERT

Apple Sponge with Custard

## WEDNESDAY

### MAIN COURSES

"Lunch Bunch" Chicken Curry  
& Naan Bread

Or

Oven-Baked Breaded Whiting

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

Or

Beef Burrito

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

Or

Homemade Margherita Pizza

### SIDES

Steamed Garden Peas /  
Spaghetti Hoops

And

Chipped Potato /  
Baked Potato

### DESSERT

Chocolate & Raspberry  
Brownie

## TUESDAY

### MAIN COURSES

Cottage Pie

Or

Oven-Baked Chicken  
Goujons & Choice of Dip

### 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

Or

Oven-Baked Cod Fishcake

### SIDES

Sweetcorn /  
Roasted Butternut Squash

And

Boiled Rice /  
Mashed Potato

### DESSERT

Chocolate & Pear Sponge  
with Custard

## THURSDAY

### MAIN COURSES

Turkey & Ham,  
Stuffing, Gravy

Or

Sweet Potato Fritter,  
Flatbread & Sweet Chilli Mayo

### SIDES

Fresh Seasonal Vegetables

And

Mashed Potato /  
Oven Roast Potato

### DESSERT

Homemade Flapjack  
& Orange Wedges

## FRIDAY

### MAIN COURSES

Oven-Baked Chicken  
Nuggets

Or

Homemade Beef Lasagne  
with Crunchy Coleslaw

### 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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