



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

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 Ragu 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

Chicken Curry & Naan Bread

Or

Baked Pork Sausages & Gravy

SIDES

Garden Peas & Baton Carrots

And

Boiled Rice / Mashed Potato

DESSERT

Rice Pudding & Fruit

THURSDAY

MAIN COURSES

Roast of the Day, Stuffing &
Gravy

Or

Quorn Dippers

SIDES

Fresh Vegetables in Season

And

Mashed / Oven Roast 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

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